

Read the text about how we spend our **free time**. Decide which of the four words best fits each space. Write the correct word into the space provided.

Free time trends

- (1) _____ people all over the world are working longer hours. We also have more leisure time than ever before.
- After sleeping and working, watching TV is by far the most (2) _____ leisure activity the world over. The British watch more TV than any other nation in Europe, but they read more too. The (3) _____ majority, eighty-five per cent, read newspapers, and 54% regularly read books.
- Two thirds of modern European women work full-time, but they still do the main (4) _____ of the housework too. Husbands help in the household more than they did in former (5) _____. No wonder that many working women say they are stressed and (6) _____.
- According to the latest (7) _____ by supermarkets, the average British family spends just 11 minutes preparing for the main evening meal. Almost half of all UK families in the UK eat together only once a month or (8) _____.
- More than half of young people in the UK have a fulltime job (9) _____ the age of 19, but the (10) _____ of young Spanish and Italian people do not start full-time work until they are 24.
- The average American fourteen year-old (11) _____ only half an hour a day doing homework, and less than a fifth of them participate in sports, music or have other hobbies. (12) _____, 65 % say they spend their time chatting on their mobiles and (13) _____ out with friends in shopping malls.
- In the UK, pensioners are almost twice as active as teenagers, according to (14) _____ research. People over 65 spend nearly two hours a day (15) _____ physical activities such as walking, cycling or gardening. However, surprisingly, people who use the Internet (16) _____ do more sport than people who never use it.



1	In general	Although	However	Despite
2	joint	common	regular	general
3	huge	massive	wide	vast
4	cut	portion	part	piece
5	times	ages	periods	dates
6	alert	sleepy	exhausted	spent
7	inspections	examinations	explorations	research
8	fewer	less	least	smaller
9	with	up to	by	under
10	majority	most	bulk	mass
11	fills	occupies	uses	spends
12	In spite of	Nevertheless	Despite	Instead
13	falling	hanging	running	dropping
14	recent	newest	latest	last
15	exercising	having	making	doing
16	evenly	regularly	completely	wholly