

**EXERCISE 1**

heavily	truth	risk	sharp	spring	generous
direct	tip	solid	educate	youth	contact

1. The company finally told the \_\_\_\_\_ about the damage its factory had done to the local river.
2. Mountain climbing has a real \_\_\_\_\_, and trying it without any training is dangerous.
3. The old bridge had stayed \_\_\_\_\_ for over two hundred years, even with heavy traffic crossing it every day.
4. The government ran a campaign to \_\_\_\_\_ people about recycling, using posters and short films in schools.
5. If you are not happy with a product, the most \_\_\_\_\_ thing is to contact the seller straight away.
6. Many cities run sports clubs for young people because keeping \_\_\_\_\_ busy after school helps reduce bad behaviour.
7. If something goes wrong with your order, please \_\_\_\_\_ our team within seven days.
8. The knife was extremely \_\_\_\_\_, so the chef told the students to keep their fingers curled while cutting.
9. After a long cold winter, the start of \_\_\_\_\_ — with warmer days and longer evenings — made everyone feel better.
10. After the flood, the ground floor was \_\_\_\_\_ damaged — the furniture was ruined and the smell made it impossible to go inside.
11. The family at the next table shared their bread and were so \_\_\_\_\_ that it made the whole meal feel special.

**EXERCISE 2**

daily	sort	extra	rise	pass	limit
participate	entry	attach	disappointing	roll	upset

1. The home team played well but lost in the last five minutes, which was very \_\_\_\_\_.
2. Joining at least one club in the first year helps students \_\_\_\_\_ in university life and meet new people.
3. On the first Sunday of each month, the museum offers free \_\_\_\_\_ so that everyone can visit.
4. Her flight was cancelled and she had a meeting the next morning, which left her completely \_\_\_\_\_.
5. Drinking enough water is a simple \_\_\_\_\_ habit, but many people forget it even though it helps with energy and focus.
6. There is a speed \_\_\_\_\_ near the school, and drivers who ignore it can get a heavy fine.
7. Sea levels have shown a steady \_\_\_\_\_ over the past fifty years, which is causing problems for people near the coast.
8. When sending a complaint by email, always \_\_\_\_\_ a copy of the receipt to speed things up.
9. The bridge was too narrow for lorries to \_\_\_\_\_ through, so they had to go the long way round.
10. She spent the afternoon trying to \_\_\_\_\_ through a pile of old papers and decide what to keep.
11. She watched the big wave \_\_\_\_\_ in slowly before it broke loudly on the rocks below.

**EXERCISE 3**

<b>path</b>	<b>tend</b>	<b>religious</b>	<b>staff</b>	<b>rule</b>	<b>sudden</b>
<b>range</b>	<b>mild</b>	<b>importance</b>	<b>totally</b>	<b>type</b>	<b>aged</b>

1. The walk was very long, and by the end the group was \_\_\_\_\_ tired, so they stopped to camp earlier than planned.
2. He had farmed the same land for sixty years, and the \_\_\_\_\_ man knew every part of it better than anyone else nearby.
3. People come from all over the country to see the \_\_\_\_\_ festivals held in the streets of this town, which has people of many different faiths.
4. Starting near the old church at the edge of the village, the narrow \_\_\_\_\_ through the forest took about forty minutes to walk.
5. There was almost no snow and temperatures stayed above zero for most of January, making this winter unusually \_\_\_\_\_.
6. The sky turned dark in just a few minutes and rain started with no warning, and the \_\_\_\_\_ change in weather caught everyone by surprise.
7. Many students only understand the real \_\_\_\_\_ of good sleep after a few weeks of bad rest begin to affect their work.
8. Teenagers spend more time online than any other age group — they \_\_\_\_\_ to do this — and it has raised concerns about their social skills.
9. The many different communities in this city are reflected in the wide \_\_\_\_\_ of international foods at the local supermarket.
10. Sleeping earlier, eating breakfast, and walking more are all small habits that form a \_\_\_\_\_ of changes which can really help over time.
11. The hotel \_\_\_\_\_ were always ready to help during our stay and quickly dealt with any problems that came up.

