

EXERCISE 1

Frida Kahlo: Pain, Art & Identity

throughout	despite	injured	rare	private	spirit
strongly	highlight	sight	brave	pale	painful

Frida Kahlo is one of the most recognisable artists of the twentieth century, and her life was as extraordinary as the paintings she produced. At eighteen, she was badly (1) _____ in a bus accident that broke her spine and several other bones, forcing her to spend long periods in bed unable to move. It was during this time that she began to paint, using a special easel her mother had made so she could work lying down. Her paintings are almost entirely self-portraits, and they offer a direct (2) _____ into her inner world — her suffering, her joy, and her deep sense of Mexican identity. Kahlo was a truly (3) _____ figure in the art world; at a time when most famous painters were men, she painted her own experience with absolute honesty. She felt (4) _____ connected to Mexican culture and tradition, and this comes through in every detail of her work. Her (5) _____ life — her difficult marriage, her health struggles, and her political beliefs — was largely unknown to the public during her lifetime. Kahlo was clearly a (6) _____ person who refused to hide or soften her experience, showing the world her pain with great courage. The (7) _____ of her career is often considered her solo exhibition in Mexico City in 1953 — one she attended lying in a hospital bed. (8) _____ enormous physical suffering, she continued to paint until the end of her life, driven by a fierce creative (9) _____ that nothing could extinguish. It takes something (10) _____ to produce art of that honesty and power, and it is why her work still moves people so deeply today. Her reputation grew (11) _____ the decades after her death until she became one of the most celebrated artists in the world.

EXERCISE 2**The Space Race: Humanity Reaches for the Stars**

successfully	ahead	announce	fuel	force	explosion
program	enemy	expedition	aim	intend	decade

The Space Race was one of the defining competitions of the twentieth century, pitting the United States against the Soviet Union in a battle to be first in space. Both nations (1) _____ to show the world that their technology, their science, and their political system were superior to the other's. In October 1957, the Soviet Union sent the world off guard when it used a powerful rocket to (2) _____ to the world that it had successfully launched Sputnik — the first artificial satellite — into orbit around Earth. The United States felt it had fallen dangerously (3) _____ in the race, and the government immediately increased spending on its own space (4) _____ to catch up. The two countries had been (5) _____ since the end of the Second World War, competing in every possible area — military power, economics, and now, space exploration. Each rocket launch required enormous amounts of (6) _____ and generated a huge amount of heat and pressure; a small mistake in the design could lead to a catastrophic (7) _____ on the launch pad. Scientists and engineers on both sides were driven by an almost impossible (8) _____ to send a human being beyond the atmosphere and return them safely to Earth. In April 1961, Soviet cosmonaut Yuri Gagarin (9) _____ completed a full orbit of the Earth, becoming the first human being ever to travel in space — a moment that stunned the world. The Americans responded by setting themselves the extraordinary challenge of sending a crew on a moon (10) _____ before the end of the 1960s. On 20 July 1969, Neil Armstrong stepped onto the surface of the Moon, using the (11) _____ of television to reach hundreds of millions of viewers around the world with the words 'one small step for man, one giant leap for mankind.'

EXERCISE 3**The Psychology of Fear: Why We Feel Afraid**

frightened	function	warning	freeze	immediate	guard
eventually	alarm	involved	escape	breathing	frightening

Fear is one of the oldest and most powerful emotions that human beings experience, and understanding how it works can help us to manage it better. At its most basic level, fear is a survival tool — it is the brain's way of sending out an (1) _____ when something in the environment might be dangerous. This (2) _____ system developed over millions of years of evolution, and it is the reason why our ancestors were able to run from predators, find shelter from storms, and avoid poisonous plants. When we feel (3) _____, a part of the brain called the amygdala sends signals to the body in a fraction of a second — long before the thinking part of the brain has had time to process what is happening. This triggers an (4) _____ physical response: the heart beats faster, (5) _____ speeds up, muscles tighten, and extra energy is sent to the legs and arms. This is often called the 'fight or flight' response — the body is preparing to either face the danger or (6) _____ from it as quickly as possible. The part of the brain (7) _____ in producing fear does not easily distinguish between a real physical threat and a social or emotional one; this is why public speaking can feel as (8) _____ as meeting a wild animal. Over time, if a person is repeatedly exposed to something they fear without being harmed, the brain can (9) _____ learn that the situation is safe, and the fear response becomes weaker. Psychologists use a technique called exposure therapy to help people face their fears step by step, with a trained therapist acting as a (10) _____ throughout the process. Understanding that fear is a normal brain (11) _____ — not a sign of weakness — is often the first and most important step towards learning to manage it more effectively in everyday life.

