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Российская академия наук  
Российская академия образования  
Издательство «Просвещение»

# English

# 8



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Book

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Российская академия образования  
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# АНГЛИЙСКИЙ ЯЗЫК

**Рабочая тетрадь**

**8 класс**

**Пособие для учащихся  
общеобразовательных  
организаций**

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Рабочая тетрадь может использоваться как на уроке, так и для самостоятельных занятий дома.

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# Unit 1

## My country at a glance

### Lesson 1

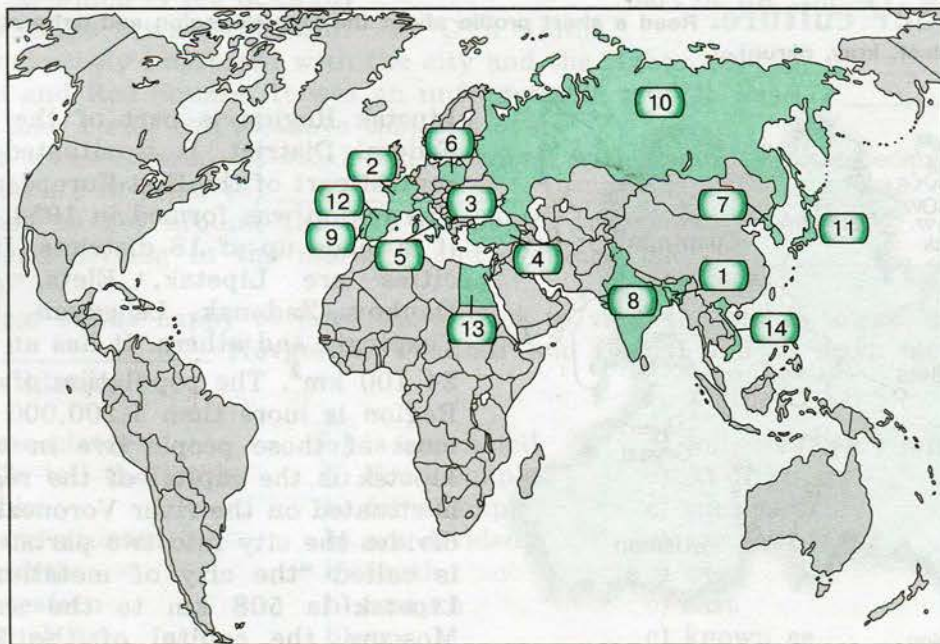
**1. Vocabulary.** Over 250 languages are spoken in London.

1) Children in London schools were asked the question "What language do you speak at home?" Below are some languages mentioned by the children.

Where do the children's families come from? Match the language with the country it is spoken in. There is an example at the beginning.

|                    |                  |                 |                    |
|--------------------|------------------|-----------------|--------------------|
| A Bengali <u>1</u> | E Hindi _____    | I Spanish _____ | L Arabic _____     |
| B Portuguese _____ | F French _____   | J Turkish _____ | M Italian _____    |
| C Polish _____     | G Albanian _____ | K Russian _____ | N Vietnamese _____ |
| D Japanese _____   | H Korean _____   |                 |                    |

|              |          |            |            |
|--------------|----------|------------|------------|
| 1 Bangladesh | 5 Italy  | 9 Portugal | 13 Egypt   |
| 2 France     | 6 Poland | 10 Russia  | 14 Vietnam |
| 3 Albania    | 7 Korea  | 11 Japan   |            |
| 4 Turkey     | 8 India  | 12 Spain   |            |





2) **Word building.** Fill in the table with the missing information. Underline the suffixes of the adjectives. There is an example at the beginning (0).

| Country      | Language       | People              |
|--------------|----------------|---------------------|
| 0) Russia    | <u>Russian</u> | the <u>Russians</u> |
| 1) Albania   | _____          | _____               |
| 2) Italy     | _____          | _____               |
| 3) Korea     | _____          | _____               |
| 4) Australia | _____          | _____               |
| 5) _____     | Chinese        | _____               |
| 6) Portugal  | _____          | _____               |
| 7) Japan     | _____          | _____               |
| 8) Vietnam   | _____          | _____               |
| 9) _____     | _____          | the Turks           |
| 10) _____    | _____          | the Bangladeshis    |
| 11) _____    | _____          | the Arabs           |
| 12) _____    | _____          | the Poles           |
| 13) _____    | _____          | the Indians         |
| 14) England  | _____          | _____               |
| 15) _____    | _____          | the Scots           |
| 16) _____    | _____          | the Welsh           |
| 17) _____    | _____          | the Irish           |

2. **In your culture.** Read a short profile about the Lipetsk region and write about your region (oblast, kray, okrug).



Lipetsk Region

Lipetsk Region is part of the Central Federal District. It is situated in the central part of the East-European Plain. The region was formed in 1954. Today, it is made up of 18 districts. Its main cities are Lipetsk, Elets, Gryazi, Dankov, Zadonsk, Lebedyan, Usman, Chaplygin and others. It has an area of 24 100 km<sup>2</sup>. The population of Lipetsk Region is more than 1,200,000 people, most of those people live in villages. Lipetsk is the capital of the region. It is situated on the river Voronezh which divides the city into two parts. Lipetsk is called "the city of metallurgists". Lipetsk is 508 km to the south of Moscow, the capital of the Russian



Federation. Lipetsk is more than 300 years old, as old as St Petersburg. Russians make up the majority of the population.

## Lesson 2

**1. Vocabulary.** Read foreign tourists' impressions about Russia. Choose the correct alternative to fill in the gaps.

"Very often Russia (0) is associated with cold weather. (1) \_\_\_\_\_, the image of the cold Russia is a bit exaggerated (преувеличен). It is definitely much colder in most parts of Russia than, (2) \_\_\_\_\_, in the US or most of Europe. The coldest regions (3) \_\_\_\_\_ in the (4) \_\_\_\_\_ and in Siberia, which is the huge (5) \_\_\_\_\_ part of the country, where you can experience a temperature of  $-40^{\circ}\text{C}$  in winter."

"I was extremely impressed with the city and the sights, (6) \_\_\_\_\_ the Kremlin and Red Square. It was an unforgettable trip! It was (7) \_\_\_\_\_ a fairy tale. I still can't believe that it's over."

"I don't speak Russian at all, I had to travel with a guided tour because few if any signs are in other (8) \_\_\_\_\_."

"It's easy to get around the city by public transport. However, I would not recommend driving in the morning and evening. The (9) \_\_\_\_\_ are horrible!"

"Last year I was happy to have the chance to visit the oldest towns of Russia, (10) \_\_\_\_\_ Novgorod, Vladimir and Suzdal and to learn more about Russia's history."

- |                         |   |                       |
|-------------------------|---|-----------------------|
| 0) a) associates        | <input checked="" type="radio"/> b) is associated | c) comes into my mind |
| 1) a) To tell the truth | b) For example                                    | c) At first           |
| 2) a) like              | b) for example                                    | c) such as            |
| 3) a) are situated      | b) are divided                                    | c) are called         |
| 4) a) north             | b) south  | c) west               |
| 5) a) western           | b) eastern  | c) east               |
| 6) a) such as           | b) as   | c) known as           |



- 7) a) like                      b) for example                      c) associated with  
 8) a) languages                      b) language                      c) the language  
 9) a) traffic                      b) traffic lights                      c) traffic jams  
 10) a) such as                      b) as                      c) called

## Lesson 3

### 1. Vocabulary. Choose a word from the box to describe a person who

- 0) gives money to help other people \_\_\_\_\_ generous  
 1) doesn't like change very much \_\_\_\_\_  
 2) enjoys being with other people \_\_\_\_\_  
 3) doesn't laugh or make jokes very often \_\_\_\_\_  
 4) doesn't show his/her feelings \_\_\_\_\_  
 5) is friendly and welcoming to guests or strangers \_\_\_\_\_  
 6) shows his/her feelings openly \_\_\_\_\_

emotional    hospitable    sociable    conservative    reserved    serious  
generous

### 2. Below are some opinions about people from different countries.

Transform each sentence so that it has a similar meaning to the first sentence.

**Grammar hint** Subject + passive verb + infinitive

**The French are thought to be** very stylish.

- 0) It is considered that the French are very stylish and talkative.  
The French are considered to be very stylish and talkative.  
 1) They say that the Americans are boastful and pleasure loving.  
 \_\_\_\_\_  
 2) It is believed that the Germans work hard.  
 \_\_\_\_\_  
 3) Some people think that the Italians are attractive and artistic.  
 \_\_\_\_\_  
 4) It is thought that the Spanish are easy-going and relaxed.  
 \_\_\_\_\_  
 5) It is considered that the Russians love countryside very much.  
 \_\_\_\_\_  
 6) It is believed that the Chinese are hard-working, intelligent and loyal to their families.  
 \_\_\_\_\_



# Lesson 6

**1. Vocabulary.** Classify the following words, which are used to express likes and dislikes, into two groups.

admire      can't stand      be crazy about      be fond of      be keen on  
dislike      enjoy      hate      like      love      prefer

Likes: \_\_\_\_\_ Dislikes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2. In your culture.** Read what children from Russia like or dislike about their country.

1) Fill in the gaps with the words from ex. 1 in the correct form. More than one answer may be possible.



\_\_\_\_\_ "I'm (0) fond of traditional Russian food."  
\_\_\_\_\_ "I (1) \_\_\_\_\_ sitting in traffic jams on the roads."  
\_\_\_\_\_ "I absolutely (2) \_\_\_\_\_ all the violence around."  
\_\_\_\_\_ "I (3) \_\_\_\_\_ historic sights of the ancient Russian cities."  
\_\_\_\_\_ "My friend is (4) \_\_\_\_\_ Russian hockey. He can talk about it and our famous hockey players for hours."  
\_\_\_\_\_ "I (5) \_\_\_\_\_ going to big cities because they are busy and there is a lot to see."



\_\_\_\_\_ “I (6) \_\_\_\_\_ the Russian sense of humour and (7) \_\_\_\_\_ people who moan (ныть) about everything: the weather, transport ...”

\_\_\_\_\_ “I (8) \_\_\_\_\_ the fact that there is dirt and rubbish everywhere.”

\_\_\_\_\_ “My family (9) \_\_\_\_\_ traditional Russian food to Italian, Chinese and other foreign food. Russian food is better.”

\_\_\_\_\_ “I (10) \_\_\_\_\_ living in Russia where there are so many different types of people.”

\_\_\_\_\_ “I (11) \_\_\_\_\_ great Russian writers and poets such as Tolstoy, Dostoevsky, Pushkin, Tsvetaeva, and others.”

\_\_\_\_\_ “If you are (12) \_\_\_\_\_ riding a bike, it’s the best way to travel in my region and learn its customs and traditions.”

2) Tick the opinions you share.

## Lesson 8

**1. Grammar.** Read what Russian children write about their hometowns. Join the sentences with (a) *though*, *but*, or *however*. More than one answer may be possible.



- 0) “Osh is not the largest city in Kyrgyzstan. Its history, scenery and people make the city unique.”

Osh is not the largest city in Kyrgyzstan. However, its history, scenery and people make the city unique.

- 1) “My hometown is situated in the north of our country. The temperature seldom is below  $-20^{\circ}\text{C}$  in winter.”

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2) "Everything is simple and quiet in Elets. Beautiful scenery and old churches attract many tourists."

3) "My city is rather young. There is much to see and do there."

4) "My city is famous for its football club. I'm not a football fan."

5) "Lipetsk was founded over 300 years ago. It became the capital of the region in the middle of the 20th century."

6) "I have travelled to many different cities. My hometown is the best and it will always be my home."

7) "Chelyabinsk is a good place for young people who like the excitement of the city and do not mind the noise and pollution. Many people, when they get older, often prefer the peace and fresh air of the countryside."

## CONSOLIDATION

### 1. Vocabulary. What do you know about Australia?

1) Read about Australia and fill in the gaps in the text with an appropriate word or word combination from the box in the correct form.

