

Level 3



LIFE SKILLS SAMPLE

- 
- Health
 - Home
 - Out & About
 - Finance
 - Career
 - Technology
 - Animals
 - Ireland
 - Education

Student Worksheets

WWW.EDUCOOT.ORG

2. Food Groups

HEALTH

Tick the food groups in these meals

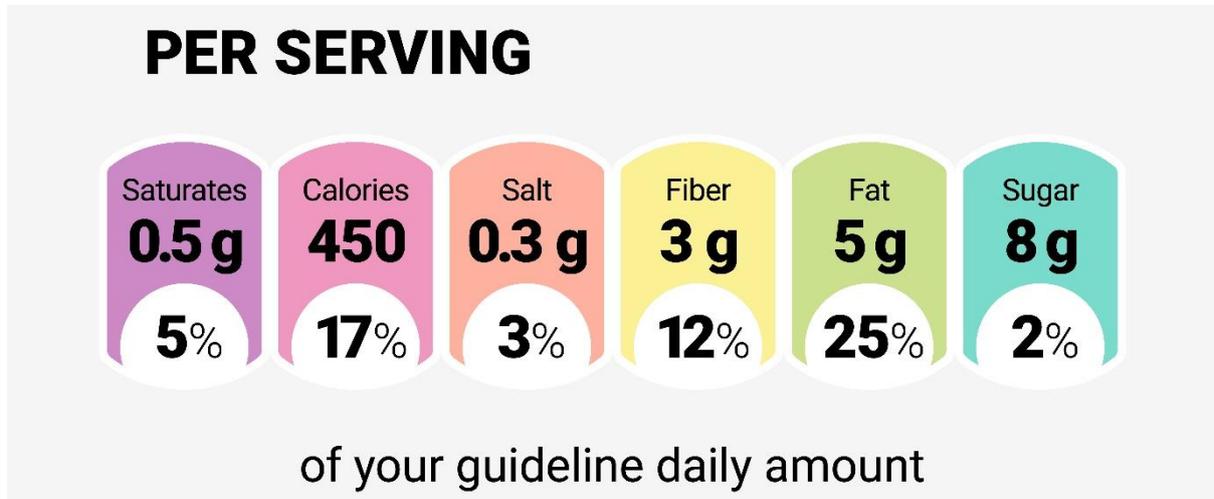
| Combination Food | Grains Group | Dairy Group | Protein | Fruit & Veg | Other |
|------------------------|--------------|-------------|---------|-------------|-------|
| Lasagne | | | | | |
| Cheese & Salad Roll | | | | | |
| Fruit Smoothie | | | | | |
| Eggs on Toast | | | | | |
| Chicken Soup | | | | | |
| Veg Curry & Rice | | | | | |
| Fish & Chips | | | | | |
| Chicken and Vegetables | | | | | |
| Beef Stir Fry | | | | | |
| Roast and Vegetables | | | | | |



3. Nutritional Information



Read the nutritional information of a meal:



What is the RDA for each of the following? (Do the sums!)

a) Saturates

b) Calories

c) Salt

d) Fibre

e) Fat

f) Sugar

Cooking abbreviations

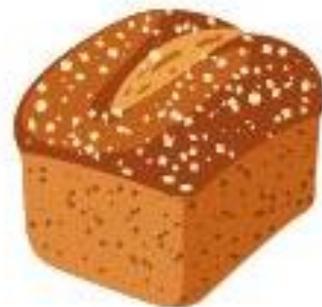
HOME

a) What do these abbreviations stand for?

| Abbreviation | Stands for |
|--------------|------------|
| C, c | |
| g | |
| T, tbsp | |
| kg | |
| L, l | |
| lb | |
| ml | |
| t, tsp | |
| °C | |
| pt | |
| ± | |

b) Read the list of ingredients to make whole-wheat bread. Highlight all the abbreviations.

- 2 c whole wheat flour
- 1/2 c bread flour or all-purpose flour
- 1 packet / 7 g instant yeast
- 2 T honey
- 1 t salt
- 1/4 L milk, heated to about ± 50° C
- 2 tbsp olive oil
- 1 egg



c) Write another abbreviation and its meaning:

Check the medication

HOME

Consult the label or package inserts of a common medication and write the information:

a) Name/brand: _____

b) Use (condition or symptom):

c) Directions for use: dose (amount), frequency

d) Total period of time for use: _____

e) How soon to expect improvement, and action to take if no improvement occurs:

f) Warnings/contraindications for use:

g) Possible side effects and what to do:

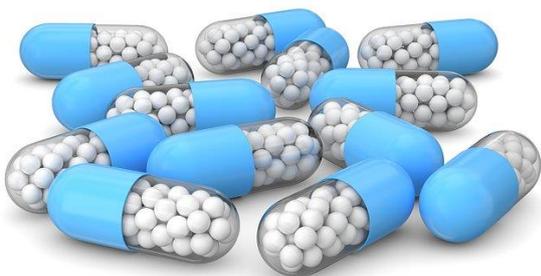
h) Serious reactions to watch for and report:

i) Activities or substances to avoid:

j) Instructions in case of overdose:

k) Storage and other information:

l) Expiration date: _____



*You can staple the medication label / insert onto this worksheet.

