

I. READING

The Ultimate Energy

When most of us hear the word 'diet', we immediately think about trying to get slim. However, a diet should be more than just trying to lose weight. What we eat should keep us fit, healthy and energetic. With the right eating plan, anyone can feel great.

One of the best ways to keep your energy levels high is to eat small snacks frequently during the day. It keeps your blood sugar at a healthy level and stops you from the symptoms of low blood sugar. Eating nothing all day and then having a large evening meal will not only make you feel exhausted but also make you gain weight.

People who are trying to lose weight often miss breakfast. They are not making life easy for themselves by doing this. Breakfast is the most important meal of the day, and without it your body will not work properly. Eating a small, low-fat breakfast will give you the energy and nutrients you need to get through the morning. Try fresh fruit, juice, toast and honey, or cereal.

You should drink at least five glasses of water every day. Without plenty of water, you will feel tired and may suffer from headaches.

Vitamin C is very important. It keeps us healthy and helps our body to absorb iron and calcium. The most important source of vitamin C is fresh fruit and vegetables, so you should eat a variety of these every day. Citrus fruit, strawberries and tomatoes are all rich in vitamin C, and delicious, too!

(Adapted from: V. Evans, N. O'Sullivan 'Click on' Express Publishing)

Glossary: frequently - often; exhausted - very tired; nutrient - поживна речовина; suffer - страждати; iron - залізо; calcium - кальцій.

1. You can feel energetic by

- ☐ A) trying to get slim
- ☐ Б) going on a diet
- ☐ В) eating properly
- ☐ Г) losing weight

2. You should eat for breakfast.

- ☐ A) honey
- ☐ Б) cheeseburgers
- ☐ В) cornflakes or muesli
- ☐ Г) fresh fruit

3. You should eat often during the day

- ☐ A) to put on weight
- ☐ Б) to keep your blood sugar at a healthy level
- ☐ В) because you won't have an evening meal
- ☐ Г) in order not to suffer from low blood sugar

4. You should always have breakfast

- ☐ A) to get slimmer
- ☐ Б) to have a lot of energy until lunchtime
- ☐ В) to give your body necessary nutrients
- ☐ Г) because there is always plenty to eat in the morning

5. If you eat, you give your body a lot of vitamin C.

- ☐ A) 
- ☐ Б) 
- ☐ В) 
- ☐ Г) 

6. Eating makes you gain weight.

- ☐ A) lots of fruit and vegetables
- ☐ Б) nothing
- ☐ В) low-fat breakfasts
- ☐ Г) a large evening meal

7. You need to drink a lot of water

- ☐ A) because your body needs it
- ☐ Б) to avoid feeling very tired
- ☐ В) to drink less coffee
- ☐ Г) to have a headache

II. COMMUNICATION

8. A: Hi guys, here's your spaghetti Bolognese.

B:

- ☐ A) Thanks a lot.
- ☐ Б) It's my pleasure.
- ☐ В) That's very kind of you.
- ☐ Г) Never mind, sir.

9. A: Give me a hand with the ironing, Lucy.

B:

- ☐ A) Left or right?
- ☐ Б) Hang on a minute.
- ☐ В) No problem.
- ☐ Г) Do you have an iron in your hand?

10. A: Did you use to wear jeans when you were a teenager?

B:

- ☐ A) Yes, the black ones.
☐ Б) I wear them. I'm afraid.
☐ В) Yes, I have to use them.
☐ Г) Sure. Especially baggy jeans.

11. A: What shall we do now?

B:

- ☐ A) Let's play a computer game.
☐ Б) Why don't we play a game of table tennis?
☐ В) I like playing board games.
☐ Г) How about playing chess?

12. A: We're having a barbecue on Saturday evening. Why don't you join us?

B:

- ☐ A) I'm afraid I can't.
☐ Б) That's a great idea!
☐ В) Sounds good.
☐ Г) I'm sorry, but I can't.

III. VOCABULARY

13. Kate's parents a new car last week.

- ☐ A) got ☐ Б) wrote
☐ В) purchased ☐ Г) bought

14. The air in Beijing is really

- ☐ A) pollute ☐ Б) pollution
☐ В) polluted ☐ Г) polluting

15. We had potatoes, roast beef and tomato salad for lunch.

- ☐ A) scrambled ☐ Б) baked
☐ В) boiled ☐ Г) mashed

16. The last caused serious damage to houses in that village.

- ☐ A) thunderstorm ☐ Б) drizzle
☐ В) sunshine ☐ Г) hurricane

17. This Science problem seems to be really difficult. Let me it to you.

- ☐ A) continue ☐ Б) explain
☐ В) help ☐ Г) notice

18. You must be very while you are climbing in the Alps.

- ☐ A) careful ☐ Б) reckless
☐ В) careless ☐ Г) sensible

19. Alice is married to Tom. He is her

- ☐ A) wife ☐ Б) spouse
☐ В) husband ☐ Г) nephew

20. My mum has a terrible headache. Could you give her a, please?

- ☐ A) fever ☐ Б) throat
☐ В) dizzy ☐ Г) painkiller

IV. GRAMMAR

21. Los Angeles is from Moscow than New York.

- ☐ A) farther ☐ Б) more far
☐ В) further ☐ Г) farer

22. The boys (1) football (2)

- ☐ A) (1) played; (2) at this time yesterday
☐ Б) (1) are playing; (2) at the moment
☐ В) (1) play; (2) every afternoon
☐ Г) (1) haven't played; (2) yet

23. A: I make a reservation of the plane for you?

B: Yes, please. That's very kind of you.

- ☐ A) Would ☐ Б) Shall
☐ В) Need ☐ Г) Can

24. about such a fantastic smartphone.

- ☐ A) I have always dreamed
☐ Б) I was always dreaming
☐ В) always dreamt
☐ Г) I've always dreamt

25. My neighbour asked me to look her puppy when she goes away.

- ☐ A) up ☐ Б) into
☐ В) after ☐ Г) for

26. Mike is a really fast swimmer. I can't swim as well as

- ☐ A) he ☐ Б) him
☐ В) he can ☐ Г) his

27. We have a lot of time. We hurry.

- ☐ A) needn't ☐ Б) don't have to
☐ В) mustn't ☐ Г) don't need to

28. Jill is (1) student at (2) University of Cambridge.

- ☐ A) (1) a; (2) — ☐ Б) (1) the; (2) an
☐ В) (1) a; (2) the ☐ Г) (1) —; (2) the

29. Jennifer at the airport at 9 o'clock this evening.

- ☐ A) I'll meet
☐ Б) I'm going to meet
☐ В) I meet
☐ Г) I'm meeting

30. Look! There's at the bus stop.

- ☐ A) no one ☐ Б) somebody
☐ В) someone ☐ Г) anybody