Although  be situated  ~~call~~  come into their minds  consider  
customs and traditions  divide  especially  For example  language  
like  make up  population  proud  state  as  wash  associate

There are many names for Australia. Its official name is the Commonwealth of Australia, but very often Australia (0) is called "the Lucky Country". The name "the Land Down Under" (1) \_\_\_\_\_ with Australia, too. The





continent and the island of Tasmania (2) \_\_\_\_\_ the Commonwealth of Australia. Australia (3) \_\_\_\_\_ to the south of the equator. Australia (4) \_\_\_\_\_ by three oceans and four seas. Australia (5) \_\_\_\_\_ into six states and two territories. It is the sixth largest country in the world, but it has a small (6) \_\_\_\_\_ of more than sixteen million people. (7) \_\_\_\_\_ Sydney is the largest city, it isn't the capital. Australia is a federal (8) \_\_\_\_\_ and, (9) \_\_\_\_\_ the USA, it has a separate capital city, Canberra, which isn't in any of the states. Australia's official (10) \_\_\_\_\_ is English. When people think of the wildlife in Australia, such animals (11) \_\_\_\_\_ the kangaroo, the koala, and the emu (12) \_\_\_\_\_. Most Australians are of British origin. When people moved from Great Britain to Australia, they brought their own (13) \_\_\_\_\_ with them. (14) \_\_\_\_\_, Australians also drive on the left side of the road, like drinking tea, and English sports, (15) \_\_\_\_\_ cricket and rugby are very popular. Australians (16) \_\_\_\_\_ to be kind, simple and energetic people. They love their country and are very (17) \_\_\_\_\_ of it.

2) What do you want to learn more about Australia?

Write down questions you'd like to ask about Australia.

Fact questions

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Assumption questions

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## Comparison questions

**2. In your culture.** This is the way people from different countries see Russia and its people.

1) Report their ideas. Use the verbs from the box in the correct form. You can use the verbs more than once.

think      consider      believe      know      say

(0) "Russia is a huge ethnic country."  
*Russia is considered to be a huge ethnic country.*

\_\_\_\_\_ (1) "Russians like mysterious things."

\_\_\_\_\_ (2) "Russians are surprisingly frank and also very secretive."

\_\_\_\_\_ (3) "Russia is a land of big geographical contrasts."

\_\_\_\_\_ (4) "Russians are highly emotional people."

\_\_\_\_\_ (5) "Optimism and belief in a happy future is a national feature of the Russian people."

\_\_\_\_\_ (6) "Russians always try to give their guest the best things they can offer. They are very hospitable and sociable people."

\_\_\_\_\_ (7) "Russians are very kind and helpful. They are always ready to help a person if he is in trouble and needs help."

2) Tick the opinions you agree with.

**3. Word building.** Look at the examples and write down more adjectives, using the root words from the box and one of the suffixes or prefixes in the list.

care      cheer      fool      forget      friendly      geography      happy  
honest      invent      kind      music      pleasant      profession      region  
rely      success      thought      tradition



- al national \_\_\_\_\_  
 -ical biological \_\_\_\_\_  
 -able fashionable \_\_\_\_\_  
 -ful helpful \_\_\_\_\_  
 -less thoughtless \_\_\_\_\_  
 -ish childish \_\_\_\_\_  
 -ive creative \_\_\_\_\_  
 un- unsociable \_\_\_\_\_  
 dis- dissatisfied \_\_\_\_\_

**4. Word building.** Fill in the gaps in the sentences with the correct form of the word in capitals.

She doesn't like company. She is (0) unsociable.  
 He won the first prize in the science competition. He is very (1) \_\_\_\_\_.  
 My grandpa gets very (2) \_\_\_\_\_ when he talks about the war.  
 She is very (3) \_\_\_\_\_: she can play the piano and the guitar well.  
 My trip to America was an (4) \_\_\_\_\_ experience.  
 He is (5) \_\_\_\_\_: he promises to do things but seldom keeps his word.

- (0) SOCIABLE  
 (1) INVENT  
 (2) EMOTION  
 (3) MUSIC  
 (4) FORGET  
 (5) RELY

**5. In your culture.** Each country or region has its symbols and emblems.

1) Read about Russia's national symbols. Fill in the gaps in the text with the words from the box in the correct form. You can use the words more than once.

make up    ~~state~~    State    symbol    symbolise    tradition



The National Coat of Arms (гeрб) of the Russian Federation (two-headed eagle) is an official (0) state symbol of the Russian Federation. The two heads of the eagle symbolise that Russia (1) \_\_\_\_\_ of two parts — European and Asian, and they are of equal importance for the country. The three crowns above the eagle's heads (2) \_\_\_\_\_ the sovereignty (суверенитет) of the Russian Federation and its parts, the subjects (субъект) of the Federation.

The (3) \_\_\_\_\_ Flag of the Russian Federation is an official (4) \_\_\_\_\_ of state power. The tricoloured Russian national flag (5) \_\_\_\_\_ of three equal horizontal stripes — white, blue and red. The lower red stripe (6) \_\_\_\_\_ the Earth, the blue stripe — the sky, and the upper white stripe means the world of God. At the same time, according to the Russian (7) \_\_\_\_\_, white colour means nobility (благородство), blue — honesty, red — courage and love.



2) **Write it right.** Different regions of Russia have their own emblems.

Write about your regional emblems.

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**6. Link list.** How different or alike are Britain and your country? Look through Unit 1 and complete the Link List.

|                        | Britain     | My country  |
|------------------------|-------------|-------------|
| Geographical situation | <hr/> <hr/> | <hr/> <hr/> |
| Population             | <hr/> <hr/> | <hr/> <hr/> |
| Nationality            | <hr/> <hr/> | <hr/> <hr/> |
| Language               | <hr/> <hr/> | <hr/> <hr/> |
| Symbols                | <hr/> <hr/> | <hr/> <hr/> |
| People                 | <hr/> <hr/> | <hr/> <hr/> |
| Best things            | <hr/> <hr/> | <hr/> <hr/> |
| Best sights            | <hr/> <hr/> | <hr/> <hr/> |
| Other things           | <hr/> <hr/> | <hr/> <hr/> |

# Unit 2

## Is your country a land of traditions?

### Lesson 1

**1. In your culture.** Search for 10 words in any direction (→ ↓ ↙ ←) and use 7 of them in the story about the Day of Russia.

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| R | H | G | W | W | O | L | L | O | F |
| E | N | U | N | I | T | E | K | I | K |
| L | M | A | R | K | E | D | R | N | L |
| I | S | R | F | E | G | E | O | C | U |
| G | P | D | Q | A | W | X | Y | L | T |
| I | C | X | E | O | R | T | A | U | W |
| O | B | D | R | K | O | E | L | D | O |
| U | U | K | X | A | J | I | K | E | L |
| S | S | P | E | E | C | H | V | D | W |
| I | N | T | R | O | D | U | C | E | D |

The 12th of June is the Day of Russia but still many people don't know what we celebrate.

First the 12th of June was (0) introduced as "Independence Day" but most people didn't like the name. Later it was (1) \_\_\_\_\_ as the Day of Russia into the list of the national holidays. But when asked only 16 % of





people are ready to (2) \_\_\_\_\_ it. And more people want a holiday that can (3) \_\_\_\_\_ the nation, the day when people can get together and listen to the President's (4) \_\_\_\_\_ on the occasion of the national holiday, watch the march of the presidential (5) \_\_\_\_\_ and enjoy the colourful (6) \_\_\_\_\_. The nation needs the day, which can be (7) \_\_\_\_\_ as the birth of a new democratic Russia.

**2. In your culture.** What can you tell your foreign friends about the Russian Holiday Year? Use the words from the box.

anniversary atmosphere connected Easter fireworks follow  
~~includes~~ includes introduced marks occasion preserve  
 religious unite widely

The Russian Holiday Year (0) includes old and new holidays. We (1) \_\_\_\_\_ our customs and traditions and (2) \_\_\_\_\_ celebrate holidays which were (3) \_\_\_\_\_ during the Soviet period of Russian history; Victory Day, for example. The end of the Second World War is still an important (4) \_\_\_\_\_ for many people in Russia. In 2005 on the 60th (5) \_\_\_\_\_ millions of people enjoyed the parade and beautiful (6) \_\_\_\_\_. More and more people today (7) \_\_\_\_\_ the tradition of celebrating (8) \_\_\_\_\_ holidays: Christmas or (9) \_\_\_\_\_.

A new holiday was introduced on the 4th of November (the Day of People Unity). It is (10) \_\_\_\_\_ with Russian history and is thought to (11) \_\_\_\_\_ the peoples of Russia. It (12) \_\_\_\_\_ the end of the Time of Troubles (Смутное время).

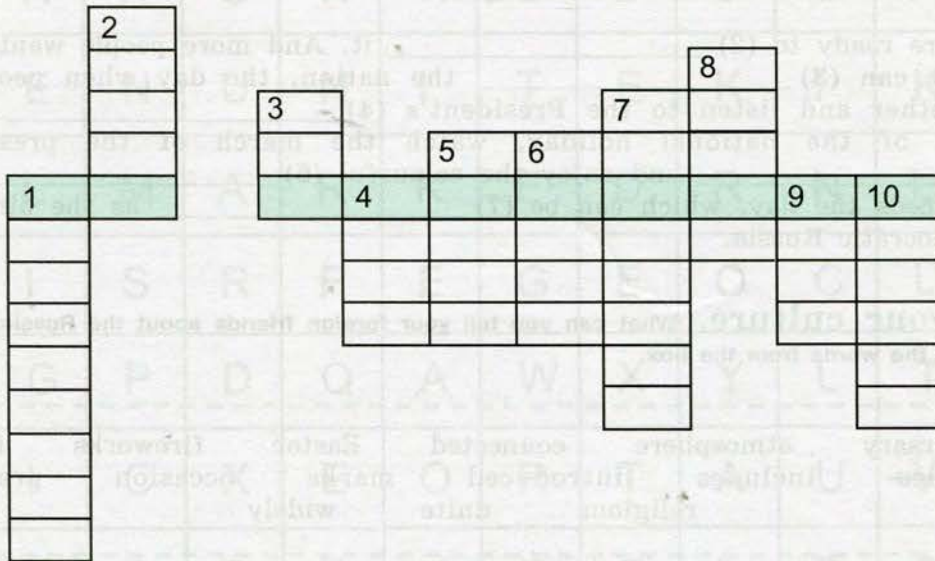
For Russians the New Year is the most favourite holiday and many people like the (13) \_\_\_\_\_ of the day. Today it (14) \_\_\_\_\_ long New Year holidays for all.



# Lesson 2

## 1. Vocabulary. Do the crossword to read a general rule for foreigners.

- 1) Each country has its \_\_\_\_\_ rules.
- 2) Don't \_\_\_\_\_ at anyone in public.
- 3) Make \_\_\_\_\_ for older people.
- 4) \_\_\_\_\_ a present just when you are given it.
- 5) Don't jump the \_\_\_\_\_.
- 6) \_\_\_\_\_ your British friends every time you meet them.
- 7) Keep a \_\_\_\_\_ talking to a person.
- 8) Don't take off your shoes when you \_\_\_\_\_ a house.
- 9) Queue in \_\_\_\_\_ waiting for service.
- 10) Give up your place on a bus in \_\_\_\_\_ of older people.



# Lesson 3

### Grammar hint Tag questions

You don't like the song, **do you?**

She looks fine, **doesn't she?**

1. Here is the talk of the boys who came to Britain for their holidays.

In which sentences tags are missed? Make up tag questions where it is necessary and write them out.

- It is so great to be in Britain.
- I agree. I like it here very much indeed. Our new friends are friendly.







3. If you meet a new foreign friend in a summer camp somewhere in Britain or in the USA, it will not be bad manners to ask him/her about him/her, his/her family and the camp.

Fill in the gaps in the following sentences with an appropriate tag to get to know more about your new foreign friend, his/her family and the camp.

- 0) You are British, aren't you?
- 1) You were born in England, \_\_\_\_\_?
- 2) You haven't got any brothers or sisters, \_\_\_\_\_?
- 3) Your parents must be kind and friendly, \_\_\_\_\_?
- 4) You play sports, \_\_\_\_\_?
- 5) It is a tradition to play sports in your family, \_\_\_\_\_?
- 6) Christmas is a more important holiday than Easter in your family, \_\_\_\_\_?
- 7) You and your parents will go to Russia next year, \_\_\_\_\_?
- 8) You don't speak Russian, \_\_\_\_\_?
- 9) You visited this summer camp last year, \_\_\_\_\_?
- 10) This summer camp is one of the biggest ones in Britain, \_\_\_\_\_?
- 11) The weather in this part of Britain isn't always rainy, \_\_\_\_\_?



## Lesson 5

1. St Valentine's Day is a popular holiday in the West.

Listen to the information about St Valentine's Day and correct the wrong words and cross out extra words.