Reading into a picture

HOME

Look closely at the picture.



a) Do you think this is a home or an office? Give reasons.

b) Who do you think lives here?

c) What time of day is it?

d) What might the interests be of the people who use this space?

e) What do you think the adults are talking about?

f) What else do you observe from the picture?

. Personal Safety Checklist

HOME

Are you doing all you can to protect yourself. Tick those statements that are true for you.



- My home has good lighting.
- Doors are secured with effective locks.
- All unused doors and windows are securely locked.
- I always lock all windows

and doors when I go out.

- I have good lighting outside.
- Keys are hidden in a secure, nonobvious place.
- I do not give anyone the opportunity to duplicate my keys.
- The front door has a peephole.
- I do not open my door to strangers.
- I ask to see ID or call to verify that repair and utility workers are legitimate.
- My answering machine message does not imply that I live alone or am not home.
- Everyone in the household knows how to call for help.
- My neighbours and I have a system for alerting one another in case of an emergency.
- I participate in a neighbourhood watch program.

10. Different documents at home

HOME

At home you are likely to read many types of documents! Read the definitions and identify the types of documents.

a) Directions for making a meal

b) Electronic mail

c) Daily / Weekly publication, containing news & articles

d) Itemised statement of money owed for goods or services

e) Nutritional information found on a food product

f) Request to be present or take part in something

g) Advertisement intended for wide distribution

h) A handbook, often with instructions

i) A collection of web pages on the Internet

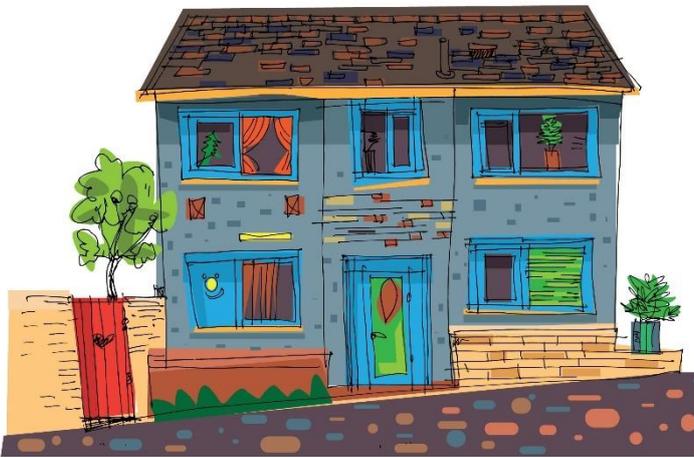
j) Place where a person or company can be found



House for Rent

HOME

You are looking to rent a house. Read the advert.



- Quiet and peaceful area
- 20-minute drive from the town
- 5-minute walk to bus stop
- 1 kitchen, 1 living room, 1 dining room, 3 bedrooms and full bathroom upstairs, guest loo downstairs
- Garden in front of house
- Walled back garden
- Off-street parking
- Rent: €650 per month

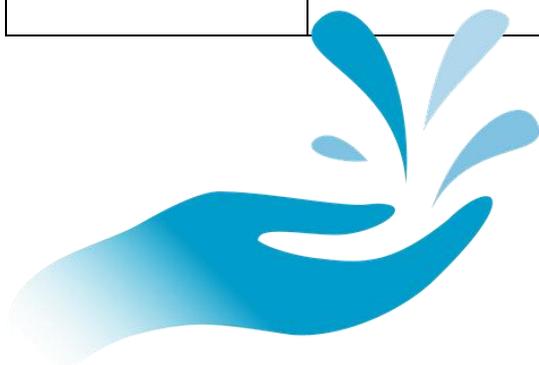
The advert does not contain all the information you need. Write seven important questions you would ask the estate agent.

Water use investigation

HOME

See how much water you use in one week. Print one of these pages for each day of the week.

