England's breakfast revolution

The importance of a good breakfast is beyond ............ according to health experts, but in historical terms breakfast is a relatively new arrival in England, with descriptions of breakfast seldom ............ in medieval literature. (2) ..........., there are scattered references to travellers having a meal at dawn before (3) ............ on arduous journeys, and to the sick sitting down to breakfast for medicinal reasons, but most people went without unless they were monarchs or nobles.

However, in the sixteenth century it gradually became the (4) ............, not the exception. Some writers have (5) ............ this to the greater availability of food. Proponents of this view have not always considered other profound social changes. For example, new (6) ............ of employment may well offer a plausible explanation for the greater importance now (7) ............ to breakfast, as individuals were increasingly employed for a prescribed number of hours. Often this involved starting work extremely early. Thus, having a meal first thing in the morning was (8) ............ in necessity, and was no longer associated with social status alone.
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**Test 1**

**Part 2**

For questions 9–16, read the text below and think of the word which best fits each space. Use only one word in each space. There is an example at the beginning (0). Write your answers IN CAPITAL LETTERS on the separate answer sheet.

Example: 0 FOR

---

**Mission to Mars**

Wanted: a middle-aged, married couple (0) .......... a 501-day round trip to Mars. Applicants must be physically and emotionally robust.

This will be the profile of the very first Martian astronauts if multi-millionaire Dennis Tito’s plans to launch a capsule on 5 January 2018 actually (9) .......... to fruition. The capsule will take the crew to about 160 km above Mars. The spacecraft will use the gravity of Mars to allow it to return to Earth without burning any more fuel, for fuel efficiency is a priority – the 2018 deadline has been fixed (10) .......... the next launch window when Mars and Earth align again isn’t (11) .......... 2031. It’s a (12) .......... order, but the race is on to develop systems involving totally new technologies. (13) .......... that these can be put in place soon enough, the spacecraft might just (14) .......... it. But even if it (15) .......... leaves Earth, the efforts to achieve these ambitious goals will not be in (16) .........., as they will lead to valuable advances for future missions.
Reading and Use of English

Part 3

For questions 17–24, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the space in the same line. There is an example at the beginning (0). Write your answers IN CAPITAL LETTERS on the separate answer sheet.

Example: 0 T E N D E N C Y

TEND EVOLVE SIGN
ATTACH HELP
ADVANTAGE

CRYING

Charles Darwin thought that the human (0) ............ to cry had no obvious (17) ........... purpose. He was almost certainly wrong. More recently scientists have pointed to its social (18) ..........., with psychiatrist John Bowlby highlighting the role of crying in developing the (19) ............ between mother and child. Many believe that tears, at least during childhood, are mainly an expression of (20) ............ . However, the persistence of crying into adulthood is harder to explain. It seems that the sound of crying becomes considerably less important than the visual signal it conveys. It may have been (21) ............ to early human communities as a means of promoting trust and social connectedness.

Tears can undoubtedly have other causes too. We may cry to express sympathy for those suffering terrible (22) ............ . Furthermore, tears can be shed (23) ..........., rather to our embarrassment, when we hear inspiring music or moving speeches. We may cry when watching a sentimental film, but interestingly, this is more likely to occur in company than when we are alone. The social function of crying would seem to be (24) ............, but research continues.
Test 1

Part 4

For questions 25–30, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and eight words, including the word given. Here is an example (0).

Example:
0 Do you mind if I watch you while you paint?
   objection
       Do you ................................................ you while you paint?

Write only the missing words on the separate answer sheet.

25 I hope the committee will consider this new information when they meet next week.
   account
       I hope this new information ................................................... when the committee meet next week.

26 James did not find it difficult to answer the interviewer's questions.
   coming
       James had no .................................................. the interviewer's questions.

27 The more experienced members of the expedition were made responsible for finding food.
   charge
       The more experienced members of the expedition ..................................... finding food.
Reading and Use of English

28  The agent said he no longer thought that Sam Bowker would ever appear in a Hollywood film.

**hope**

The agent said he ……………………………………………… appearing in a Hollywood film.

29  My father said that the portrait did not look like him.

**resemblence**

My father said that the portrait ……………………………………………… him.

30  Leo doesn’t understand why his sister is opposing his plan.

**what**

Leo doesn’t understand ……………………………………………………………… his plan is.
Test 1

Part 5

You are going to read an article about the history of blogging. For questions 31–36, choose the answer (A, B, C or D) which you think fits best according to the text. Mark your answers on the separate answer sheet.

