

Reading Comprehension



Fill in the *blanks*

Skipping your Way to Fitness

The playground sport is right back in fashion, reports **Nicholas Roe**

1 A rope screams through the air at 200 revs a minute, energy is burned at the jaw-sagging rate of 1,300 calories an hour and miracles of physical activity are performed in front of cheering crowds. Welcome to the new, super cool world of ... skipping. Once considered childish, this ancient playtime skill 3. And what's emerging is not just an effective route to mass fitness for little outlay (£5 buys a decent rope), but a new place for Britain's young athletes in a growing international sport that's intriguing to watch.

2 Fiercely competitive, hugely intricate and physically demanding, skipping – also known as rope-jumping – also shows signs of being, quite literally, the new rock 'n roll. Singer James Morrison recently featured a team of competition skippers in his music video *You Give Me Something*. 4, Britain's best skippers returned from the World Rope Jumping Championships in Canada this summer with a creditable fourth place.

3 Four years ago the British Rope Skipping Association (BRSA) started trying to raise the profile of the sport, persuading television shows such as *Blue Peter* to focus on the subtle complexity of rope work, which can involve 200 different kinds of 'jump'. Directors loved the fancy footwork and youthful profile. Huge efforts were also being ploughed into getting skipping back into the playground. This year saw Britain establishing a new world record when 7,632 children skipped continuously for three minutes in 85 locations, backed by teachers who consider rope-work to be a great way to improve youth fitness.

4 "Skipping went out of fashion because video games and PlayStations came along," says Sue Dalem, secretary of the BRSA. "But teachers are now pushing to bring it back." Dalem says that young people are instantly amazed at what is possible with just a simple rope. Her own daughters, Beci, 18, and Rachael, 17, started as seven-year-olds and now skip for Britain: "We skip four or five times a week for two or three hours at a time," says Rachael. "It's fun."

5 And this is the key. 6 basic skipping is simple, and almost anyone with five square feet of free space can do it, there's a genuinely attractive art to higher-level work. Half a dozen clubs in Britain regularly compete.

6 In speed contests, the world record is 188 jumps in 30 seconds. More creatively, rope-jumpers use one or even two long ropes held by team members to perform cartwheels, push-ups, handstands and aerial leaps while avoiding a rope spinning at 200 rpm. Skipping for 10 minutes is said to be the equivalent of



30 minutes' jogging, and it tones the upper body as well as the legs. The truly extraordinary thing, perhaps, is that this antique pastime ever lost its mass appeal in the first place.

- 7 Although the trend has been reversed, one remaining challenge is that many young men still consider skipping an off-puttingly girly activity. This is surprising, given that boxers rely on skipping for endurance training. And when was Mike Tyson ever a sissy?

- 1p 3 Kies bij 3 in alinea 1 het juiste antwoord uit de gegeven mogelijkheden.
A has become dominated by professionals
B has now been fully developed
C is making a comeback
D is now being overvalued
- 1p 4 Kies bij 4 in alinea 2 het juiste antwoord uit de gegeven mogelijkheden.
A For that reason
B However
C Instead
D Moreover
- 2p 5 Wie of wat heeft/hebben zich ingezet volgens de alinea's 3 en 4 om kinderen meer aan het touwtjespringen te krijgen?
Schrijf twee antwoorden op.
- 1p 6 Kies bij 6 in alinea 5 het juiste antwoord uit de gegeven mogelijkheden.
A Even though
B Knowing that
C Provided that
- 2p 7 Geef van elk van de volgende beweringen aan of deze juist of onjuist is op grond van de alinea's 6 en 7.
Omcirkel 'juist' of 'onjuist' in je uitwerkbijlage.
- 1 Bij een half uur joggen verbruik je meer calorieën dan bij een half uur touwtjespringen.
 - 2 Bij touwtjespringen worden alleen de benen goed getraind.
 - 3 Touwtjespringen is volgens veel jonge mannen typisch iets voor meisjes.
 - 4 Sommige vechtsporters trainen ook door touwtje te springen.

BUY DESIGNER FASHIONS ON A SHOESTRING

Chic&Seek is selling luxury clothes and accessories at low prices. So how does it measure up?

Maisha Frost reports

A NEW firm has fashioned a way of selling designer labels at a snip thanks to its own business model. Chic&Seek is a destination for expensive, beautifully made clothes and accessories that their owners no longer want, but regard as too

4 or little used to throw or give away. Entrepreneur Tara Nash-King's recession-conscious venture gives contemporary classics a second life by what she describes as 'redistributing' them at a fraction of their original cost.

Customers who never lacked taste, just the 5 to do it justice, can now afford a timeless silk Chanel top for £180 or a handbag by Alexander McQueen for less than £300. Nash-King, 29, sells online and by visitor appointments.