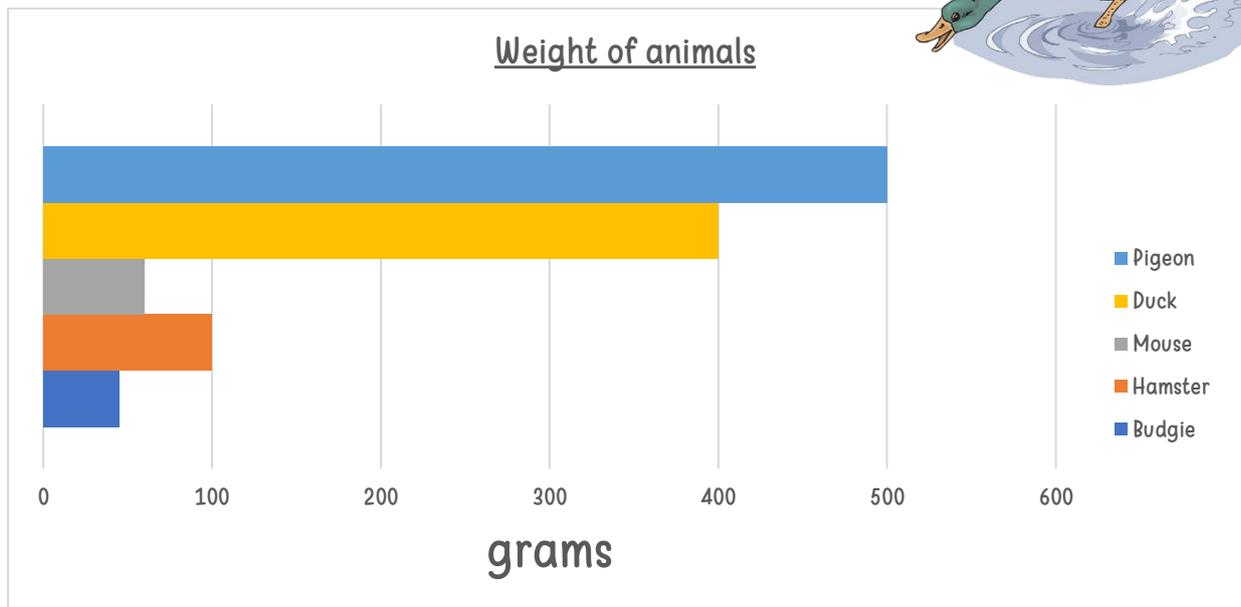
| How you use water | Approx no. of litres | No. of times | Total amount of water used |
|--------------------------------------|----------------------|--------------------------|----------------------------|
| Taking a shower | 27 | | |
| Taking a bath | 80 | | |
| Flushing a toilet | 9 | | |
| Washing face, hands, cleaning | 4 | | |
| Getting a drink | 1 | | |
| Washing clothes by hand | 15 | | |
| Washing clothes in a washing machine | 80 | | |
| Washing dishes by hand | 7.5 | | |
| Washing dishes in the dishwasher | 30 | | |
| Washing car with a bucket | 7 | | |
| Washing car with a hose | 15 litres per minute | | |
| Watering the garden with a sprinkler | 9 litres per minute | | |
| | | Total amount used | |



Animal weights (Reading a graph)

ANIMALS

Look at the graph and answer the questions.



- a) What is the difference in weight between the heaviest and lightest animals? _____
- b) Which animal weighs four hundred grams? _____
- c) Does a mouse weigh more or less than a hamster?

- d) How many different animals were weighed? _____
- e) How much does the pigeon weigh? _____

10. Bird, mammal, fish, reptile or amphibian?

ANIMALS

Classify the following either as bird, mammal, fish, reptile or amphibian. Look up animals online if you need to!

- a) salamander _____
- b) swan _____
- c) tortoise _____
- d) monkey _____
- e) wagtail _____
- f) salmon _____
- g) bat _____
- h) robin _____
- i) toad _____
- j) python _____
- k) squirrel _____
- l) frog _____
- m) tuna _____
- n) lizard _____
- o) swallow _____
- p) sea snake _____
- q) goose _____
- r) shrew _____
- s) sea bass _____
- t) mouse _____
- u) deer _____



11. Odd one out

ANIMALS

Circle the animal that is the odd one out in each row. Give a reason why it is the odd one out.

(a) hermit crab (b) scorpion (c) lobster (d) rattlesnake

(a) polar bear (b) fish (c) cat (d) beaver

(a) cow (b) dog (c) cat (d) black bear

(a) goldfish (b) snail (c) turtle (d) armadillo

(a) cow (b) horse (c) polar bear (d) sheep

(a) boar (b) elephant (c) rhino (d) walrus

(a) zebra (b) leopard (c) tiger (d) coral snake

(a) zebra (b) anemone (c) jellyfish (d) squid

(a) tadpole (b) frog (c) shark (d) angelfish

(a) cat (b) fox (c) rabbit (d) fish

Cost of a pet

ANIMALS

If you wanted to get a kitten, consider the costs you would incur to get ready for your little creature. Look up costs online and complete the table:

| Things you need | Cost |
|--|------|
| Food bowl & Water bowl | |
| Kitten food | |
| Cat bed | |
| Litter tray | |
| Cat litter | |
| Scratching post | |
| Toys | |
| Vet for vaccinations | |
| Microchipping | |
| Getting cat spayed / neutered (a little later) | |
| Other | |
| TOTAL COST | |

b) Work out what the cost would be to feed your cat good and healthy food every day.

Cats make super pets, but make sure you are willing to take care of all their needs!

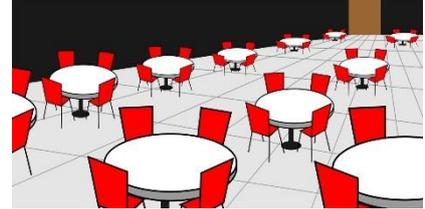


Proofreading a cover letter

ANIMALS

Proofread the cover letter. Mark it!

Mr Kevin Taylor
Bellfield Restaurant
Oak view street
Bellfield



Dear Mr Taylor

I am writing to apply for the Restaurant Manager position as advertised. I have more than 100 years of experience working in the restaurant industry in a managerial role.....

In my role as a Restaurant Manager, I was an efficient, enthusiastic, + strong leader. I have trained staff and met sales goals. I was a valuable member of the team.

The Bellfield Restaurant would benefit from my skills in the following areas:

A KEEN EYE FOR EXCELLENCE AND HIGH LEVEL OF STANDARDS

Strong work ethic

Leadership skills

A positive attitude even under stress!!! 😊

I believe that the Bellfield Restaurant will be a great success for many years to come. My skills + experience would be a valuable asset.