Blogging: Confessing to the world

Some time ago, a website highlighted the risks of public check-ins – online announcements of your whereabouts. The site's point was blunt: you may think you are just telling the world, 'Hey, I'm at this place' – but you are also advertising your out-and-about-ness to all kinds of people everywhere – not all of them people you might like to bump into. This appeared to confirm the growing awareness that there might be a downside to all the frantic sharing the web has enabled. The vast new opportunities to publish any and every aspect of our lives to a potentially global audience hold out all sorts of tantalising possibilities: Wealth! Fame! So we plunge into the maelstrom of the internet, tossing confessions, personal photos and stories into the digital vortex. Too late we realise that the water is crowded and treacherous – and we are lost.

Depressing? Perhaps, but don't give up. This future has a map, drawn for us years ago by a reckless group of online pioneers. In the early days of the web, they sailed these waters and located all the treacherous shoals. They got fired from their jobs, found and lost friends and navigated celebrity's temptations and perils – all long before the invention of social networking. These pioneers, the first wave of what we now call bloggers, have already been where the rest of us seem to be going. Before their tales scroll off our collective screen, it's worth spending a little time with them. After all, those who cannot learn from history are doomed to repost it.

In January 1994, Justin Hall, a 19-year-old student, began posting to the 'WWW', as it was then known, something inhabited mostly by grad students, scientists and a handful of precocious teens like him. The web had been invented at CERN, the international physics lab in Switzerland, so researchers could more easily share their work. Hall saw something else: an opportunity to share his life. Link by link, he built a hypertext edifice of autobiography, a dense thicket of verbal self-exposure leavened with photos and art. In January 1996, on a dare, he began posting a daily blog, and readers flocked to the spectacle of a reckless young man pushing the boundaries of this new medium in every direction at once.

Hall's ethos was absolute: cross his path and you could appear on his site; no topic was taboo. Certainly, this was the work of an exhibitionist, but there was also a rigour and beauty to his project that only a snob would refuse to call art. One day though, visitors to Hall's site discovered his home page gone, replaced with a single anguished video titled Dark Night. His story tumbled out; he'd fallen spectacularly in love, but when he started writing about it on his site he was told 'either the blog goes, or I do'. He'd published his life on the internet and, Hall protested, 'it makes people not trust me'. The blog went, but the dilemma persists. Sharing online is great. But if you expect your song of yourself to 'make people want to be with you', you'll be disappointed.

In 2002, Heather Armstrong, a young web worker in Los Angeles, had a blog called Dooce. Occasionally, she wrote about her job at a software company. One day an anonymous colleague sent the address of Armstrong's blog to every vice president at her company – including some whom she'd mocked – and that was the end of her job. Those who study the peculiar social patterns of the networked world have a term to describe what was at work here. They call it the 'online distribution effect': that feeling so many of us have that we can get away with saying things online that we'd never dream of saying in person. But our digital lives are interwoven with our real lives. When we pretend otherwise, we risk making terrible, life-changing mistakes.

Armstrong's saga had a happy ending. Though she was upset by the experience and stopped blogging for several months afterwards, she ended up getting married and restarting her blog with a focus on her new family. Today she is a star in the burgeoning ranks of 'mommy bloggers' and her writing supports her household. Once a poster child for the wages of web indiscretion, she has become a virtuoso of managed self-revelation. What Armstrong has figured out is something we would all do well to remember: the web may allow us to say anything, but that doesn't mean we should.
31 Why does the writer describe a website about public check-ins in the first paragraph?
   A to reinforce the concerns already felt by some people
   B to remind readers to beware of false promises
   C to explain that such sites often have a hidden agenda
   D to show that the risks of internet use are sometimes overestimated

32 What is the writer's attitude to the online pioneers mentioned in the second paragraph?
   A He is concerned by the risks they took.
   B He appreciates their unprecedented achievements.
   C He admires their technical skills.
   D He is impressed by the extent of their cooperation.

33 What does the writer suggest about Justin Hall in the third paragraph?
   A He was unusually innovative in his approach.
   B His work was popular for the wrong reasons.
   C He inspired others writing in different fields of study.
   D His work displayed considerable literary skill.

34 What point is exemplified by the references to Hall's project in the fourth paragraph?
   A People usually dislike exhibitionists.
   B Someone's life can be a form of art.
   C Relationships are always a private matter.
   D Being too open may be counterproductive.

35 What does the account of Armstrong's later career suggest about blogging?
   A It is important to choose an appropriate audience.
   B It is possible to blog safely and successfully.
   C It is vital to consider the feelings of others.
   D It is best to avoid controversial subjects when blogging.