EXERCISE 4**Gutenberg & the History of Printing**

previous	printing	development	iron	release	press
liquid	expand	chapter	priest	worldwide	literature

Before the invention of the printing press in the mid-fifteenth century, books were produced entirely by hand — a process so slow and expensive that only the very rich could own them. Johannes Gutenberg, a goldsmith working in Mainz, Germany, changed everything when he developed a (1) _____ machine that used moveable metal type and oil-based (2) _____ to produce pages quickly and consistently. The key innovation was the use of (3) _____ letters that could be rearranged after each page was printed, meaning the same set of letters could be used again and again for different texts. Gutenberg used a modified version of a wine (4) _____ to apply even pressure across the whole page, ensuring that every printed copy looked the same. The (5) _____ of this technology was dramatic: within fifty years of Gutenberg's invention, printing workshops had appeared across Europe, producing millions of books. This was a completely new (6) _____ in the history of communication; nothing (7) _____ to this had allowed information to travel so far so quickly. One of the first major texts that Gutenberg chose to (8) _____ in large numbers was the Bible, making it available to far more people than had ever been possible before. This had profound effects on religion — a (9) _____ or a scholar no longer needed to copy texts by hand, and ordinary people could own and read religious texts for the first time. The printing press also allowed scientific and political ideas to (10) _____ across borders, contributing directly to the Renaissance and later the Reformation. The growth of (11) _____ — novels, poetry, essays, and plays — became possible because printing made books affordable for ordinary people, not just wealthy collectors. Gutenberg's invention is still considered one of the most important in human history, and its influence continues today in every book, newspaper, and magazine printed (12) _____ every day.

EXERCISE 5**The FIFA World Cup: The Greatest Show on Earth**

stadium	supporter	lead	decade	edge	host
doubt	prize	incredibly	total	viewer	excitement

The FIFA World Cup, held every four years, is the most-watched sporting event on the planet, drawing billions of people to their screens and filling the hearts of fans with hope, joy, and occasional heartbreak. The first tournament was held in Uruguay in 1930, and the host nation won the trophy on home soil, setting the stage for nearly a century of dramatic football. The competition has grown enormously over the (1) _____; what began with just thirteen nations now involves thirty-two teams from every corner of the world. Every four years, one country is chosen to (2) _____ the event, which means building or upgrading (3) _____ facilities, attracting millions of tourists, and putting its culture on show to the entire world. The (4) _____ of winning the World Cup — the trophy itself — is considered the highest honour in football, and every player who lifts it becomes part of history. In a closely fought match, a single goal can (5) _____ the result in either direction, and the (6) _____ between the teams can shift in an instant. The (7) _____ — the atmosphere generated by tens of thousands of fans packed into a (8) _____, singing, chanting, and waving flags — is something that no television broadcast can fully capture. A dedicated (9) _____ will travel thousands of miles and spend enormous amounts of money simply to be present when their country plays, because the experience is (10) _____ powerful. There is always (11) _____ about the outcome of a World Cup game; even the greatest teams have lost to opponents who were not expected to win. Each tournament produces new moments, new heroes, and new stories that football fans will discuss and debate for the rest of their lives, which is why the World Cup continues to capture the imagination of people on every continent.

Answer Key

Exercise 1 — Frida Kahlo: Pain, Art & Identity

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
injured	sight	rare	strongly	private	brave	highlight	despite	spirit	painful	throughout

Exercise 2 — The Space Race: Humanity Reaches for the Stars

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
intend	announce	ahead	program	enemy	fuel	explosion	successfully	expedition	force	aim

Exercise 3 — The Psychology of Fear: Why We Feel Afraid

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
alarm	guard	frightened	immediate	breathing	escape	involved	frightening	eventually	function	warning

Exercise 4 — Gutenberg & the History of Printing

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
printing	liquid	iron	press	development	previous	release	priest	expanded	literature	worldwide

Exercise 5 — The FIFA World Cup: The Greatest Show on Earth

(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
decade	host	stadium	prize	lead	edge	excitement	supporter	incredibly	doubt	viewer