- 0) St Valentine's Day is ~~widely~~ celebrated on the 14th of February in many Christian states. countries
- 1) There are many legends that are connected with the holiday. \_\_\_\_\_
- 2) One of the legends tells us about Valentine, a Christian priest who lived three hundred years before Christ in Rome. \_\_\_\_\_
- 3) Today it is the capital of Italy. \_\_\_\_\_
- 4) He married Christians and the Romans didn't ignore it. \_\_\_\_\_
- 5) They sent Valentine to prison and killed him on the 14th of February. \_\_\_\_\_
- 6) According to a legend Valentine wrote letters from the prison to his friends and relatives who missed him. \_\_\_\_\_







7) Today St Valentine's Day is the only day for people who love each other. \_\_\_\_\_

8) It is the day when you show your friends or the people you love that you care. \_\_\_\_\_



9) People send sweets or flowers or cards to someone they think is special. \_\_\_\_\_

10) Most people send "valentines" or greetings cards, they may be sentimental and romantic, funny and friendly. \_\_\_\_\_

11) Some people send a valentine without giving their names on them. \_\_\_\_\_

12) People of all ages love to send and to receive greetings cards. \_\_\_\_\_

13) Valentines can be heart-shaped or have hearts, the sign of love, on them. \_\_\_\_\_



Valentines Day



## Lesson 7

1. It is a tradition in Britain to write a "thank-you" letter.

1) Imagine you have been to a party at a British home. What would you write in your "thank-you" letter? Choose the statements from the box below.

Thank you for the party.                      It was/is really great!                      It was so kind of you to pass your congratulations on me.                      It was a good idea to invite us all,                      I met many friends and we had a great chat.                      Thank you for your kind and generous wishes.                      It was a hard exam/test and I was happy that you remembered about it.                      Thank you for your care and support.                      And I wish all success and luck to you.                      Thanks again.

Dear \_\_\_\_\_,

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Your friend, \_\_\_\_\_



2) Imagine your British friend passed his/her congratulations to you on the occasion of the successful results of an exam or test. What would you write in your "thank-you" letter? Choose the statements from the box above.

Dear \_\_\_\_\_,

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your friend, \_\_\_\_\_

## CONSOLIDATION

**1. In your culture.** In Russia there are days that are special for people of different occupations.

Fill in the gaps with the appropriate words from the box.

|             |            |           |                      |           |
|-------------|------------|-----------|----------------------|-----------|
| anniversary | atmosphere | behaviour | <del>connected</del> | followed  |
| ignored     | includes   | marks     | occasion             | preserved |
|             |            | unites    | widely               | religious |



In Russia there are special days that are not national holidays but these celebrations are (0) connected with local events and professions. The list of such celebrations (1) \_\_\_\_\_ St Tatiana's Day, the Day of Space Exploration, the Day of the Russian Navy and others. St Tatiana's Day (the 25th of January) is not only a (2) \_\_\_\_\_ holiday, it is the special day of the Russian students because it (3) \_\_\_\_\_ the day when the Moscow University was started. In 2005 it celebrated its 250th



(4) \_\_\_\_\_. Today it is not the day of only one university it is  
 (5) \_\_\_\_\_ celebrated by all Russian students. This is the (6) \_\_\_\_\_  
 \_\_\_\_\_ that (7) \_\_\_\_\_ all Russia's universities. The  
 (8) \_\_\_\_\_ of the day is all joy and humour. In old Russia student  
 forgot (9) \_\_\_\_\_ rules but the police (10) \_\_\_\_\_ it. It  
 has never been celebrated as an official holiday and the tradition of celebrating it  
 is carefully (11) \_\_\_\_\_ and (12) \_\_\_\_\_ by many people.

2. There are behaviour rules that are good for many foreign countries.

Complete the sentences using the correct preposition or word.

- 0) Don't stare at (to/at) people.
- 1) Don't jump \_\_\_\_\_ (-/into) the queue.
  - 2) Make way \_\_\_\_\_ (for/to) older people.
  - 3) Keep \_\_\_\_\_ (a/-) distance talking to people.
  - 4) Give \_\_\_\_\_ (up/in) your place in favour of older people.
  - 5) Queue \_\_\_\_\_ (at/in) line waiting \_\_\_\_\_ (for/-) service.
  - 6) Don't take \_\_\_\_\_ (of/off) your shoes when you enter \_\_\_\_\_ (into/-) a house.
  - 7) You can shake \_\_\_\_\_ (hands/a hand) if you want to.

3. Fill in the gaps in the following sentences with an appropriate tag.

### Grammar hint Tag questions

You don't break the behaviour rules, **do you?**  
 She follows the behaviour rules, **doesn't she?**

- 0) Some behaviour rules seem strange for foreigners, don't they?
- 1) In Britain people don't congratulate each other on national holidays, \_\_\_\_\_?
- 2) Foreign visitors should note how loudly people around them are talking, \_\_\_\_\_?
- 3) In Britain it isn't considered bad manners to eat in the street, \_\_\_\_\_?
- 4) A small Russian souvenir will be fine if you are a guest at a British home, \_\_\_\_\_?
- 5) Religious holidays can become national ones in some countries, \_\_\_\_\_?
- 6) It is not polite to stare at another person, \_\_\_\_\_?
- 7) Different peoples have different greeting habits, \_\_\_\_\_?
- 8) Foreigners make friends slowly, \_\_\_\_\_?
- 9) National holidays and celebrations must unite people, \_\_\_\_\_?
- 10) It is a bad idea not to queue in line, \_\_\_\_\_?





4. Fill in the gaps in the following sentences with an appropriate tag.

**Grammar hint** Особые случаи образования разделительных вопросов

1. В разделительном вопросе с *I am* в окончании используется *aren't I?*:

**I'm late, aren't I?**

2. После *let's* используется *shall we?*:

**Let's go to the park, shall we?**

3. *There* может быть подлежащим в разделительных вопросах:

**There are** a lot of presents under the Christmas tree, **aren't there?**

4. После предложений с негативными словами *never, no, nobody, little* используются утвердительные окончания:

You have **never** been to Britain, **have you?**

5. Если подлежащим в разделительном вопросе является *nothing*, в окончании используется *it*:

**Nothing** is perfect, **is it?**

6. Если подлежащими в разделительных вопросах являются *nobody, somebody, everybody*, в окончании используется *they*:

**Nobody** came, **did they?**

7. В разделительных вопросах, начинающихся с предложений в повелительном наклонении, в окончании используется *won't you?*, чтобы предложить что-то сделать:

Sit down, **won't you?**

В разделительных вопросах, начинающихся с предложений в повелительном наклонении, в окончании используется *will/would/can/can't/could you?*, чтобы попросить что-то сделать:

Shut the door, **will you?/would you?/can you?/can't you?/could you?**

- 0) Let's buy Russian souvenirs, shall we?
- 1) You have never been to St Petersburg, \_\_\_\_\_?
- 2) There are many common behaviour rules in different countries, \_\_\_\_\_?
- 3) Let's start a new tradition, \_\_\_\_\_?
- 4) Come in, \_\_\_\_\_?
- 5) There is nothing interesting for us, \_\_\_\_\_?
- 6) Use my phone, \_\_\_\_\_?
- 7) Nothing can spoil these wonderful impressions, \_\_\_\_\_?
- 8) I am late for the party, \_\_\_\_\_?
- 9) Open the window, \_\_\_\_\_?
- 10) Nobody visits that old castle, \_\_\_\_\_?
- 11) Everybody likes holidays, \_\_\_\_\_?
- 12) You asked nobody for help, \_\_\_\_\_?



## TEST YOURSELF

### I LISTENING COMPREHENSION

Listen to the interviews of people from different countries. Match the speakers with their opinions. One opinion is extra. You'll hear the interviews twice.

- |           |  |
|-----------|--|
| Speaker 1 | A The British food is not delicious.   |
| Speaker 2 | B The British traffic rules seem to be strange.  |
| Speaker 3 | C The British don't usually start a conversation with strangers.                         |
| Speaker 4 | D The British like animals more than people.   |
|           | E The British are not relaxed.   |
|           | F The British queue too much.  |
|           | G Today British people seem to be less formal.   |
|           | H The British are people who keep their promises.  |
|           | I The British always follow traffic rules.   |
|           | J Tastes have become more varied because the British have many foreign food restaurants. |

|            |    |     |     |   |
|------------|----|-----|-----|---|
| Your score | 10 | 9-8 | 7-5 | 4 |
| Your mark  | 5  | 4   | 3   | 2 |

### II READING COMPREHENSION

Here is the extract from *Little Women* by Louisa M. Alcott, a story about the March Family, that lived in one of the northern states of the USA during the American Civil War (1861-1865). Mr March, who was a priest in the army, called his daughters "little women".

1) Read the story and write out the girls' names and the names of the guests.

As Christmas came near, everybody became very excited about plans to make this a specially happy and merry day.

For some days before Christmas Jo and Laurie had been preparing something which was kept secret from everybody else. But now was the great day, a really fine Christmas morning. Breakfast was finished. Everybody had been given presents. The gift of Jo and Laurie was a strange surprise. Out in the garden stood a lady made of snow. She held a basket of fruit and flowers in one hand, a book of music in the other and from her lips came a long paper on which was written a Christmas song. How the girls laughed when they saw it. "We are so full of happiness. If only Father was here," they said.

"Here's another Christmas present for the March family," said Laurie.



Before the words went out of his mouth, a tall man appeared in front of Laurie, leaning (опираясь) on the arm of another tall man, he tried to say something and could not. For a moment everybody stood still, and no one said a word. Then Mr March — for of course the tall men were he and Mr Brooke — was held by four pairs of loving arms.

There never was such a Christmas dinner as the March family had that day!

Mr Laurence and his grandson Laurie dined with them, as well as Mr Brooke. Everyone was happy and many stories were told. The guests left early, the happy family sat together round the fire.

“Just a year ago we were here talking about the miserable Christmas we expected to have,” said Jo.

“I’m glad this year is all over, because we’ve got you back,” said Beth, who sat on her father’s knee.

“Well, I am happy to make some discoveries for myself today,” said Mr March.

“Oh! tell us what they are!” cried Meg, who sat beside him.

“Here is one,” and he took Meg’s hand and showed her rough fingers. “I remember a time when this hand was white and smooth. It was very pretty then, but to me it is prettier now. I am very proud to shake this good hard-working hand.”

“I see Jo, a young lady with a pale face, but I like to look at it, because it has grown sweet. Her voice is softer, and she moves quietly and takes care of a certain little person in a motherly way which I like a lot.”

“There’s so little of my little daughter, you are not well but I have you safe, my Beth, and I’ll keep you so.”

“I noticed that Amy took messages and did little things to help her mother all the afternoon, so I know that she has learned to think more of other people and less of herself. I am glad of this, for though I should be proud of any picture painted by her, I shall be prouder of a loving daughter, with the gift of making life beautiful to herself and others.”

And with that happy scene we end this story of a long and difficult year.

The girls:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

The guests:

- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_

2) Tick (✓) the correct statements.

- 1  The girls made a snow lady as a Christmas present.
- 2  Each girl got a Christmas present.
- 3  The girls were happy on Christmas Day, but at the beginning of the party they were only sorry that their father wasn’t at home.
- 4  Everybody was surprised by the arrival of the two tall men.
- 5  Best friends of the March family came to their place to celebrate Christmas with them.
- 6  The family had many stories to tell on Christmas Day.
- 7  Meg worked a lot when her father was in the army.
- 8  Jo took care of her mother and sisters when their father was away.
- 9  Amy thought more about other people than about herself.



|            |       |       |      |   |
|------------|-------|-------|------|---|
| Your score | 16-15 | 14-13 | 12-8 | 7 |
| Your mark  | 5     | 4     | 3    | 2 |

## III VOCABULARY/GRAMMAR

1. Here is the information about one of the English-speaking country.

Complete the sentences using the appropriate words.

The official name of the country is the Republic of (0) South (*North/South*) Africa. It is an independent (независимый) (1) \_\_\_\_\_ (*state/territory*). Its (2) \_\_\_\_\_ (*territory/population*) is about 40 million. Pretoria is the capital of the country. There are several (3) \_\_\_\_\_ (*dialects/languages*) that are spoken in South Africa. The official ones are Afrikaans and English but most people speak Bantu. The republic (4) \_\_\_\_\_ (*is situated/was discovered*) in the south of Africa. The history of the country is (5) \_\_\_\_\_ (*followed/associated*) with the fight of the black people for their rights. Much of the country was (6) \_\_\_\_\_ (*divided/discovered*) into the areas where white people and black and coloured people lived. The whites dominated many black and coloured people. It was a history of (7) \_\_\_\_\_ (*violent/violence*). Nowadays blacks and whites in South Africa have equal (равные) political rights, (8) \_\_\_\_\_, (*however/because*) there are still many problems, (9) \_\_\_\_\_ (*known as/such as*), no jobs and poverty (бедность) in the areas where black people live.