It would be a privilege to discuss this position in more detail. I would be happy to come by whenever it is most convenient for you. Thank you for your time, and I am looking forward to hearing from you.

Sincerely,

Katie Manning

Katie Manning

9. Career quotes

CAREER

Complete the quotes using these words:

don't, Choose, application, bar, pretend, career, people, job, boss



a) Accomplishing the impossible means only that the _____ will add it to your regular duties. ~ Doug Larson

b) We pretend to work because they _____ to pay us. ~ Anon

c) Many people quit looking for work when they find a _____. ~ Anon

d) A lot of fellows nowadays have a B.A., M.D., or Ph.D. Unfortunately, they _____ have a J.O.B. ~ "Fats" Domino

e) The closest to perfection a person ever comes is when he fills out a job _____ form. ~ Stanley J. Randall

f) The difference between a job and a _____ is the difference between forty and sixty hours a week. ~Robert Frost

g) Oh, you hate your job? Why didn't you say so? There's a support group for that. It's called everybody, and they meet at the _____ ~Drew Carey



h) _____ a job you love, and you will never have to work a day in your life.

~Confucius

i) People who work sitting down get paid more than _____ who work standing up. ~Ogden Nash



4. Pay slips

The Payment of Wages Act 1991 gives all employees a right to a pay slip which will show the gross wage and details of all deductions. A pay slip is essentially a statement in writing from the employer to the employee that outlines the total pay before tax and all details of any deductions from pay. It can be provided to you either in electronic format or in hard copy.

Look at the pay slip from **Irish Jobs** (www.irishjobs.ie) below:

| Test Company Ltd | | 1234567E | | | | | | | | | | | | | | | | | | | |
|--|------------|-----------------|-----------|-----------------|--------|---------|--|-------------|--------|-------------------|------|---------------|--------|------------------|--------|------------------|------|---------------|--------|------------|------|
| Name | | | Frequency | PPS No. | | | | | | | | | | | | | | | | | |
| Number | Department | | Period | Date | | | | | | | | | | | | | | | | | |
| Payments | Units | Amount | Payments | Units | Amount | | | | | | | | | | | | | | | | |
| Gross Pay | 1.00 | 500.00 | PAYE | | 57.60 | | | | | | | | | | | | | | | | |
| Premium Pay | 1.00 | 88.00 | USC | | 28.76 | | | | | | | | | | | | | | | | |
| | | | PRSI ee | | 18.44 | | | | | | | | | | | | | | | | |
| Cumulatives this employment | | Revenue Detail | | Pension Details | | | | | | | | | | | | | | | | | |
| Gross | 588.00 | Basis | Cumul | Cum er | 10.00 | | | | | | | | | | | | | | | | |
| PAYE | 57.60 | Tax Credit | 60.00 | | | | | | | | | | | | | | | | | | |
| USC | 28.76 | PRSI Class | A1 | | | | | | | | | | | | | | | | | | |
| PRSI ee | 18.44 | Ins weeks | 1 | | | | | | | | | | | | | | | | | | |
| PRSI er | 63.21 | Cut-off | 600 | | | | | | | | | | | | | | | | | | |
| <table border="1"> <thead> <tr> <th colspan="2">Summary</th> </tr> </thead> <tbody> <tr> <td>Total Gross</td> <td>588.00</td> </tr> <tr> <td>Allowed Deduction</td> <td>0.00</td> </tr> <tr> <td>Taxable Cross</td> <td>588.00</td> </tr> <tr> <td>Total Deductions</td> <td>104.80</td> </tr> <tr> <td>Non-tax Payments</td> <td>0.00</td> </tr> <tr> <td>Total Payment</td> <td>483.20</td> </tr> <tr> <td>Pay Method</td> <td>Cash</td> </tr> </tbody> </table> | | | | | | Summary | | Total Gross | 588.00 | Allowed Deduction | 0.00 | Taxable Cross | 588.00 | Total Deductions | 104.80 | Non-tax Payments | 0.00 | Total Payment | 483.20 | Pay Method | Cash |
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| Taxable Cross | 588.00 | | | | | | | | | | | | | | | | | | | | |
| Total Deductions | 104.80 | | | | | | | | | | | | | | | | | | | | |
| Non-tax Payments | 0.00 | | | | | | | | | | | | | | | | | | | | |
| Total Payment | 483.20 | | | | | | | | | | | | | | | | | | | | |
| Pay Method | Cash | | | | | | | | | | | | | | | | | | | | |



What do the numbers refer to?

1 _____ 2 _____ 3 _____ 4 _____

5 _____ 6 _____ 7 _____ 8 _____

9 _____ 10 _____

5. National minimum wage

FINANCE



An experienced adult employee for the purposes of the National Minimum Wage Act is an employee who has an employment of any kind in any 2 years over the age of 18.

However, the national minimum wage (NMW) does not stop an employer from offering a higher wage.

New rate in 2018: With effect from 1 January 2018, under SI 440/2017, the national minimum wage for an experienced adult employee will be €9.55 per hour.



Read the text and answer YES or NO.

- a) MNW stands for National Minimum Wage. _____
- b) The new rate from 2018 is higher than the rate in 2017.

- c) The employee must be over 21 years of age. _____
- d) The employee could be in the construction business.

