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| IN A CLASS OF YOUR OWNLike any form of EDUCATION the self-taught course has its advantages as well as its \_\_\_\_\_\_\_\_\_On the one hand, you are \_\_\_\_\_\_\_\_\_\_\_; no classroom, no timetable and so no risk of getting a bad \_\_\_\_\_\_\_\_\_\_record.You are able to study at your own pace; at home, in the car or wherever your Walkman takes you. On the other hand, can you really trust yourself to be \_\_\_\_\_\_\_\_\_\_\_ motivated without some form of external stimulus?I procrastinated \_\_\_\_\_\_\_\_\_ before beginning my first Spanish course. I made coffee, did domestic chores that were anything but \_\_\_\_\_\_\_\_\_\_; I even watched daytime television. But, once I got started, I found the course surprisingly engaging. The multimedia formats, colourful textbooks and \_\_\_\_\_\_\_\_\_\_\_\_teaching methods all drew me into the excitement of learning a new language.Of course, if your aim is \_\_\_\_\_\_\_\_\_\_ in the language, nothing can beat actually going to the country concerned. Round-the-clock \_\_\_\_\_\_\_\_is clearly always going to be more effective than the odd half hour with a set of tapes. But that odd half hour will give you an \_\_\_\_\_\_\_\_\_\_head start when you step out onto the streets. | EDUCATEDRAWAUTONOMYATTENDSUFFICEDREADPRESSIMAGINEEXPERTIMMERSEVALUAE |

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| Moving house is said to be the third most stressful experience you can have (coming after the 1. \_\_\_\_\_\_ of a close relative, or a divorce). The reason for this is partly the 2- \_\_\_\_\_\_ involved, but also the feeling of (3. ) \_\_\_\_\_\_ caused by completely changing your environment. Of course, a (4. ) \_\_\_\_\_\_ approach can help ease the difficulties, especially on the day of (5. ) \_\_\_\_\_\_. Plan your packing carefully or, better, employ a (6. \_\_\_\_\_\_ company to pack and move your things. This will (7. ) \_\_\_\_\_\_ lessen the amount of damage to your (8. ) \_\_\_\_\_\_. It’s also a good idea to take out (9. ) \_\_\_\_\_\_. Some worry is, of course, (10. ) \_\_\_\_\_\_ but try to keep calm and look forward to life in your new home.  | DIEORGANISESECURITYSYSTEMREMOVE RELYCERTAINPOSSESSINSUREAVOID |

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| Vitamins, taken in tiny doses, are a major group of organic compounds that regulate the mechanisms by which the body converts food into energy. They should not be confused with minerals, which are \_\_\_(1)\_\_\_ in their makeup. Although in general the naming of vitamins followed the \_\_\_(2)\_\_\_order of their \_\_\_(3)\_\_\_, the nomenclature of individual substances may appear to be somewhat random and \_\_\_(4)\_\_\_. Among the 13 vitamins known today, five are produced in the body. Because the body produces sufficient quantities of some but not all vitamins, they must be supplemented in the daily diet. Although each vitamin has its specific \_\_\_(5)\_\_\_ and cannot be replaced by another compound, a lack of one vitamin can interfere with the processing of another. When a lack of even one vitamin in a diet is continual, a vitamin deficiency may result. The best way for an individual to \_\_\_(6)\_\_\_ a necessary supply of vitamins is to maintain a balanced diet that includes a \_\_\_(7)\_\_\_ of foodsand provides adequate quantities of all the compounds. Some people take vitamin supplements, predominantly in the form of tablets. The vitamins in such supplements are \_\_\_(8)\_\_\_ to those in food, but an adult who maintains a balanced diet does not need a daily supplement. The ingestion of supplements is recommended only to correct an existing deficiency due to \_\_\_(9)\_\_\_diet, to provide vitamins known to be lacking in a restricted diet, or to act asa therapeutic measure in medical treatment. \_\_\_(10)\_\_\_, caution must be exercised with fat-soluble substances, such as vitamins A and D, because, taken in gigantic doses, they may present a serious health hazard over a period of time.  | ***organic******alphabet******identify******organize******designate******sure*** ***vary*** ***equal******balance******Specify*** |
| **The mysteries of the skies** Three hundred and fifty years before the first men looked down on the amazingly beautiful surface of the moon from close quarters, Galileo’s newly built telescope (1) \_\_\_\_\_\_\_\_\_\_\_\_\_ him to look at the edge of the hitherto mysterious sphere. He saw that the apparently (2) \_\_\_\_\_\_\_\_\_\_\_\_\_ surface was not divinely smooth and round, but bumpy and imperfect. He realized that although the moon might appear (3) \_\_\_\_\_\_\_\_\_\_\_\_\_, resembling a still life painted by the hand of a cosmic (4) \_\_\_\_\_\_\_\_\_\_\_\_, it was a real world, perhaps not very different from our own. This amounted to a great (5) \_\_\_\_\_\_\_\_\_\_\_\_\_ hardly to be expected in his day and age, although nowadays his (6) \_\_\_\_\_\_\_\_\_\_\_\_\_ may appear to some to be trivial and (7) \_\_\_\_\_\_\_\_\_\_\_\_\_. Not long after Galileo lunar’s observations, the skies which had previously been so (8) \_\_\_\_\_\_\_\_\_\_\_\_\_ revealed more of their extraordinary mysteries. Casting around for further wonders, Galileo focused his lens on the (9) \_\_\_\_\_\_\_\_\_\_\_\_\_ planet of Jupiter. Nestling next to it, he saw four little points of light circling the distant planet. Our moon it appeared, perhaps (10) \_\_\_\_\_\_\_\_\_\_\_\_ in the eyes of those fearful of what the discovery might mean, was not alone!  | 1.ABLE 2. LIVE 3. ACT 4. ART 5. ACHIEVE 6. CONCLUDE 7. SIGNIFY 8. ELUDE 9. STRIKE 10. FORTUNE  |