2. Complete the sentences using the appropriate words.

The United States is a young country. But it is rich in (0) customs and traditions (*historical events/customs and traditions*). People from the (1) \_\_\_\_\_ (*east/north*) to the (2) \_\_\_\_\_ (*north/west*) of the USA happily celebrate local and national (3) \_\_\_\_\_ (*parades/occasions*). Some of them, like Thanksgiving Day, are (4) \_\_\_\_\_ (*connected/told*) with American history, others, like Christmas are (5) \_\_\_\_\_ (*associated/included*) with (6) \_\_\_\_\_ (*historical/religious*) events. Independence Day that (7) \_\_\_\_\_ (*is associated/marks*) the birth of the country is (8) \_\_\_\_\_ (*widely/often*) celebrated by the Americans. Wherever Americans are on the day they always (9) \_\_\_\_\_ (*decide/unite*) for picnics, barbecues and to watch (10) \_\_\_\_\_ (*fireworks/films*). Many Americans gladly (11) \_\_\_\_\_ (*remember/follow*) their local or ethnic traditions and take part in local festivals and fairs. These celebrations (12) \_\_\_\_\_ (*include/unite*) special food, drink and entertainment. (13) \_\_\_\_\_ (*As/Although*) the history of the USA is not long, the country has a long list of national, ethnic and regional celebrations.



**3.** Transform the sentences so that the second sentence has a similar meaning to the first sentence.

- 0 People think that the Scandinavians are reserved and slow.  
*The Scandinavians are thought to be reserved and slow.*
- 1 Many people consider that Spain and Portugal are good places for summer vacations.  
\_\_\_\_\_
- 2 We know that Christmas is the most popular holiday in Britain and the USA.  
\_\_\_\_\_
- 3 Many people think that patriotic symbols are very important for national celebrations.  
\_\_\_\_\_
- 4 They say that Thanksgiving Day unites many American families for a thanksgiving dinner.  
\_\_\_\_\_
- 5 Some people suppose that the British Queen is the most important symbol of the country.  
\_\_\_\_\_
- 6 Many people consider that British football is the best.  
\_\_\_\_\_
- 7 They say Americans have more national celebrations than any other nation.  
\_\_\_\_\_

**4.** Fill in the gaps in the following sentences with an appropriate tag.

- 0 The Day of the Russian Air Force (Военно-воздушные силы) is celebrated on the 12th of August, isn't it?
- 1 Many people in Russia don't even know that there are several special occasions in the Russian celebrations calendar, \_\_\_\_\_?
- 2 Easter is the most important Christian holiday in Russia, \_\_\_\_\_?
- 3 People shouldn't forget some important dates connected with the history of the country, \_\_\_\_\_?
- 4 A foreigner will always find an interesting occasion to celebrate in Russia, \_\_\_\_\_?
- 5 Russian Winter Festivals attract many tourists to Russia, \_\_\_\_\_?
- 6 There are new special occasions in the Russian celebrations calendar, \_\_\_\_\_?



- 7 The British are considered to have a strong sense of humour, \_\_\_\_\_?
- 8 You have heard a lot about the British traditions of talking about the weather and drinking a lot of tea, \_\_\_\_\_?
- 9 Russia is made up of 88 subjects of the Federation, \_\_\_\_\_?

|            |       |       |       |    |
|------------|-------|-------|-------|----|
| Your score | 38-36 | 35-30 | 29-19 | 18 |
| Your mark  | 5     | 4     | 3     | 2  |

## IV WRITING

Imagine that Christmas is coming, it is celebrated on December 25th and December 26th is Boxing Day in Britain. In your letter to your British friend pass your Christmas wishes on him/her and ask him/her questions to find out what Boxing Day is (no less than 4 questions). (80 words)

## V CULTURAL AWARENESS

What do you know about Britain and the USA?

Match some things, places and people with their definitions. One definition is extra.

- |                             |   |
|-----------------------------|---|
| 1 Gaelic                    | A a very successful and popular English football team   |
| 2 the Notting Hill Carnival | B a British writer  |
| 3 a village green           | C a place in Hyde Park where any person can make a speech   |
| 4 Manchester United         | D an official public holiday, not a Saturday or Sunday when banks and most businesses are closed                      |
| 5 Jane Austen               | E an ethnic holiday celebrated in early February  |
| 6 Speaker's Corner          | F any of the Celtic languages still spoken in some parts of Scotland and Ireland                                      |
| 7 the Emerald Isle          | G the most important American public holiday when people celebrate the birthday of the USA                            |
| 8 the Chinese New Year      | H a street carnival that takes place every August in London and involves people who came to London from the Caribbean |
| 9 Independence Day          | I a city in the northwest of England  |
| 10 a bank holiday           | J an area of grass in the centre of an English village for the use of all the people who live there                   |
|                             | K a name for Ireland  |

|            |    |     |     |   |
|------------|----|-----|-----|---|
| Your score | 10 | 9-8 | 7-5 | 4 |
| Your mark  | 5  | 4   | 3   | 2 |



# VI SELF-ASSESSMENT

| Description of achievement   | Level reached |      |      |           |
|--|---------------|------|------|-----------|
|  | Poor          | Fair | Good | Excellent |
| <p><b>III I can read and understand:</b></p> <ul style="list-style-type: none"> <li>● information and stories about different countries and cities;</li> <li>● articles about different languages and national symbols;</li> <li>● information and stories about holidays and celebrations;</li> <li>● information and articles about behaviour rules</li> </ul>   |               |      |      |           |
| <p><b>IV I can understand:</b></p> <ul style="list-style-type: none"> <li>● information about different countries;</li> <li>● impressions about the UK;</li> <li>● opinions about celebrations;</li> <li>● information about holidays and celebrations</li> </ul>  |               |      |      |           |
| <p><b>V I can:</b></p> <ul style="list-style-type: none"> <li>● talk about my country/my area (its geographical position, population, languages and people);</li> <li>● express my opinion about different people;</li> <li>● ask different types of questions about another country, its people and traditions;</li> <li>● talk about Russian traditions and celebrations;</li> <li>● talk about Russian behaviour rules;</li> <li>● express my opinion on celebrating holidays;</li> <li>● ask if someone is sure about something;</li> <li>● say I am sure about something;</li> <li>● express my admiration</li> </ul> |               |      |      |           |
| <p><b>VI I can write:</b></p> <ul style="list-style-type: none"> <li>● about my hometown and Moscow;</li> <li>● about regional symbols;</li> <li>● greetings cards on different occasions</li> </ul>   |               |      |      |           |







# Unit 3

## Do you like travelling?

### Lesson 1

1. Your classmates spend their holidays in different ways.

1) Make up questions to ask your classmates about their holiday habits. Write the questions out in the table below.



- 1) go abroad / on holidays / you
- 2) afford / travelling abroad / your parents
- 3) favourite / holiday destination / your
- 4) always / discuss / on holidays / you / your parents / where to go
- 5) always / travel agency / your parents / visit
- 6) buy / package holiday / travel on your own / you / usually
- 7) holiday accommodation / prefer / you
- 8) go on excursions / like / organised group / you
- 9) favourite / way of travelling / your

| Questions | Names of the pupils |  |  |  |
|-----------|---------------------|--|--|--|
| 1) _____  |                     |  |  |  |
| 2) _____  |                     |  |  |  |
| 3) _____  |                     |  |  |  |
| 4) _____  |                     |  |  |  |
| 5) _____  |                     |  |  |  |
| 6) _____  |                     |  |  |  |
| 7) _____  |                     |  |  |  |
| 8) _____  |                     |  |  |  |
| 9) _____  |                     |  |  |  |



2) Go round the class and ask your classmates questions about their holiday habits. Complete the table with the information about yourself and your classmates.

3) Write a survey using the information from the table.

- 1) \_\_\_\_\_ of us go(es) abroad on holidays.
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_

**2. Vocabulary.** Fill in the gaps in the following extract with an appropriate word from the box.

accommodation    afford    choose    ~~destinations~~    enjoy    expensive  
 holidaymaker    holidays    provide    resort    seaside    tourist    trip



Russia can be one of the most beautiful and exciting of travel (0) destinations. If you are planning to come to Russia as a (1) \_\_\_\_\_, you will have a lot of interesting places to (2) \_\_\_\_\_ from.

We can't (3) \_\_\_\_\_ good weather for your (4) \_\_\_\_\_

\_\_\_\_\_ — Russian summer is changeable. If you (5) \_\_\_\_\_ sitting in the hot sun all day, you should choose a resort for your (6) \_\_\_\_\_ somewhere in the south of Russia. You have to make a hotel (7) \_\_\_\_\_ reservation in advance. Hotels are not very (8) \_\_\_\_\_ in Russia. Most people can (9) \_\_\_\_\_ to pay for a hotel. You could also stay in one of the many small (10) \_\_\_\_\_ inns.

If you do not like to stay in a crowded (11) \_\_\_\_\_ you can go to the lakes in the northeast of Russia. The beautiful landscape and rich history can keep a (12) \_\_\_\_\_ happy for months.



# Lesson 2

**Grammar hint** Obligation, necessity (*must, should, ought to, needn't*)

- |  |   |
|--|---|
| — <b>Must</b> I get a visa?                  | — Мне <u>необходимо</u> получить визу?    |
| — No, you <b>needn't</b> .                   | — Нет, <u>не нужно</u> .                  |
| You <b>should/ought to</b> read the leaflet. | Вам <u>следует</u> прочитать этот буклет. |

## 1. In your culture.

Read the information from a leaflet for visitors to Russia.

Fill in the gaps in the sentences with the correct form of the words from the boxes. More than one variant is possible.

must/needn't  
should/shouldn't  
ought to/oughtn't to

ask          be          carry          check  
fill in      get          have          let  
make (2)      take

- Visitors from almost all countries (0) must get a visa to Russia.
- For those on package tours visas (1) \_\_\_\_\_ arranged by the tour agencies.
- All visitors to Russia (2) \_\_\_\_\_ a customs declaration on arrival.
- Every tourist (3) \_\_\_\_\_ a medical insurance.
- If you go on a package holiday, you (4) \_\_\_\_\_ a hotel accommodation reservation.
- If you travel on your own, you (5) \_\_\_\_\_ an airline ticket reservation in advance.
- You (6) \_\_\_\_\_ a lot of luggage. All passengers (7) \_\_\_\_\_ more than 20 kg luggage onto the plane.
- You (8) \_\_\_\_\_ your family know where they can contact you.
- If you are lost when travelling, you (9) \_\_\_\_\_ a policeman for help.

## 2. Grammar.

While travelling abroad you could come across some signs.

What are people supposed to do? Make captions.



0) We ought to put our litter in the bin.



1) \_\_\_\_\_



2) \_\_\_\_\_





3) \_\_\_\_\_

4) \_\_\_\_\_



5) \_\_\_\_\_



6) \_\_\_\_\_

## Lesson 3

**Grammar hint** Possibility, ability (*could, be able to*)

I'll be able to/could go to London next year.

1. Read the extracts from the *Tour of Moscow* guidebook.

Choose the correct alternative to fill in each gap in the sentences. Circle your choice.

- Most of Moscow's sights are situated in the city centre. You (0) ought to / will be able to get to all the sights by public transport.
- You will be amazed at the Planetarium, where you (1) need / will be able to see the stars indoors.



- If you like watching animals, you are in the right place because you aren't far from Moscow Zoo. If you want to feed the animals, you (2) won't be able to / ought to buy animal food to give them.
- From the Zoo, you (3) could / must take the underground or catch a bus and go to Botanicheskaya ulitsa. There you (4) will be able to / was able to visit the Botanical Gardens.



- Also you (5) could / must go to Ostankino next, where you (6) was able to / will be able to go up the 540 metre Ostankino TV Tower for a great view of Moscow.
- After that it's back on the underground again. You (7) could / was able to take a train to get to Prospect Mira Metro Station. From there you (8) could / was able to visit the Waxworks Museum.
- There's a lot to do in Moscow but you (9) should not / will not be able to see everything in one day.



