

Tekst 1

Finding our feet

If there is one thing that ought to need no intervention by the government it is getting people to walk more. It should be self-evident. Walking is enjoyable in itself and it is well proven that moderate exercise reduces the risk of obesity, stress, heart disease, strokes and other illnesses. And if that isn't 1, then the prospect of avoiding traffic congestion, pollution, towering petrol taxes, parking problems and high train fares ought to be. 2, this is not the case. As the Department for Transport's action plan, Walking and Cycling, pointed out last week, walking trips – other than for recreational purposes – have been in decline for 20 years. It would not take much to reverse it – just walking 1.25 miles a week more on average – but there is no sign of revival.

The chief medical officer urges us to take at least 30 minutes of physical

activity of moderate intensity on at least five days a week. It doesn't have to be walking: anything from cycling to housework would do. But cycling without proper uninterrupted cycle lanes can be dangerous and not everyone can afford a health club. Walking is easy and more sociable than other forms of exercise. Many would be surprised what little 3 they lose by walking part of the way to work rather than taking a bus or train once all the delays have been factored in.

There are lots of things the authorities can do nationally and locally, such as improving pavements, creating more safe routes to schools and making more traffic-free areas. With obesity costing the country approaching £10bn a year, putting the country back on its feet would be 4. It is the nearest thing politicians will get to a free lunch.

The Guardian

Let op: beantwoord een open vraag altijd in het Nederlands, behalve als het anders is aangegeven. Als je in het Engels antwoordt, levert dat 0 punten op.

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

1p 1

- A convincing enough
- B socially acceptable
- C too discouraging
- D worth promoting

1p 2

- A Fortunately
- B Hopefully
- C Sadly

1p 3

- A energy
- B interaction
- C time
- D weight

1p 4

- A an easy option
- B an expensive project
- C too much effort
- D very cost-effective