- e) The new rate is €9.55 per hour. _____
- f) The new rate will apply from the 1 January 2017. _____
- g) The employee needs to be experienced to qualify for this.

- h) This SI (Statutory Instrument) is 450/2017. _____
- i) An employer will offer a higher wage sometimes. _____

6. Advertising

FINANCE

Find a printed advertisement and answer these questions about the ad:

1. What is the product being advertised? _____

2. In what ways is this ad trying to influence you?

3. How is it trying to reach your emotions?

4. Are you being given all of the facts? _____

5. What does the advertisement NOT tell you about the product?

6. What does the fine print say?

7. Does this advertisement sound too good to be true?

8. Where did you find this ad? _____

9. Who or what is the source/author/creator of this information?

10. Is the information up to date? _____

11. What is the purpose of the information: to educate, to entertain, or to persuade you to buy something?

12. Is there contact information? _____

*You can staple the advert onto this worksheet.





1. Your digital footprint

TECH

Why does your online privacy matter? Read the information.

Your digital footprint is everything on the Internet that's about you. Your digital footprint includes your photos, audio, videos, texts, posts on friends' pages, etc.

The Internet is a great tool to communicate with family, friends, and people who have the same interests as you do.

We send messages, share pictures and videos, and join conversations on social networks.

But you must remember the risks. Once you have put something online, there may be no way to undo that.

Your digital footprint could be seen by anyone, anywhere in the world! Once something about you is online, it could be online forever.

Your privacy matters. You can protect it by sharing only things that you're sure you want to share. Knowing when to stay silent is the key to respecting other people's privacy and protecting your own.

Name some things that make up your digital footprint.

Why is your privacy at risk when you are online?



3. Phishing

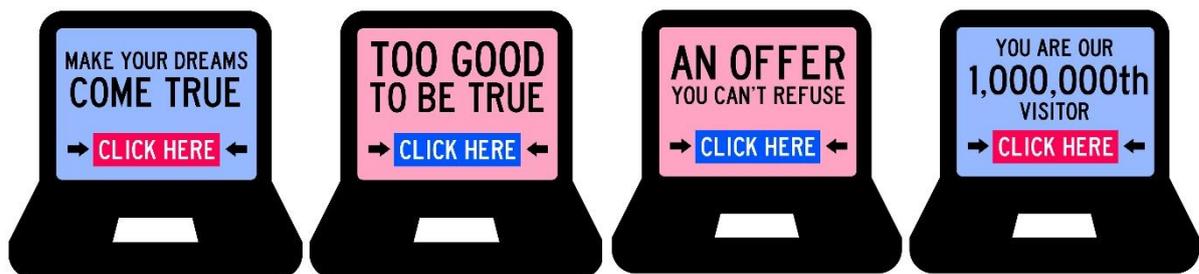
TECH

Complete the sentences:

ignore, unsafe, trick, information, steal, your, viruses, trust

- a) Phishing is when someone tries to _____ your information online.
- b) The _____ being stolen could be your login or account details.
- c) It could be someone pretending to be someone you _____ in an email, text, or other online communication.
- d) Phishing emails can link you to unsafe sites or send you _____ downloads and attachments.
- e) These phishing emails can also put _____ on your computer that use your contact list to target your friends and family with more phishing emails.
- f) Other scams might try to _____ you into downloading malware or unwanted software by telling you that there's something wrong with your device.
- g) Remember: A website or ad can't tell if there's anything wrong with _____ device.
- h) If you do not trust the email, attachment, advert or message, then _____ it!

Which of these screens looks like safe?



. Ted Talks

TECH



Go to the Ted Talks website: www.ted.com/talks

Choose a topic that interests you. Find a video that interests you and watch the whole video.

Fill in the table below:

| | |
|---|--|
| Title of the video | |
| Speaker's name | |
| Speaker's occupation | |
| Length of video | |
| Number of views | |
| What is the video about? | |
| What was the tone of the video? | |
| What do you think is the purpose of the video? (entertain, persuade, inform, etc.) | |
| Did you enjoy the video? Give reasons. | |
| Did the video provide food for thought? If so, what? | |

TED Ideas worth spreading

1. Sorting and classifying

PLACES

Sort and classify this set of transport types into a group. Circle the types of transport in red and then give reasons for your grouping. Choose another grouping and circle these in blue, and also give reasons for your grouping. (Items can be in both)



Reason/s for your grouping (red):

Reason/s for your grouping (blue):

2. At the airport

PLACES

Look at the Arrivals board and answer the questions:

| Arrivals | | |  |
|----------|---------------|-------|---|
| FLIGHT | ARRIVING FROM | TIME | |
| MW 1020 | MOSCOW | 10:30 | |
| PS 4038 | PARIS | 10:40 | |
| NK 9189 | NEW YORK | 11:20 | |
| FT 1234 | FRANKFURT | 11:40 | |
| BS 7639 | BRUSSELS | 12:30 | |
| SY 1740 | SYDNEY | 12:50 | |
| LN 1345 | LONDON | 13:10 | |
| AA 9826 | ATLANTA | 13:40 | |
| MD 4523 | MADRID | 14:20 | |
| BS 1845 | BUENOS AIRES | 14:40 | |

a) What is the number for the flight going to Brussels?

b) To which city is flight FT1234 going to?

c) What time is the flight to Moscow?

d) What number is the flight going to Australia?

e) What does LN start for on the board?

f) How many flights are going to cities in Europe?