The recession has changed the way lots of women shop. Even the rich are keen to get 6. There's something very desirable about not paying the full price, but still owning something very lovely.

At first Nash-King thought her buyers and sellers would be two distinct sets of people but that is 7. She says: "People who sell through me also buy. London is a

fashion leader and some of my clients work in the fashion industry and are selling on samples they have received but don't need themselves. The clothes and accessories I sell are pre-owned but not necessarily worn or used before."



She comes from a family of entrepreneurs and that, along with the training in all aspects of the fashion business working for top London accessories brand Anya Hindmarch, gave her the confidence to 8. "Fake goods are a big problem for designers. I was taught how to spot a counterfeit which has come in very useful now that I have started my own

company. I also learnt about the commercial realities of the fashion business", she says.

It was the recession that ultimately 9 her move. "The return on my savings dropped to nothing, so I thought it was time to make better use of them. I calculated the most I could afford to lose was £10,000 so that became my investment budget. I learnt to do the photography for the website and my biggest outlay so far has been on photographic equipment," she says.

Chic&Seek is a perfect fit with London, but what does she think of its 10? Nash-King says it could be

replicated in other cities such as New York. Then again, she could buy up a chain of warehouses and dedicate each to a particular item, shoes being an obvious candidate. "Wall-to-wall

Louboutins and Jimmy Choos — my customers would never leave," Nash-King muses.

Daily Express, 2010

Kies bij iedere open plek in de tekst het juiste antwoord uit de gegeven mogelijkheden.

1p 4

- A ordinary
- B outmoded
- C valuable

1p 5

- A ambition
- B background
- C money
- D place
- E time

1p 6

- A free samples
- B good bargains
- C personal attention
- D some appreciation

1p 7

- A easily solved
- B not the case
- C of secondary importance
- D to be expected

1p 8

- A design clothes
- B go solo
- C instruct others
- D report imitations

1p 9

- A changed
- B financed
- C triggered

1p 10

- A future
- B location
- C profits

Drumming: Give it Some Stick



Pounding out your frustrations on the drums is a perfect, healthy family activity, says **Lucy Atkins**

(1) Rock drumming lessons may not seem an obvious family activity, but an hour with teacher Nigel Ralf turns out to be the best entertainment money can buy – not just for adults, but for children too.

(2) The benefits of rock drumming are 8. First, there is the simple, therapeutic joy of hitting. Then there are the newly discovered health effects. Researchers recently studied Clem Burke, the drummer from Blondie, and discovered that he burned off up to 600 calories per hour. His fitness, they found, was similar to that of a professional footballer. The researchers now plan to develop rock-drumming programmes in schools as an ingenious way to get either chubby or non-sporty, computer-obsessed children to 9.

(3) Ralf, of course, is already doing this. “Drumming is seen as cool,” he says, “and although you work up a

definite sweat, no child thinks of it as exercise.” They are, after all, still sitting down.

(4) There are also many psychological 10. For example, drumming is used to treat depression and other mental illnesses, as well as in drug rehabilitation programmes and as an aid to stop smoking. The idea is that banging a drum activates the brain’s pleasure centres, tackles stress, takes you out of your self-obsessed routine and promotes a sense of community.

(5) Best of all, it is enormous fun – for all ages. I first discovered this at the school summer fête, where Ralf put on a drumming competition for children. I became hooked. My children may have been 11 to see their mother wildly hitting the drums, but they still agreed to come to a family lesson.

(6) Our hour-long session begins with maths. Not a good start – I see my children turn pale – but, says Ralf, “in drumming, maths is easy”. It is all about recognising multiples of four so you can go at different speeds. We are using electronic drum sets, which are more compact and, 12, have volume control (you can even plug in headphones to avoid upsetting the neighbours).

(7) Next, Ralf introduces us to the basic ‘four-beat rock rhythm’. This involves a surprising degree of mental flexibility: two hands and a bass-drum foot, each doing

something different 13 your brain keeps a one-two-three-four rhythm. It is a brain-aching exercise in coordination, which, he points out, must have knock-on benefits in sport, 14 boosting sluggish brain cells.

(8) “Virtually any child – or adult – can get some sense of achievement from drumming,” says Ralf, who left a job in electronics to teach drumming in primary and secondary schools in Oxfordshire. “It’s also a great way to get people interested in other musical instruments.” Though he offers private lessons, most pupils come to group tutorials after school or to holiday rock schools. “I get lots of mad mummies wanting

a go,” Ralf says. “The dads are often more 15. Perhaps they don’t want to look as if they don’t know what they’re doing.”

(9) It has been brilliant learning something new. All in all, our family rock-drumming lesson is a roaring success. We leave relaxed and smiling, energy spent.