**EXERCISE 4**

tight	embarrassing	mainly	whole	treat	direct
retired	horrible	suit	state	rarely	smart

1. Standing at the top of the cliff and looking down was a truly \_\_\_\_\_ experience, even for people who are not afraid of heights.
2. It is important to \_\_\_\_\_ everyone at work fairly, no matter how long they have been there.
3. The politician said no public money had been used, but the newspapers showed the \_\_\_\_\_ facts.
4. Forgetting someone's name when you have met them several times is deeply \_\_\_\_\_, but most people understand.
5. She stayed up until three in the morning and read the \_\_\_\_\_ book without stopping.
6. The documentary was \_\_\_\_\_ about the fashion industry's effect on the environment.
7. If you are not happy with a service, talking to the manager \_\_\_\_\_ is better than posting a complaint online.
8. Wild bears \_\_\_\_\_ come this close to town, so when one appeared the news team arrived very quickly.
9. The dress code was too formal and did not really \_\_\_\_\_ the relaxed feel of the party.
10. After wearing the new shoes all day, they felt very \_\_\_\_\_ around the toes.
11. The \_\_\_\_\_ engineer went back to university in his sixties to study something he had always wanted to learn.

**EXERCISE 5**

<b>weapon</b>	<b>cotton</b>	<b>ought</b>	<b>fairly</b>	<b>switch</b>	<b>grain</b>
<b>unnecessary</b>	<b>breathe</b>	<b>cheerful</b>	<b>rope</b>	<b>complaint</b>	<b>flow</b>

1. The nurse worked long shifts but always stayed \_\_\_\_\_ and calm, which made patients feel better.
2. The museum had a display of old \_\_\_\_\_ — swords, shields, and armour — showing how warfare changed over the centuries.
3. The doctor told him to take a deep \_\_\_\_\_ in and let it out slowly, which helped calm him down.
4. The guest left a written \_\_\_\_\_ at the desk about the noise from the room above.
5. The shirt was made from \_\_\_\_\_, which felt soft and kept her cool on hot days.
6. Ideas \_\_\_\_\_ more freely when students feel safe to speak without being judged.
7. The results were \_\_\_\_\_ surprising — a little better than most people had expected.
8. She chose to \_\_\_\_\_ to a cheaper phone plan and save the money for something else.
9. The bread used only three things — flour, water, and salt — and every \_\_\_\_\_ came from a local farm.
10. The rescue team lowered a \_\_\_\_\_ down the cliff so the hiker could climb up to safety.
11. Buying new office furniture would have been completely \_\_\_\_\_ since the desks and chairs were still fine.

## Answer Key

### Exercise 1 —

- |            |              |
|------------|--------------|
| 1. truth   | 7. contact   |
| 2. risk    | 8. sharp     |
| 3. solid   | 9. spring    |
| 4. educate | 10. heavily  |
| 5. direct  | 11. generous |
| 6. youth   |              |

### Exercise 2 —

- |                  |           |
|------------------|-----------|
| 1. disappointing | 7. rise   |
| 2. participate   | 8. attach |
| 3. entry         | 9. pass   |
| 4. upset         | 10. sort  |
| 5. daily         | 11. roll  |
| 6. limit         |           |

### Exercise 3 —

- |              |               |
|--------------|---------------|
| 1. totally   | 7. importance |
| 2. aged      | 8. tend       |
| 3. religious | 9. range      |
| 4. path      | 10. type      |
| 5. mild      | 11. staff     |
| 6. sudden    |               |

### Exercise 4 —

- |                 |             |
|-----------------|-------------|
| 1. horrible     | 7. direct   |
| 2. treat        | 8. rarely   |
| 3. state        | 9. suit     |
| 4. embarrassing | 10. tight   |
| 5. whole        | 11. retired |

6. mainly

**Exercise 5 —**

1. cheerful

2. weapon

3. breathe

4. complaint

5. cotton

6. flow

7. fairly

8. switch

9. grain

10. rope

11. unnecessary