3. Signs at the airport

PLACES

You will need coloured pencils.

- Circle in blue the sign for Arrivals.
- Underline in red the sign for the Information Centre.
- Draw a black box around the sign for Keep going straight.
- Draw a blue cross through the sign for Wi-Fi.
- Circle in green the sign for Passport Control.
- Underline in blue the sign for the Food Court.



4. Hotel facilities

PLACES

What facilities does this hotel have? Answer the questions.



- a) Can I get some laundry done while I am at the hotel? _____
- b) Are there babysitters I can hire here? _____
- c) Do I get a free cocktail on arrival? _____
- d) Is there a café and a restaurant? _____
- e) Which two forms of exercise can I do in the hotel? _____
- f) Is there a hairdresser in the hotel? _____
- g) Can I get a taxi from the hotel? _____
- h) Are there horse-riding facilities? _____
- i) Will I be able to use the Internet? _____
- j) Can I order a meal and have it delivered to my room? _____

21. Movie review template

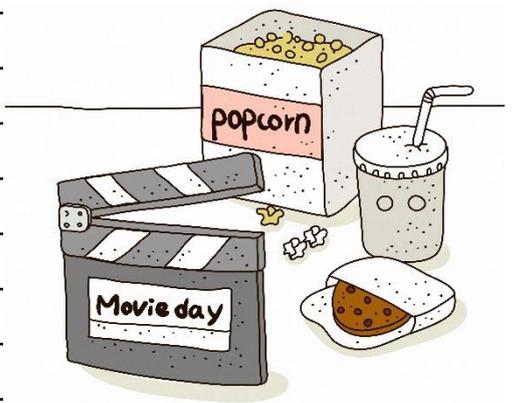
PLACES

Choose a movie that you have seen. Write a review of it, using these headings:

Title of movie: _____

Paragraph #1: Introduce the movie, e.g. type of movie.

Paragraph #2: Summarise the plot (story). Where and when did it take place? Who are the main characters? What is the story about? Do NOT include spoilers!



Paragraph #3: Talk about what you liked about the movie and what you didn't like.

Paragraph #4: What was the theme/moral of the movie?

Paragraph #5: What is your final word on the movie? Is it good or bad?

Rating system:



22. Gym Membership

PLACES

Look at the price list for gym membership. Choose a package and work out how much it will cost you per month, per week and per day.

Single Membership

| | 3 Months | 6 Months | 12 Months |
|------------|----------|----------|-----------|
| Gym & Pool | €135 | €235 | €400 |
| Pool only | €100 | €175 | €325 |
| Gym Only | €100 | €175 | €325 |

Student / +55 Membership

| | 3 Months | 6 Months | 12 Months |
|------------|----------|----------|-----------|
| Gym & Pool | €99 | €170 | €300 |

Off Peak *

| | 3 Months | 6 Months | 12 Months |
|------------|----------|----------|-----------|
| Gym & Pool | €100 | €175 | €325 |

**Off peak times - Mon -Friday 9am-5pm*



11. Measuring tools



Which tools could you use to measure the following?

(There are a few possibilities for some.)