Nigel Ralf runs Drum Beats in Oxford. One-hour private lessons cost £26; group lessons from £8 per child, ages eight and above. (www.drum-beats.co.uk; 07910 433265)

The Guardian, 2008

Tekst 3

Kies bij iedere open plek in de tekst het juiste antwoord uit de gegeven mogelijkheden.

1p 8

- A limited
- B many
- C overrated
- D unknown

1p 9

- A be more social
- B get some exercise
- C perform better at school
- D start playing football

1p 10

- A advantages
- B problems
- C questions

1p 11

- A disappointed
- B excited
- C horrified
- D thankful

1p 12

- A alarmingly
- B deafeningly
- C essentially
- D old-fashionedly

1p 13

- A as soon as
- B because
- C if only
- D while

1p 14

- A instead of
- B not to mention
- C without

1p 15

- A active
- B determined
- C eager
- D hesitant
- E mature

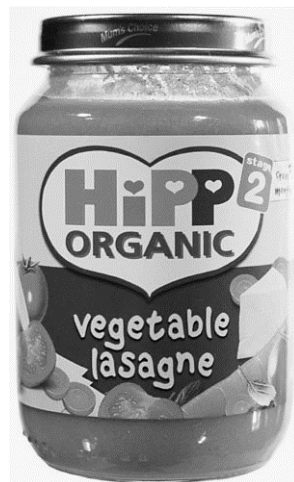
Tuck in ... a quarter of baby food in jars is eaten by adults

Kate Connolly

(1) Can't be bothered to chew your food? Too tired to cook and looking for a quick meal? It seems that in such circumstances a growing number of adults may consider opening a jar of baby food. The world's largest baby food manufacturer, Hipp, has said an increasing number of adults are turning to its pre-cooked, pureed meals because they find them 17.

(2) About a quarter of those who eat the firm's 100 varieties of pulped meals – from apple and cranberry breakfast to vegetable and beef hotpot – are adults, it says. Claus Hipp said in recent years his firm's products had grown in popularity, particularly among older people, with stewed apple said to be a favourite.

(3) Claus Hipp added: "Not so long ago, we had twice as many births as now, and that, of course, has a knock-on effect. As our society gets ever older, baby food is showing that it has a future in the adult market". 19 birth rates have dropped in most European countries, most notably in



Germany, the company's profits rose by €90m last year to €500m (£450m).

(4) A million and a half jars of baby food come off the Hipp production line every day. Hipp said calorie-conscious new mothers saw the meals – which are low in fat, sugar and salt – as a way to help them 20 after giving birth and were among new customers it had won in recent years. Sportsmen and women looking for a light meal are believed to favour the jars, too.

(5) The company, which recommends its organic meals to babies 'at the start of weaning to three years of age', said it had no intention of relaunching the products for a separate market. "Older people can often cope with the mashed baby food better than regular meals, but we're not planning to 21 ... we want to keep our baby image," said Hipp, whose father, Georg, started putting baby food in jars in 1960.

(6) Eileen Steinbock, of the British Dietetic Association, said pureed food could benefit people whose ability to swallow had been greatly reduced through old age, dementia or

a stroke, and was already in widespread use in care homes. But people who could still chew and swallow should continue to do so for as long as possible,” she added. “I wouldn’t like to see people being given pureed food just because it’s easier for a carer to give it to them that way. It should only be given when it’s 22,” according to Ms Steinbock.

(7) Moreover, the protein content of food declines when it is pureed

because extra water is added to help liquify it, leaving it with fewer calories. “That would be a bad thing because a lot of people who require pureed food find it hard to eat enough and are quite likely to be nutritionally compromised and possibly even malnourished,” she added.

The Guardian, 2010

Tekst 7

- 1p 17 Kies bij 17 in alinea 1 het juiste antwoord uit de gegeven mogelijkheden.
- A easy to consume
 - B good value for money
 - C quite tasty
 - D rather healthy
- 1p 18 What becomes clear about 'Hipp' from paragraphs 1 and 2?
- A It hardly suffers any competition from rival babyfood companies.
 - B It has recently introduced a new range of exotic flavours.
 - C It is trying to sell its products to homes for elderly people.
 - D It noticed grown-ups are eating products intended for children.
- 1p 19 Kies bij 19 in alinea 3 het juiste antwoord uit de gegeven mogelijkheden.
- A Even though
 - B Just as
 - C Now that
- 1p 20 Kies bij 20 in alinea 4 het juiste antwoord uit de gegeven mogelijkheden.
- A gain strength
 - B lose weight
 - C prepare meals
 - D save time
- 1p 21 Kies bij 21 in alinea 5 het juiste antwoord uit de gegeven mogelijkheden.
- A change our recipes
 - B ignore this group
 - C settle for continuity
 - D target them
- 1p 22 Kies bij 22 in alinea 6 het juiste antwoord uit de gegeven mogelijkheden.
- A affordable
 - B available
 - C questionable
 - D unavoidable