## Lesson 4

**1. Grammar.** Decide if each pair of sentences have a similar meaning. Write **S** for the same or **D** for different.

- 1) \_\_\_ You shouldn't go there on your own.  
You needn't go there on your own.
- 2) \_\_\_ I think you ought to talk to your parents about it.  
I think you could talk to your parents about it.
- 3) \_\_\_ We should be at the airport before 9.00.  
We ought to be at the airport before 9.00.
- 4) \_\_\_ You needn't leave now.  
You mustn't leave now.
- 5) \_\_\_ You shouldn't pack many things.  
You ought not to pack many things.
- 6) \_\_\_ I'll be able to help you with packing tomorrow morning.  
I could help you with packing tomorrow morning.
- 7) \_\_\_ You look tired. You should take a holiday.  
You look tired. You could take a holiday.

## Lesson 5

**1. Write it right.** Imagine Tanya is writing a postcard to her American pen friend about her first day in Britain.

What would she write in her postcard? (60-80 words)

Tanya's friend's name:

**David Preddy**

Tanya's friend's address:

Country **USA**

Zip (Postcode) **90024**

State **CA**

City **Los Angeles**

Street **Wilgard Av.**

Apt. No **405**





**KENSINGTON**

Published by John Hinde Limited, 6 Rupert Street, London W.1. Printed in Irish Republic.

THE ALBERT MEMORIAL, KENSINGTON GARDENS, LONDON :  
Tastes change and with them the popularity of the Albert Memorial, erected to Queen Victoria's consort. During the 'twenties and 'thirties, this well-known landmark by Sir Gilbert Scott was considered to be an eyesore, but today, Victorians is no longer in disgrace, and we may admire without embarrassment the opulent canopy (said to have been erected because the Queen did not like to see Albert getting his head wet), and the gaudy colours of the mosaics.

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## Lesson 6

**1. Grammar.** Rewrite each sentence so that it has a similar meaning, using the verbs in brackets. Make any necessary changes.

- 0) Next year I will have a chance to go on an exchange programme to Britain.  
(could) Next year I could go on an exchange programme to Britain.
- 1) I will have an opportunity to learn about the country and its traditions.  
(be able to) \_\_\_\_\_
- 2) I was not allowed to go there on my own.  
(could) \_\_\_\_\_
- 3) It is necessary to go now, if we don't want to be late.  
(ought to) \_\_\_\_\_
- 4) You'd better ask your parents for some advice.  
(should) \_\_\_\_\_
- 5) I hadn't enough money to go on holiday last summer.  
(could/afford) \_\_\_\_\_
- 6) You mustn't get a visa to go there.  
(need) \_\_\_\_\_



- 7) Sorry, but I will not have time to help you.  
(be able to) \_\_\_\_\_
- 8) It would be a good idea for you to go abroad for your next holidays.  
(ought to) \_\_\_\_\_
- 9) Shannon was not allowed to come to our party.  
(be able to) \_\_\_\_\_
- 10) You don't have to pack warm clothes, because it's quite warm there in summer.  
(need) \_\_\_\_\_

## Lesson 7

1. When in Britain you most probably want to make a call home.

Listen to the information about how to make an international call in Britain. Fill in the gaps in the passage with the appropriate words.

- You can use any (1) \_\_\_\_\_ in Britain to make an international call.
- There are two kinds of telephones: those that take coins and those that take (2) \_\_\_\_\_.
- You can buy telephone cards from some shops that have a (3) \_\_\_\_\_ on the window.
- You can also use a (4) \_\_\_\_\_ for both ways of calling.
- You can also make a call through a BT operator. Then you should dial (5) \_\_\_\_\_.



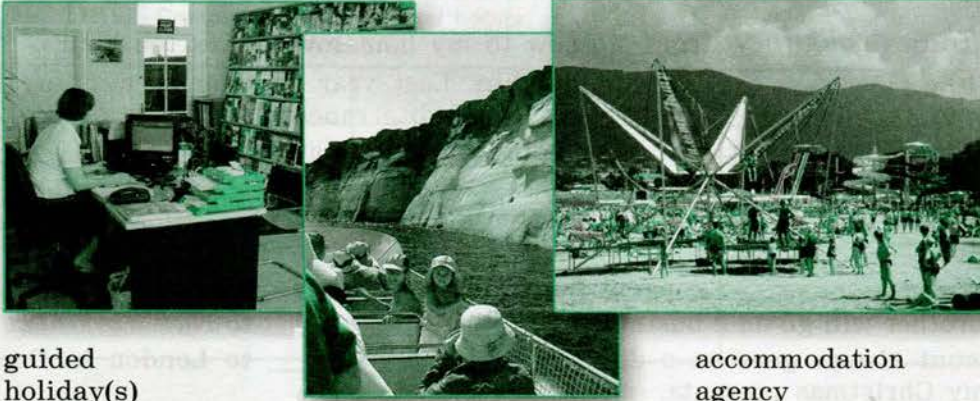
2. Make complete sentences by joining one half in the first column (1-8) with the other half in the second column (A-F). Two beginnings are extra.

- |                            |  |
|----------------------------|--|
| 1 Could ...                | A ... catch how to fill in this form.                                |
| 2 I'm afraid ...           | B ... saying it a bit more slowly, please?                           |
| 3 Would you mind ...       | C ... explain that again, please?                                    |
| 4 I'm sorry, I didn't ...  | D ... to repeat what time we are leaving tomorrow?                   |
| 5 I'm sorry but ...        | E ... you give me information about package tours to London, please? |
| 6 May ...                  | F ... I ask you something?   |
| 7 Could you ...            |  |
| 8 Would it be possible ... |  |



# CONSOLIDATION

**1. Vocabulary.** Make word combinations by joining a word in the first column with a word in the second column. More than one variant is possible.



guided  
holiday(s)  
package  
seaside  
tourist  
travel

accommodation  
agency  
attraction  
destination  
resort  
tour

**2. Vocabulary.** The following groups of words relate to travelling. There is one word or phrase in each group that does not belong. Circle this word or phrase.

- 1) bag      suitcase      ticket      luggage
- 2) journey      tour      cruise      holiday
- 3) passport      visa      declaration      accommodation
- 4) excursion      guided tour      travel agency      trip
- 5) sights      coach tours      tourist attractions      places of interest

**3. Vocabulary.** Match the ways of travelling with the appropriate verbs and complete the table. Put the article where necessary.

|                     | train   | bus | plane | car | ship | bicycle |
|---------------------|---------|-----|-------|-----|------|---------|
| catch/miss          | a train |     |       |     |      |         |
| get into/get out of |         |     |       |     |      |         |
| get on/get off      |         |     |       |     |      |         |
| travel on           |         |     |       |     |      |         |
| go by/travel by     |         |     |       |     |      |         |
| ride                |         |     |       |     |      |         |
| drive               |         |     |       |     |      |         |



**4. Vocabulary.** Fill in the gaps in the following sentences with an appropriate word from the box.

cruise      excursion      flight      ~~journey~~      tour      travel  
travelling      trip (3)

- The train (0) journey from Moscow to my hometown takes ten hours.
- We like (1) \_\_\_\_\_ by ship. Last year our family went on a two-week (2) \_\_\_\_\_ round the Mediterranean.
- For my holidays next year, I'm going on a ten-day (3) \_\_\_\_\_ to the Caribbean.
- I was glad to get off the plane after our six-hour (4) \_\_\_\_\_ to London.
- A (5) \_\_\_\_\_ agent helped us to arrange our holidays.
- My brother will go on a business (6) \_\_\_\_\_ to New York next week.
- My aunt always goes on a day (7) \_\_\_\_\_ to London in December to buy Christmas presents.
- The coach (8) \_\_\_\_\_ around the city took over four hours.
- The price of the package includes a full-day (9) \_\_\_\_\_ to historical places.

**5. Grammar.** Choose the correct alternative to fill in each gap in the sentences. Circle your choice.

- 0) I think we should / must go to Spain instead of Australia. It will be cheaper.
- 1) Last year I should / was able to visit England twice.
- 2) Do you know if we must / couldn't have visas to go to the Caribbean?
- 3) We needn't / couldn't book the tickets. We will go on a package holiday.
- 4) The statistics shows that last year more tourists could / will be able to afford to go abroad for their holidays.
- 5) Passengers must not / needn't carry more than one piece of hand luggage onto the plane.
- 6) You shouldn't / couldn't ask foreigners personal questions, because it is not polite.
- 7) I think you really will be able to / ought to apologize.

**6. Grammar.** Anne is giving her friend some advice about a trip abroad.

Fill in the gaps with the appropriate modal verbs. More than one variant is possible.

You look tired. You really (0) should have a holiday. I think you (1) \_\_\_\_\_ go to a seaside resort somewhere abroad. Why not go to Rome, for example? I went there last summer. It's fantastic! I know that you haven't been abroad before. That's why I (2) \_\_\_\_\_ give you some advice. First,





you (3) \_\_\_\_\_ get a visa. As you decided to travel on your own, you (4) \_\_\_\_\_ make a hotel reservation in advance. I (5) \_\_\_\_\_ give you the telephone number of the hotel, where I was staying last time. It's a nice hotel and I'm sure you'll (6) \_\_\_\_\_ make a reservation there. Oh, one more thing, you (7) \_\_\_\_\_ pack too many things. The shopping is super there!

### 7. Link list. Compare people's travel habits.

|  | In Britain | In Russia |
|--|------------|-----------|
| Most popular <ul style="list-style-type: none"> <li>● types of holidays</li> <li>● tourists destinations</li> <li>● tourists destinations abroad</li> <li>● tourist attractions</li> </ul> |            |           |

## Lessons 10-11

# TEST YOURSELF

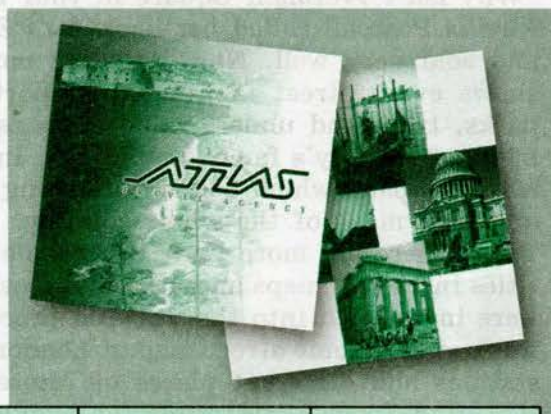
### I LISTENING COMPREHENSION

David is planning his summer holidays. He calls a travel agency to get some information.

**Listen to his conversation with the travel agent. Complete the information about the tour the travel agent offers. Fill in the gaps with the appropriate words or numbers. You will hear the recording twice. (listening for specific information; short answer)**

#### Trafalgar's Package Tour

- Month: (1) \_\_\_\_\_  
 Destination: (2) \_\_\_\_\_  
 Type of tour: (3) \_\_\_\_\_  
 Tour lasts for: (4) \_\_\_\_\_  
 Price: (5) \_\_\_\_\_  
 Flight from: (6) \_\_\_\_\_  
 Travel agency's website: (7) \_\_\_\_\_



|            |   |   |   |           |
|------------|---|---|---|-----------|
| Your score | 7 | 6 | 5 | 4 и менее |
| Your mark  | 5 | 4 | 3 | 2         |



Read the passage about Phyllis Pearsall, the founder of the Geographers' A-Z Map Company. For questions 1-7, choose the best answer from those suggested. Put a circle round the letter of the best answer. (reading for detail; multiple choice)

**T**he *Geographers' A-Z Street Atlas* is one of the icons of London, as famous as red buses and ... fog. It is the book people reach for when they want to know exactly where to find thousands of streets in London. You could find it on the bookshelves of the most London homes and in just every travel agency in the city. It lists every street in London and its carefully drawn maps show parks, gardens, railway lines, *canals* and just about anything else that can be put onto a piece of paper. So where did it come from?

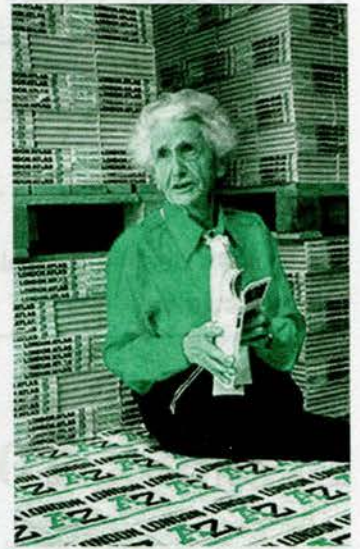
Phyllis Pearsall was a remarkable woman. She was born in Britain in 1906. She stayed there until she left school, and then travelled around France. She earned money by painting people's pictures and writing for a newspaper in Paris.