a) Number of kilometres from Dublin to Cork

b) The temperature in Galway

c) The speed at which you are driving

d) The amount you spend on your bills each month

e) The length of your kitchen counter

f) The amount of stock to add to your soup

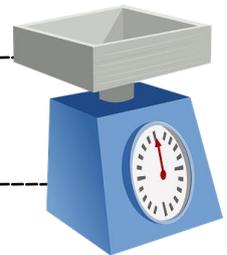
g) The weight of a parcel to post

h) The cost of 3 tickets to the Abbey Theatre

i) Your height

j) The amount of salt to add to your Irish stew

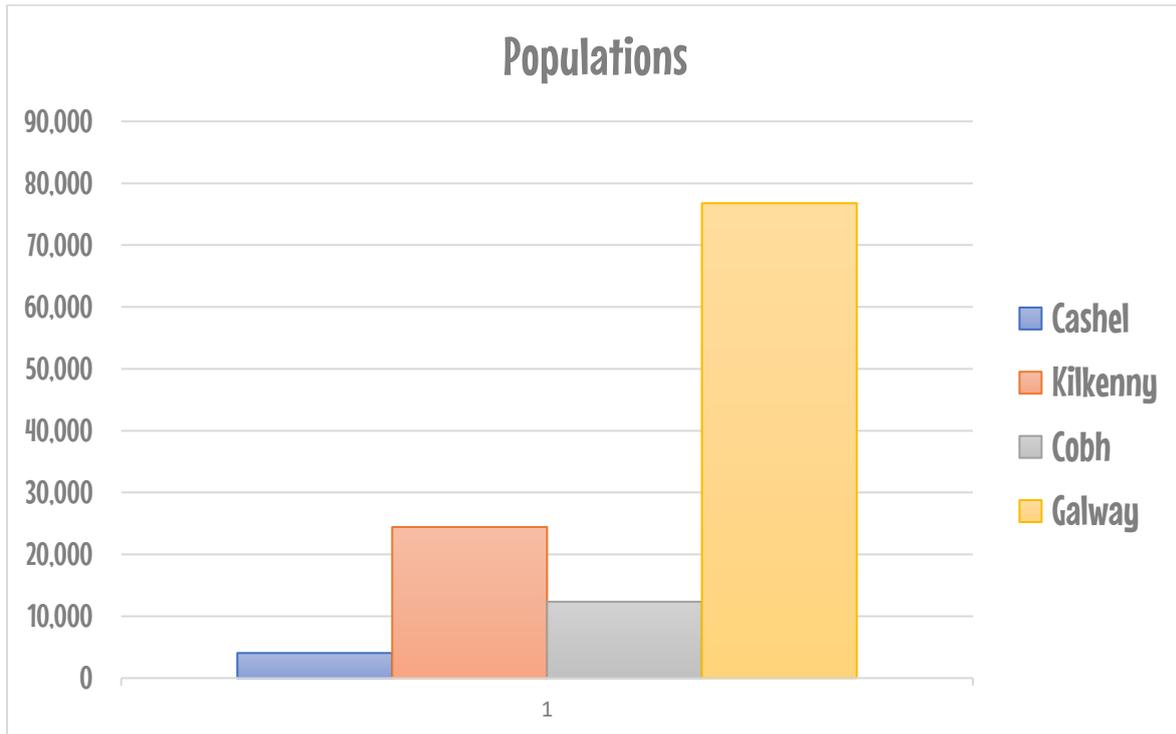
k) The time it takes to make a cup of tea



12. Populations (Reading a graph)



Read the graph and write five sentences, comparing populations in these four counties.



1. Exercise..... your brain!

EDUCATION

Here are some tips to exercise your brain. Read the information and make your own notes. Discuss your notes in your group.

Read as much as you can. Reading is great brain exercise. Try reading books that will teach you something new, such as books about history or another subject that interests you.

Increase your vocabulary, for example, use a dictionary or a word-a-day calendar.

Write something. Writing requires loads of thinking!



Learn a new language. Languages are a great way to keep learning new things and challenging your brain.

Problem-solve. Think about how you can solve current problems.



Turn off the television. Television tells you what to think.

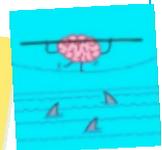
Do daily crosswords and puzzles.

Talk with people. Talk with people about things you or they know about. Talking can be a great basic brain workout.

Put away your phone when talking with people. Phones can be a distraction.

Doing volunteer work will not only improve your social connections, it will also provide you with opportunities to build new neurological pathways.

Making learning lifelong. Take a course.



YOUR NOTES

2. Contents page

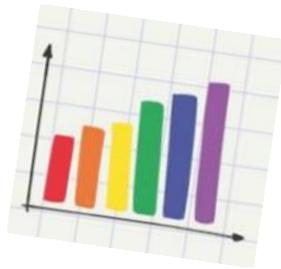
EDUCATION

Read the Contents of a book. Answer the questions.

CONTENTS

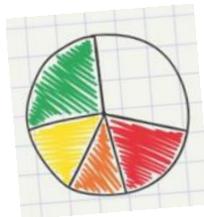
Note to the tutor, Page 3

Course overview, Page 4



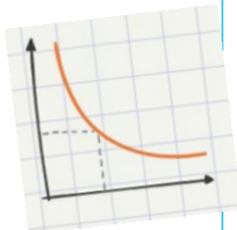
Assessment Brief 1: Data Handling Introduction, Page 5

- Introduction, Page 6
- Data in everyday life, Page 7
- Ways to collect data, Page 9
- Types of data, Page 10
- Sorting data, Page 12



Assessment Brief 2: Describing Graphs, Page 14

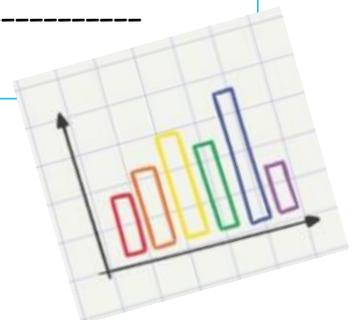
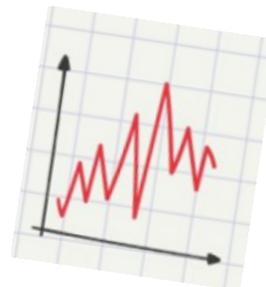
- Describing data – pictograph, Page 15
- Describing data – tally marks, Page 16
- Describing data – bar graph, Page 18
- Describing data – pie graph, Page 19
- Describing data – general, Page 20
- What does the data say?, Page 21
- Reading pictographs, Page 23
- Reading tally marks, Page 24
- Reading bar graphs, Page 25
- Reading pie graphs, Page 29
- Reading other graphs, Page 32



Assessment Brief 3: Constructing Graphs, Page 34

- Adding parts of a graph, Page 35
- Finishing the graphs, Page 36
- Collecting information, Page 42

Graph paper, Page 44



a) On which page is the Note to the tutor?
.....

b) What is on the last page of the book?
.....

c) What will you find on Page 10?
.....

d) How many assessment briefs are there?
.....

e) On which page will you find Reading pie graphs?
.....

f) How many pages are there in this book?
.....

g) What kind of text is this?
.....