36 In this article, the writer's aim is to
   A illustrate a point.
   B defend a proposition.
   C describe developments.
   D compare arguments.
Build it yourself at the UK’s first bamboo bike workshop

A course at the Bamboo Bike Club, run by engineers James Marr and Ian McMillan, buys you a computer-designed custom frame plus a fun weekend of bike-building.

It’s Saturday morning in Hackney Wick, east London, and apart from a mechanic deep in the bowels of a truck, the only sign of life among the small factories on a backstreet is a whine of machinery from an upper window – work has begun at Bamboo Bike Club, Britain’s only bamboo bike-building course. I’ve gone along to watch the action.

There’s a sense of energy and industry. And of fun. Woodwork class was never like this. Bamboo is one of the most interesting trends to emerge in bike construction. Names like Californian manufacturer Calfee Design or Yorkshire’s Bamboo Bikes have revived a construction method pioneered as early as 1894. The problem for most cyclists is the price. A ready-made bamboo frame from these companies retails for $2,995, or £1,868.

Only after they had refined their research into a marketable product – James now tosses out phrases like ‘close-noded thick-wall tubes’ while talking about bamboo – did they realise they were on the wrong track. ‘We realised we didn’t want just to sell frames. We wanted to share the joy of making something; the craft of creating something unique and sustainable,’ James explains.

The question for me, a king of the botch job – my terrible handiwork failures litter my house – was about quality. On day one, the boys explain how to select bamboo for strength and how to form strong joints before tubes are glued lightly in place in the workshop: first the front triangle composed of 40 mm diameter bamboo; then the thinner, more fiddly seat and the chain assembly. Alloy tubes are inserted for the handlebars, wheel forks and other parts which require the strength and precise engineering impossible in bamboo.

Sunday is a more relaxed day, mainly spent building the lugs. Or rather, wraps: hemp bindings wrapped around the joints and dropouts then glued with epoxy resin to form a strong bond that disperses loads evenly throughout the frame. With a final polymer coating for waterproofing, the bike is ready for wheels, brakes, gears, saddle and any other individual touches. And it is a bike built for the long haul, just as strong, the pair claim, as its metal equivalents.

Technical issues aside, how good does a bamboo bike look? Somewhat scruffy alongside professional frames, it turns out – the hemp weave can look a bit like parcel tape, for example. But there’s no denying their individuality and that, say James and Ian, is the point.

They also cycle well. I take James’s bike for a spin and the ride is light, stiff and smooth thanks to bamboo’s ability to dampen vibration. Impressive, considering I target every pothole. ‘Some people love the build, but for me these workshops come together when the bike is on the road,’ James says. ‘They’re so light, so effortless to ride. So much fun to ride too – take a Harley-style retro bike, add 10 and you’re still not close.’ And the price? Less than £500.
All this, together with the technical skill involved in using jigs, power tools and design blueprints, is a leap of faith for someone whose idea of DIY is flatpack furniture assembly. Accurate cutting for a clean joint can be tricky, for example.

Personally though, I believe that any bicycle made from this kind of material should be a relaxed affair, something for cruising sedately around on rather than racing. I therefore plump for a frame that avoids the stiff angularity of my existing metal machine: a 'Classic English' giving a gentle, easy-going ride.

Frames have been set up for the three custom bikes under construction. Bamboo has been selected from a stockpile. Now crossbars and seatposts are being cut according to the lengths specified on each design's blueprint.

No problem – just get another piece and have another go. Such is the benefit of bamboo. Each length has been pre-checked for quality, so you get to indulge in frame aesthetics: plain bamboo, black or mottled.

If Calfee and their like are safe, middle-of-the-road rock, then Bamboo Bike Club are the punks, the rebels; less up against the big names than creating bikes that embody the DIY spirit and that will engender more passion than the average factory-line model.

It was this, plus the design challenge, that led James and Ian to spend years cooped up in a shed in Brecon, Wales. Their idea was to establish a boutique bamboo bike business with products within reach of the average cyclist.

Ian has ridden his for over a year on a 16-mile commute, while James has failed to destroy one bike off-road over three months of testing. ‘To be honest, our bikes are over-engineered – we use larger diameter tubes and over-thick bindings – but I prefer it like that,’ James says.

The outcome was something more community than company, and as such, the Bamboo Bike Club is still an occupation sandwiched between full-time jobs – James makes wind turbines and Ian is a civil engineer. But they seem to be on the right track, with monthly courses whose competitive price buys you a computer-designed custom bike frame plus a fun weekend of bike-building.