In the 1930s she returned to London, where she worked for her father's company, making maps of the world. She thought that there was a need for new street maps of London, after in 1935 she got lost while using a 20-year-old street map. So she started working on a book of maps. She walked along every street in the capital and wrote down the name, the important buildings and even the house numbers. Working eighteen-hour days she walked a total of 3,000 miles, while compiling her book. She kept the information about the streets on cards in small boxes.

One day a box with cards of all the streets beginning with "T" fell out of her window. She found most of the cards, but some cards landed on top of a bus and she never saw them again. When she sent the cards to the printer, someone asked her, "Why isn't Trafalgar Square in your book?" It was because she had lost the card. Phyllis Pearsall called her book *A to Z*. The first *A to Z* was in the shops in 1936 and sold very well. Now it is the most popular book of London street maps. It shows every street in London, important buildings, museums, theatres, schools, parks, train and underground stations. Later Phyllis Pearsall painted pictures of many of the city's famous buildings. In the same year, she formed the Geographers' Map Company which began publishing street maps and atlases of towns and cities and road maps of the whole country.

Today there are more than 130 people working for the Company. It publishes 359 titles including maps and atlases in both black and white and full colour. Computers were introduced into the drawing process in 1991. In 1996 the Company produced its first electronic street map of London on CD which contained over 90,000 streets, stations and different places of interest. 2005 saw the start of the next generation of A-Z maps, this time for mobile phones.

Phyllis Pearsall wrote about the history of the company in her book *From Bedsitter to Household Name*. She died in August 1996 at the age of 89.





- 1 After Phyllis finished school, she decided to ...
  - a stay at home and worked as a newspaper writer.
  - b travel abroad.
  - c learn how to draw.
- 2 Phyllis decided to work on her own book because she ...
  - a did not want to work for her father's company any more.
  - b wanted to travel on her own.
  - c had an unsuccessful trip round London.
- 3 When Phyllis wrote her first book ...
  - a there was no Trafalgar Square in London.
  - b she lost the card about Trafalgar Square.
  - c she decided not to put Trafalgar Square in her book.
- 4 The first book Phyllis Pearsall published was ...
  - a *Geographers' Map Atlas*.
  - b *A to Z*.
  - c *From Bedsitter to Household Name*.
- 5 Phyllis Pearsall's first book included ...
  - a the most famous places for shopping in London.
  - b a street map of London with the most important sights.
  - c only pictures of London.
- 6 The most important event that happened to Phyllis Pearsall in 1936 was that she ...
  - a started her own company.
  - b began working on a geographical atlas on her own.
  - c opened her first bookshop.
- 7 Today Phyllis Pearsall's company designs ...
  - a atlases of the whole of Britain.
  - b only electronic maps of London.
  - c books on history.

|            |   |   |   |           |
|------------|---|---|---|-----------|
| Your score | 7 | 6 | 5 | 4 и менее |
| Your mark  | 5 | 4 | 3 | 2         |





# USE OF ENGLISH (VOCABULARY/GRAMMAR)

1. Read the travel advertisement. For each gap (1-15) choose the appropriate word. Put a circle round the letter of the best answer. (multiple choice)

A holiday is an important (0) event in your life, and we are here to (1) \_\_\_\_\_ it "extra special" for you. Founded in 1947, our travel agency (2) \_\_\_\_\_ holidays with a lot of activities to (3) \_\_\_\_\_ from. When you buy a Trafalgar holiday, you buy a cheap (4) \_\_\_\_\_ holiday with nothing left (5) \_\_\_\_\_. In our holidays we (6) \_\_\_\_\_: air transportation, specially reserved first class hotel (7) \_\_\_\_\_, meals each day, spectacular sights, guided coach (8) \_\_\_\_\_ and excursions to places of (9) \_\_\_\_\_ with an English-speaking guide, and much more. Touring is not the only great experience you'll (10) \_\_\_\_\_ with Trafalgar. You could also (11) \_\_\_\_\_ at the seaside resort or (12) \_\_\_\_\_ a cruise on a steamer. And there's enough free time (13) \_\_\_\_\_ your own for shopping. Plan your own (14) \_\_\_\_\_ to our great holiday destinations and we guarantee that you won't be (15) \_\_\_\_\_.

- |  |                 |                |
|--|-----------------|----------------|
| 0 <input checked="" type="radio"/> a event         | b chance        | c celebration  |
| 1 <input checked="" type="radio"/> a offer         | b make          | c spend        |
| 2 <input checked="" type="radio"/> a provide       | b provides      | c provided     |
| 3 <input checked="" type="radio"/> a choose        | b have          | c take         |
| 4 <input checked="" type="radio"/> a combined      | b inclusive     | c package      |
| 5 <input checked="" type="radio"/> a behind        | b out           | c without      |
| 6 <input checked="" type="radio"/> a combine       | b include       | c organise     |
| 7 <input checked="" type="radio"/> a accommodation | b place         | c staying      |
| 8 <input checked="" type="radio"/> a sights        | b tours         | c views        |
| 9 <input checked="" type="radio"/> a interest      | b interested    | c interesting  |
| 10 <input checked="" type="radio"/> a afford       | b enjoy         | c spend        |
| 11 <input checked="" type="radio"/> a relax        | b relaxed       | c to relax     |
| 12 <input checked="" type="radio"/> a go           | b have          | c take         |
| 13 <input checked="" type="radio"/> a by           | b for           | c on           |
| 14 <input checked="" type="radio"/> a sightseeing  | b tour          | c visit        |
| 15 <input checked="" type="radio"/> a disappoint   | b disappointing | c disappointed |

2. There are mistakes in all of the following sentences. Find the mistake and underline it. Write the sentences out again correctly.

- 0 We was able to take a cruise around the Caribbean last November.  
We were able to take a cruise around the Caribbean last November.
- 1 We'll able to find a holiday tour that suits everyone.  
 \_\_\_\_\_
- 2 I think everyone ought be able to use a computer.  
 \_\_\_\_\_
- 3 I think young people should not to travel alone.  
 \_\_\_\_\_



4 You ought to going on your own if you hate visiting places with organised groups of tourists.

5 You needn't changing trains to get to the airport.

**3.** Choose the correct alternative to fill in each gap in the sentences. Circle your choice.

- 0 I think we should / must go to Spain instead of Australia. It will be cheaper.  
1 You ought to / will be able to try to visit Scotland — it's a beautiful country.  
2 My Mum was very busy at work, but she should / was able to take a short holiday over Christmas.  
3 We're going on a package tour, so we needn't / shouldn't make a hotel reservation.  
4 In some countries you couldn't / needn't pay to visit public museums.  
5 If you want to take photos while you're going round the exhibition, you ought to / was able to ask a permission.  
6 We needn't / wasn't able to spend a long time in the museum if it's not interesting.  
7 You needn't / shouldn't go swimming, because the sea is very cold today.

|            |       |       |       |            |
|------------|-------|-------|-------|------------|
| Your score | 27-26 | 25-20 | 19-11 | 10 и менее |
| Your mark  | 5     | 4     | 3     | 2          |

**IV** WRITING

Imagine you visited one of these places on holidays.

Write a letter to your foreign friend about the place and how you spent your time there. (letter writing; 150-180 words)







# V

## CULTURAL AWARENESS

Choose the correct explanation. Put a circle round the letter of the best answer. (multiple choice)

- Gatwick is the name of ...
  - the airport in London.
  - the biggest travel agency in London.
  - the famous travel bookshop in London.
- Which of the following is the name of the biggest airport in London?
  - British Airways.
  - Heathrow.
  - Mediterranean.
- A tour, in which "all is included", is called a ...
 

|                                     |                                      |                                       |
|-------------------------------------|--------------------------------------|---------------------------------------|
| <input type="radio"/> a coach tour. | <input type="radio"/> b guided tour. | <input type="radio"/> c package tour. |
|-------------------------------------|--------------------------------------|---------------------------------------|
- At a "Request Stop" a bus will only stop ...
  - if it has a "bus stopping" sign.
  - if you put out your arm.
  - at certain hours.
- When you buy a "single" ticket, it means ...
  - you are travelling alone.
  - you should come back the same day.
  - you get a one-way journey.
- "Travel Card" is ...
  - a special ticket for travel in London on trains, buses, and the Underground.
  - an atlas or street map of London.
  - the name of the game which is played when travelling.

|            |   |   |   |           |
|------------|---|---|---|-----------|
| Your score | 6 | 5 | 4 | 3 и менее |
| Your mark  | 5 | 4 | 3 | 2         |





# VI

## SELF-ASSESSMENT

| Description of achievement  | Level reached |      |      |           |
|---|---------------|------|------|-----------|
|   | Poor          | Fair | Good | Excellent |
| <p><b>☰ I can read and understand:</b></p> <ul style="list-style-type: none"> <li>● travel brochures and leaflets;</li> <li>● fiction about travelling;</li> <li>● teenagers' opinions about travelling;</li> <li>● teenagers' stories about their favourite holiday destinations</li> </ul>  |               |      |      |           |
| <p><b>))) I can understand:</b></p> <ul style="list-style-type: none"> <li>● what teenagers say about their travel habits;</li> <li>● teenagers' opinions about travelling;</li> <li>● if I'm asked for explanations;</li> <li>● if I'm asked to say something again</li> </ul>   |               |      |      |           |
| <p><b>☒ I can:</b></p> <ul style="list-style-type: none"> <li>● describe my family holiday habits;</li> <li>● express my opinion about different ways of travelling;</li> <li>● express my opinion about different types of holidays;</li> <li>● ask people for explanations;</li> <li>● ask people to say something again</li> </ul> |               |      |      |           |
| <p><b>☑ I can write:</b></p> <ul style="list-style-type: none"> <li>● a composition about my favourite holiday destination;</li> <li>● a holiday postcard</li> </ul>  |               |      |      |           |

| Grammar checklist  | Can understand | Can use |
|--|----------------|---------|
| <p>Modal verbs used for expressing:</p> <ul style="list-style-type: none"> <li>● obligation and necessity (<b>ought to, need</b>);</li> <li>● ability and possibility (<b>be able to</b>)</li> </ul> |                |         |







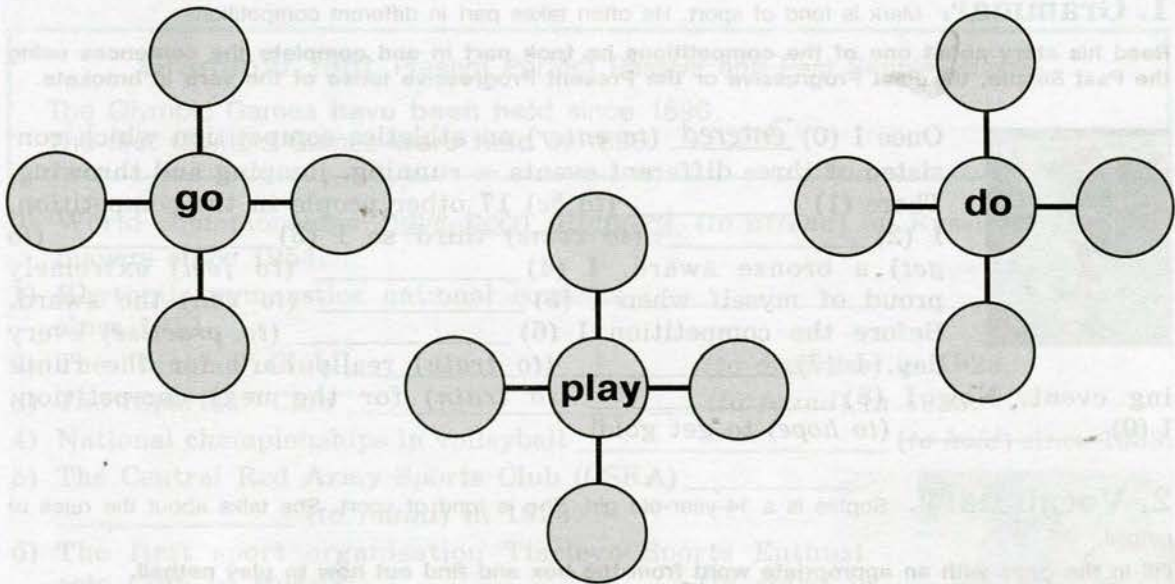
# Unit 4

## Are you a good sport?

### Lesson 1

**1. Vocabulary.** Complete the diagrams with the words from the box and add some other words that fit to each group.

cricket    cycling    judo    hockey    gymnastics    rugby    sailing  
 skating    swimming    table tennis    weightlifting    wrestling



### 2. Word building.

1) Complete the table with the words using the suffixes below.

noun suffixes:

-ment, -ing, -ence, -cy, -tion

adjective suffixes:

-ing, -ed, -ive

adverb suffix:

-ly

| Noun         | Verb    | Adjective   | Adverb |
|--------------|---------|-------------|--------|
| surfing      |         | —           | —      |
| coordination |         |             | —      |
| balance      |         |             | —      |
|              | develop |             | —      |
| discipline   |         |             | —      |
|              | —       | accurate    |        |
|              |         | competitive |        |
|              | —       | patient     |        |



2) What is necessary to do to become a good surfer? Complete the sentences with the words from the table on page 49.