3. Parts of a book

EDUCATION

Choose a book – fiction or non-fiction. Find the parts of the book.

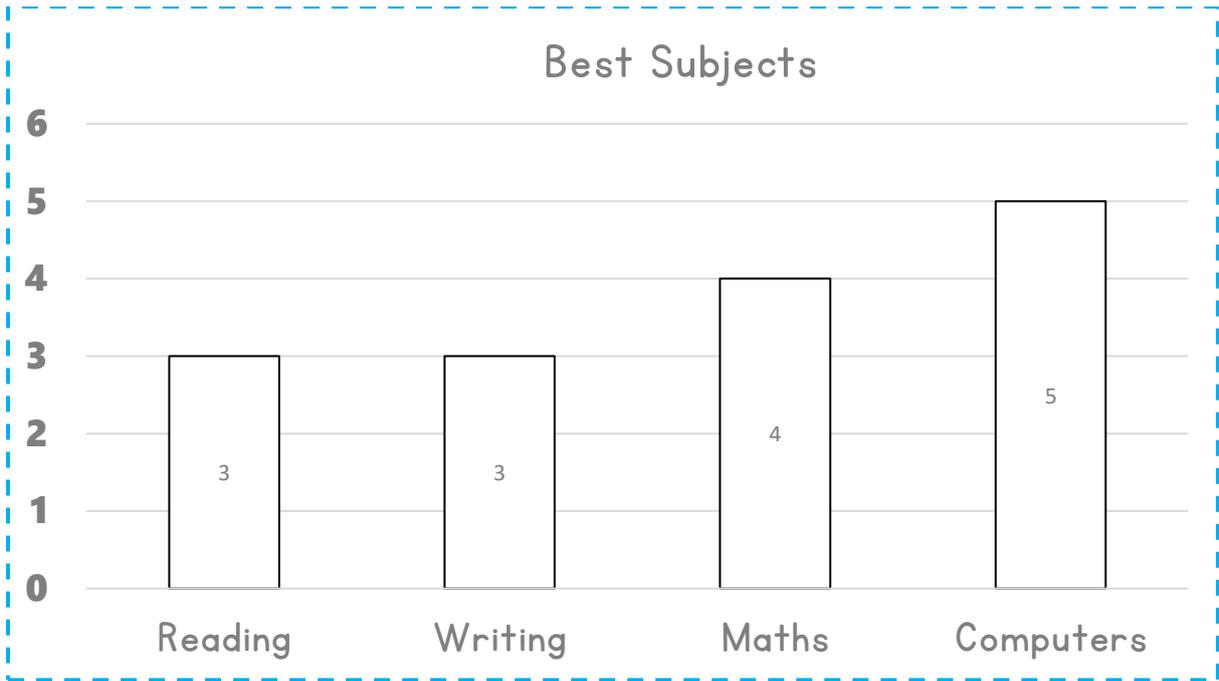
Tick the parts you find. Make notes below.

- acknowledgments
- appendix
- author
- bibliography
- chapter
- contents
- copyright
- dedication
- explanatory notes
- footnote
- illustrator
- index
- introduction
- page
- page number
- preface
- publisher
- text
- title



Making a key

Students in my group were asked what their favourite class was. Look at the graph below. Add a key to make the information clearer.



KEY:

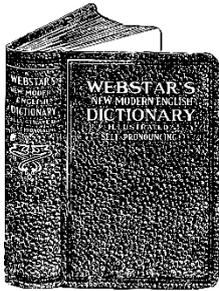
| | |
|--------------------------|-------|
| <input type="checkbox"/> | _____ |



Write 2 pieces of information from the graph.

13. Word challenge!

EDUCATION



Underline the odd word out in each row. Use a dictionary if you need to. You can also use an online dictionary!

- | | | | | |
|----------------|------------|-------------|-----------|---------------|
| 1. defeat | abundant | overthrow | conquer | vanquish |
| 2. pardon | absolve | excuse | forgive | assemble |
| 3. faithful | robust | loyal | devoted | true |
| 4. feeble | weak | frail | faint | ruthless |
| 5. still | corrupt | tranquil | serene | placid |
| 6. plunder | quiver | shudder | vibrate | shake |
| 7. forsake | abandon | prophecy | desert | leave |
| 8. clasp | dash | clutch | grasp | grip |
| 9. lustrous | courageous | bold | brave | daring |
| 10. slothful | zealous | fervent | ardent | zestful |
| 11. rare | scarce | unusual | moderate | extraordinary |
| 12. detest | entice | hate | loathe | abhor |
| 13. sturdy | tough | hardy | stalwart | vivid |
| 14. linger | revolve | rotate | spin | turn |
| 15. abolish | eliminate | expel | discharge | engulf |
| 16. false | fake | counterfeit | genuine | bogus |
| 17. voyage | riddle | journey | excursion | expedition |
| 18. myth | legend | tale | festive | fable |
| 19. jerk | yank | pull | snap | tug |
| 20. hamper | seize | take | snatch | capture |
| 21. illusion | dream | derision | vision | fantasy |
| 22. attempt | try | endeavour | muffle | essay |
| 23. strike | assault | deter | punch | pound |
| 24. astonished | elated | shocked | amazed | flabbergasted |