

It's important that you take out the battery when you are not using it, as if left for too long it may start to leak acid and ruin the unit.

Watching Motor Racing for the first time I was struck by the sheer speed. Nothing can prepare you for a car shooting past you at 200 MPH.

Mix ingredients together, slowly adding water. Then pour the contents into four small serving bowls.

I was exhausted after my first run. My legs were tired and my chest felt like it was burning. I breathed slowly and deeply – gradually returning it to normal.

She bit into the bar of chocolate. The sweet taste exploded in her mouth – it gave her an instant rush of sugary delight.

When I turned around I noticed a gang of young men walking towards me. I felt a mild sense of nervousness come over me. I picked up the pace as I walked along the path.

Last year we had a long, hot summer. Reservoirs were at record lows. Some had even dried up completely. Cracks could be seen on the dried out water beds.

I took one look at the long queue and decided I would come back later. The people waiting had been there for over an hour and they were showing signs of tiredness.

We climbed the one hundred stairs, finally reaching the top of the lighthouse. Making our way, exhausted and out of breath onto the balcony we were staggered by the amazing view that greeted us.

Her heart was racing as she waited for the aircraft door to open. She was about to make her first sky dive and she could feel fear rising up inside her.