0) If you want to surf well, you should train hard.

1) It is necessary to \_\_\_\_\_ your movement and the movements of the ocean.

2) To learn to \_\_\_\_\_ on the board is not so difficult.

3) Physical \_\_\_\_\_ is very important.

4) You have to be \_\_\_\_\_ and \_\_\_\_\_.

5) You should \_\_\_\_\_ and \_\_\_\_\_ do everything your coach tells you to do.

6) It is necessary to take part in different \_\_\_\_\_.

## Lesson 2

**1. Grammar.** Mark is fond of sport. He often takes part in different competitions.

Read his story about one of the competitions he took part in and complete the sentences using the Past Simple, the Past Progressive or the Present Progressive tense of the verb in brackets.



Once I (0) entered (to enter) an athletics competition which consisted of three different events — running, jumping and throwing. There (1) \_\_\_\_\_ (to be) 17 other people in the competition. I (2) \_\_\_\_\_ (to come) third so I (3) \_\_\_\_\_ (to get) a bronze award. I (4) \_\_\_\_\_ (to feel) extremely proud of myself when I (5) \_\_\_\_\_ (to win) the award. Before the competition I (6) \_\_\_\_\_ (to practise) every day. I (7) \_\_\_\_\_ (to train) really hard for the run-

ing event. Now I (8) \_\_\_\_\_ (to train) for the next competition. I (9) \_\_\_\_\_ (to hope) to get gold!

**2. Vocabulary.** Sophie is a 14-year-old girl. She is fond of sport. She talks about the rules of netball.

Fill in the gaps with an appropriate word from the box and find out how to play netball.

|          |                      |            |            |              |             |
|----------|----------------------|------------|------------|--------------|-------------|
| although | ball                 | basketball | caught     | court        | difference  |
| enjoy    | <del>favourite</del> | girls'     | keep fit   | metres       | non-contact |
| played   | players              | proper     | recognised | similarities | throw       |



Netball is my (0) favourite sport. I play netball for my school. The first game of netball was (1) \_\_\_\_\_ in the UK in 1895. Netball has a few (2) \_\_\_\_\_ to basketball. That's because it started off as a women's version of (3) \_\_\_\_\_ in America. The really big (4) \_\_\_\_\_ between netball and basketball is that you can't dribble (вести) with the (5) \_\_\_\_\_. A netball (6) \_\_\_\_\_ is divided into three sections with seven (7) \_\_\_\_\_ in each team. You can't (8) \_\_\_\_\_



\_\_\_\_\_ the ball the whole length of the court, it has to be passed through every section. Netball is a (9) \_\_\_\_\_ sport and the defenders have to be 0.9 (10) \_\_\_\_\_ away from the player with the ball. To keep the game really fast, if you've (11) \_\_\_\_\_ the ball, you only have three seconds to pass it on again. Netball was (12) \_\_\_\_\_ as an Olympic sport in 1995. Although it's traditionally been a (13) \_\_\_\_\_ sport, some boys are now playing it too. I like playing netball because I get to (14) \_\_\_\_\_ by doing something that I (15) \_\_\_\_\_. Boys have their sports like rugby and football, (16) \_\_\_\_\_ some girls play those games too. But for me netball is a (17) \_\_\_\_\_ girls' sport.

## Lesson 3

**1. In your culture.** Here are some historic facts about the development of sport in Russia.

Complete the sentences using the correct verb forms.

**Grammar hint** Present Perfect Passive and Past Simple Passive

The Olympic Games **have been held** since 1896.

The first Olympic Games **were held** in 1896.

- 0) World championships have been attended (to attend) by Russian ice hockey players since 1954.
- 1) Rhythmic gymnastics national contests \_\_\_\_\_ (to organise) since 1951.
- 2) The "Dinamo" Club \_\_\_\_\_ (to organise) in 1923.
- 3) The "Spartak" Club \_\_\_\_\_ (to found) in 1935.
- 4) National championships in volleyball \_\_\_\_\_ (to hold) since 1933.
- 5) The Central Red Army Sports Club (CSKA) \_\_\_\_\_ (to found) in 1923.
- 6) The first sport organisation Tiarlevo Sports Enthusiasts Club in Russia \_\_\_\_\_ (to start) in 1888.
- 7) Ice dancing \_\_\_\_\_ (to include) in the Olympic programme since 1976. Soviet dancers L. Pakhomova and A. Gorshkov \_\_\_\_\_ (to award) the gold medal there.



**2.** Here are some interesting facts from the history of the Olympics.

Complete the sentences using the correct verb forms.

**Grammar hint** Past Simple, Past Simple Passive, Present Perfect Passive

The first Olympic Games **took place** in 1896.

The first Olympic Games **were held** in 1896.

The Olympic Games **have been held** since 1896.



- 0) For the first time women took part (to take part) in the Olympic Games in 1900.
- 1) The first Olympic village \_\_\_\_\_ (to build) in 1932.
- 2) The Asian Olympics \_\_\_\_\_ (to organise) since 1964.
- 3) The first Olympic Games in the southern hemisphere (полушарие) \_\_\_\_\_ (to hold) in 1956.
- 4) The sportsmen from 202 countries \_\_\_\_\_ (to take part) in the XXVIII Olympic Games in Athens.
- 5) Curling \_\_\_\_\_ (to include) into the Olympic programme since 1998.
- 6) The Winter Olympic Games \_\_\_\_\_ (to hold) since 1924.
- 7) Swimming \_\_\_\_\_ (to include) in the Olympic programme since the first Olympic Games.
- 8) The first international figure skating competition \_\_\_\_\_ (to take place) in Vienna in 1882.

## Lesson 4

1. Read some interesting facts about the Olympic Games.

1) Choose the correct alternative to fill in the gaps.

- At first the running (0) distance of the marathon was 26 miles.

In 1908 Queen Alexandra of Great Britain decreed (постановила) that the marathon should end below the royal box (ложа) at London's White City (1) \_\_\_\_\_, which added the extra 385 yards.

### Mind!

26 miles = 41,84 km  
385 yards = 352,04 m



- The first Paralympic Games (2) \_\_\_\_\_ in 1948. The name "Paralympic" (3) \_\_\_\_\_ the words "Parallel" and "Olympics". In 1900 the live pigeon shooting (4) \_\_\_\_\_ was in the programme of the Olympics. It was (5) \_\_\_\_\_ first and the only time when animals were killed on purpose (целенаправленно) in an Olympic event.
- In wrestling at the Stockholm games in 1912, the final fight lasted (6) \_\_\_\_\_ nine hours. Since neither sportsman got (7) \_\_\_\_\_ over the other, no gold medal (8) \_\_\_\_\_. Each received a silver medal.
- In 1932 a sprinter, who carried the flag for the Chinese team, was the only (9) \_\_\_\_\_ from China.
- Only two countries (10) \_\_\_\_\_ in all the every modern Olympic Games, Greece and Australia.
- In order for a sport to be included in the Olympics it must be widely (11) \_\_\_\_\_ by men in at least 75 countries and on four continents and by women in at least 40 countries and on three continents.



- |                         |                   |                      |
|-------------------------|-------------------|----------------------|
| 0) a) race              | b) distance       | c) event             |
| 1) a) Stadium           | b) Hall           | c) Palace            |
| 2) a) was held          | b) have been held | c) were held         |
| 3) a) comes from        | b) combine        | c) is a combination  |
| 4) a) start             | b) event          | c) play              |
| 5) a) —                 | b) a              | c) the               |
| 6) a) since             | b) for            | c) during            |
| 7) a) a prize           | b) an advantage   | c) a victory         |
| 8) a) was awarded       | b) they got       | c) were there        |
| 9) a) flag bearer       | b) person         | c) participant       |
| 10) a) are participated | b) participated   | c) have participated |
| 11) a) practising       | b) practise       | c) practised         |

2) Mark (✓) the facts that impressed you most of all.

## Lesson 5

1. Keeping fit is very important especially for disabled people.

Use the words in capitals to form a new word that fits in the same numbered space in the text.

Staying fit is (0) especially important for people with (1) \_\_\_\_\_, many of whom live sitting lifestyle. When you are (2) \_\_\_\_\_ active, you might not develop (3) \_\_\_\_\_ health problems. Physical (4) \_\_\_\_\_ can be good for your body: it increases (5) \_\_\_\_\_, it helps to control weight, it helps to balance. Physical activity is good for your mind: it improves (6) \_\_\_\_\_, it improves (7) \_\_\_\_\_ skills, it increases your chance of (8) \_\_\_\_\_ new people. Physical activity can increase your (9) \_\_\_\_\_, and give you more energy to enjoy life! It is fun.

- (0) SPECIAL
- (1) ABLE
- (2) PHYSICAL
- (3) ADD
- (4) ACTIVE
- (5) STRONG
- (6) CONFIDENCE
- (7) CONCENTRATE
- (8) MEET
- (9) INDEPENDENT

2. Here are two extracts from Russian newspapers about the Paralympic Games.

Render the articles for your foreign friends.

**A** На Параолимпийских играх в Греции проходили соревнования по 19 видам спорта. Наши спортсмены принимали участие в 9 видах. Параолимпийская команда состояла из 84 спортсменов. Российские спортсмены завоевали 16 золотых, 8 серебряных и 17 бронзовых медалей. Больше всего медалей получили российские легкоатлеты и пловцы. Также хорошо выступили российские дзюдоисты. Они завоевали 6 медалей различного достоинства.





**В** На зимних Паралимпийских играх в Турине, которые проходили с 10 по 19 марта, команда России завоевала 33 медали: 13 золотых, 13 серебряных и 7 бронзовых. Из 5 видов спорта на Паралимпийских играх российские спортсмены принимали участие только в трех: биатлоне, лыжных гонках и горнолыжном спорте. В керлинге и хоккее российские команды не участвовали.



## Lesson 6

1. Sport helps to build up the character.

1) What character traits should a good sportsman have? Complete the table.

|             |             |           |               |                |               |
|-------------|-------------|-----------|---------------|----------------|---------------|
| ambitious   | boastful    | brave     | calm          | careless       | clever        |
| cooperative | courageous  | courteous | curious       | forgetful      |               |
| friendly    | intelligent | lazy      | organised     | patient        | polite        |
| quiet       | reasonable  | relaxed   | self-centered | self-confident |               |
|             | serious     | skilful   | mean          | smart          | understanding |

**A good sportsman should be**

**A good sportsman shouldn't be**

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

2) What kind of person are you?

\_\_\_\_\_

\_\_\_\_\_







- 2) Make a similar survey in your class/school.
- Put the question to as many people as possible.
- Make a diagram.
- Write a report.

The most popular sport in our class is \_\_\_\_\_  
 \_\_\_\_\_ per cent of pupils prefer \_\_\_\_\_

\_\_\_\_\_ is popular among (среди) \_\_\_\_\_. The least popular sport is \_\_\_\_\_. Only \_\_\_\_\_ of pupils like it.

**2. In your culture.** Complete the text with the words in an appropriate form from the box and read about the founder of sambo.

~~to be born~~      black belt      to know      one      school      to study  
 to teach      technique      to train



V. S. Oshchepkov (0) was born on Sakhalin Island in 1892. He went to (1) \_\_\_\_\_ in Japan with the Russian Orthodox (pravoslavie) mission of Saint Nicolas. He also (2) \_\_\_\_\_ judo at Kodokan Institute where he received his (3) \_\_\_\_\_. He was the (4) \_\_\_\_\_ non-Japanese to have a black belt in judo from the Institute. V. S. Oshchepkov travelled a lot and learned various wrestling and self-defense (5) \_\_\_\_\_ which he combined in a system that gave birth to a practical "self-defense without weapon" called sambo. Sambo (6) \_\_\_\_\_ in this country since 1938. V. S. Oshchepkov (7) \_\_\_\_\_ and (8) \_\_\_\_\_ sportsmen at the "Dinamo" Society and School for Militia.

**3. In your culture.** Here are some interesting facts from the history of Russian sport.

Complete the sentences using the correct verb forms.

**Grammar hint** Past Simple, Present Perfect, Present Perfect Passive

The first Olympic Games **took place** in 1896.

The Olympic Games **have been held** since 1896.

Russian sportsmen **have taken part** in the Olympic Games since 1908.

- 1) For the first time Soviet athletes \_\_\_\_\_ (to take part) in the Olympic Games in 1952.
- 2) N. A. Panin-Kolomenkin \_\_\_\_\_ (to become) the first Russian Olympic champion in figure skating in 1908.
- 3) Russian sportsmen \_\_\_\_\_ (to take part) in the winter Olympic Games since 1956.
- 4) Larisa Latynina \_\_\_\_\_ (to win) 18 Olympic medals in gymnastics during three Olympiads in 1956, 1960, 1964. No one \_\_\_\_\_ (to beat) the record till now.



- 5) National ice hockey championships \_\_\_\_\_ (to organise) since 1946.
- 6) First curling clubs \_\_\_\_\_ (to appear) in Russia at the end of the 19th century but curling didn't become popular.
- 7) Snowboarding is a young sport. It \_\_\_\_\_ (to be) popular since 1990s.
- 8) National basketball championships \_\_\_\_\_ (to hold) since 1934.

4. Here is a story about one of the unusual sport achievements.

Read about it and fill in the gaps with the prepositions where necessary.

### Grammar hint Prepositions

Prepositions of place: **from ... to, in, at.**

The contest took place **in** London.

Prepositions of time: **at, after, in.**

I'll come back **in** a minute.

Preposition that shows who did the action: **by.**

The record was set **by** the Russian sportsman.

Would you like to cross the English Channel (0) in a bathtub (ванна)? It is not a joke — that is how comedian Tim FitzHigham rowed (проплыл на веслах) (1) \_\_\_\_\_ England (2) \_\_\_\_\_ France. Tim completed the voyage (3) \_\_\_\_\_ nine hours and six minutes. He is the first person to row the Channel (4) \_\_\_\_\_ a bath. It is not (5) \_\_\_\_\_ the first time Tim has tried to navigate the world's busiest ship lane (морской путь). An attempt the year before was spoilt (6) \_\_\_\_\_ bad weather. Tim set off from Folkestone, in Kent (7) \_\_\_\_\_ 4 a.m. Almost (8) \_\_\_\_\_ seven hours later it looked like Tim would not make it again as the wind changed, slowing him down. He touched Cap Gris Nez, 35 km from the UK, just (9) \_\_\_\_\_ 1 p.m., shouting: "We've done it. I don't believe (10) \_\_\_\_\_ it. I'm in shock — that was fun." Shortly (11) \_\_\_\_\_, he described the event as the worst few hours of his life.

5. Here is a report for a school newspaper about the participation in the Mini London Marathon.

Read the story and decide which lines are correct and which have an additional incorrect word. There are two examples at the beginning.

- |   |       |
|---|-------|
| 0) Every year a thousands of kids come from all over the country to         | a     |
| 00) London to compete in the mini marathon. For the first time I took       | ✓     |
| 1) part in the marathon when I was eight years old, I did a run with        | _____ |
| 2) my mum. This was the third mini marathon that I had been done. I         | _____ |
| 3) trained four times in a week, so I really hoped that I would do well.    | _____ |
| 4) When the race was about to begin I had felt very nervous and             | _____ |
| 5) excited. The course is two and a half miles long. My time was            | _____ |
| 6) fifteen minutes and five seconds in last year and I really wanted to     | _____ |
| 7) beat it. I was so proud when I got to the end of the course — I set a    | _____ |
| 8) new personal record. I came the second in the race. And I've got         | _____ |
| 9) my medal to prove it! The mini marathon is great fun and it's good       | _____ |
| 10) training because one day I'd like to do the big marathon. I'd also love | _____ |
| to compete in the 2012 Olympics.  | _____ |



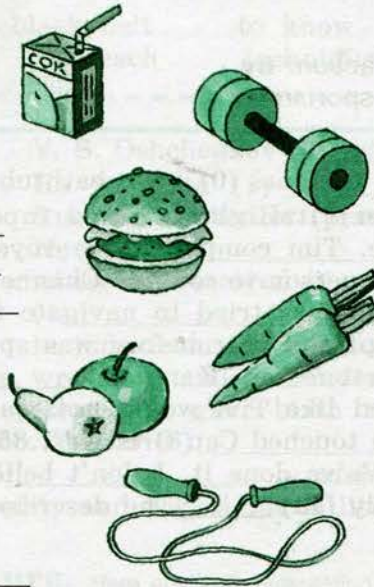
## A healthy living guide

### Lesson 1

**1. Vocabulary.** The words and word combinations below are often used to talk about healthy or unhealthy lifestyles.

1) Match the words in the first column with the words from the second column.

- 1 diets J
- 2 a disease \_\_\_\_\_
- 3 fast food \_\_\_\_\_
- 4 fit \_\_\_\_\_
- 5 healthy \_\_\_\_\_
- 6 homemade \_\_\_\_\_
- 7 a lifestyle \_\_\_\_\_
- 8 lose weight \_\_\_\_\_
- 9 obese \_\_\_\_\_
- 10 obesity \_\_\_\_\_
- 11 promote \_\_\_\_\_
- 12 regular \_\_\_\_\_
- 13 skip \_\_\_\_\_
- 14 snacking \_\_\_\_\_
- 15 a variety of \_\_\_\_\_



- A become slimmer
- B being overweight
- C different
- D eating between meals
- E good for health
- F hamburgers, chips and the like
- G happening again and again
- H help in the development
- I an illness
- J limited eating regimes
- K made at home
- L not do sth
- M overweight
- N physically strong
- O a way of living

2) Fill in the gaps in the article with an appropriate word from ex. 1.1). More than one answer may be possible.

According to statistics 15 % of teenagers are (0) obese. However 60 % want to (1) \_\_\_\_\_. The number of teenagers who (2) \_\_\_\_\_ lunch has increased (увеличилось) greatly since 1990. But the truth is that not all teens who diet actually need to lose weight. A lot of the time friends, family, and the society influence the way we see our bodies. Every newspaper at the supermarket has details on the hottest (3) \_\_\_\_\_. Whenever you turn on the TV you see a number of (4) \_\_\_\_\_, healthy, handsome people having a wonderful time. This can influence young people. Besides some young people are bullied for being (5) \_\_\_\_\_.

It is necessary to remember that dieting may be dangerous. There are (6) \_\_\_\_\_ and unhealthy ways to lose weight. The best person to see when you have a question about dieting is your doctor. But even without seeing your doctor you can make smart food choices. Concentrate on eating a healthy diet. Rather than snacking on (7) \_\_\_\_\_ when you get home from school, eat (8) \_\_\_\_\_ food like soup, or try a piece of fruit or some vegetables.



Spend less time in front of the computer or TV. Remember that (9) \_\_\_\_\_ exercise can help you to feel and look better.  
 Healthy eating and exercising are excellent ways to (10) \_\_\_\_\_ great shape.

**2. A questionnaire.** Complete the sentences using the verbs in the correct form (infinitive or Ving) and answer the questions to find out your health habits.

**Grammar hint** Infinitive or Ving

| Infinitive   | Ving   |
|--|--|
| I <b>want to be</b> fit. I <b>refuse to eat</b> unhealthy food.<br>I <b>want you to be</b> fit.<br>My Mum <b>makes me eat</b> vegetables.<br>I am <b>eager to become</b> slim. | I don't <b>mind eating</b> vegetables.<br>I <b>prefer running to walking</b> .<br>I'm looking forward <b>to going to</b> a fitness club. |

- 0) Do you like eating (to eat) fish?  
 Yes, I do. I like eating fried fish.

---

- 1) Are you crazy about \_\_\_\_\_ (to eat) fast food?  
 \_\_\_\_\_

---

- 2) Are you fond of \_\_\_\_\_ (to get) up early?  
 \_\_\_\_\_

---

- 3) Are you good at \_\_\_\_\_ (to cook) homemade food?  
 \_\_\_\_\_

---

- 4) Can you spend a day without \_\_\_\_\_ (to play) on your computer?  
 \_\_\_\_\_

---

- 5) Are you eager \_\_\_\_\_ (to lose) weight?  
 \_\_\_\_\_

---

- 6) Do you mind \_\_\_\_\_ (to drink) milk?  
 \_\_\_\_\_

---

- 7) Do you look forward to \_\_\_\_\_ (to play) sports?  
 \_\_\_\_\_

---

- 8) Do your parents make you \_\_\_\_\_ (to have) breakfast?  
 \_\_\_\_\_

---

- 9) Do you prefer \_\_\_\_\_ (to walk) to \_\_\_\_\_ (to sit) in front of the computer?  
 \_\_\_\_\_

---

- 10) Would you refuse \_\_\_\_\_ (to have) a fatty pizza for lunch every day?  
 \_\_\_\_\_

---

- 11) Rather than \_\_\_\_\_ (to eat) a ready meal like pizza, would you eat home-made soup?  
 \_\_\_\_\_

---

- 12) Do you want \_\_\_\_\_ (to be) healthier?  
 \_\_\_\_\_



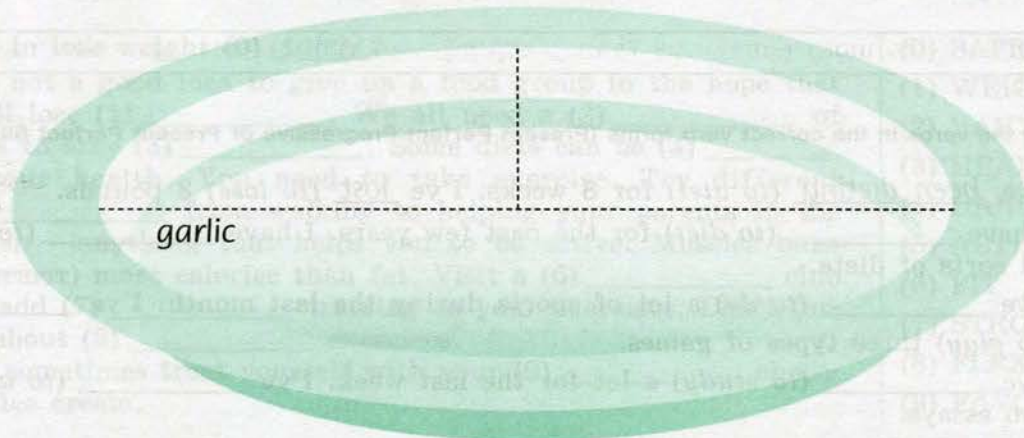




Fill  $\frac{1}{4}$  of your plate with grains (зерновые).

Fill  $\frac{1}{4}$  of your plate with protein (белок).

Fill  $\frac{1}{2}$  of your plate with fruits and vegetables.



## Lesson 3

1. According to statistics there are some changes in the lifestyles of British people.

1) Make sentences.

**Grammar hint** Present Perfect Progressive  
or Present Perfect Simple

I **have been taking** regular exercise for two weeks. (Важен процесс и длительность.)

I **have visited** the sport club four times. (Действие закончилось, важен результат.)

0) Children in the UK / eat less vegetables and fruit / since 1980.

Children in the UK have been eating less vegetables and fruit since 1980.

1) British people / buy more fruit and fruit juices / since 1988.

2) The number of British teenagers who smoke / grow / for several years already.

3) The British police / use alcohol breath tests / since 1968.

4) British people / drink tea / since the 1500s.



5) The government of the UK / check the school meals / since September 2006.

6) The government / provide free fruit to primary school children / since 2004.

2) Put the verbs in the correct verb forms (Present Perfect Progressive or Present Perfect Simple).

0) I've been dieting (to diet) for 8 weeks. I've lost (to lose) 3 pounds.

1) I have \_\_\_\_\_ (to diet) for the past few years. I have \_\_\_\_\_ (to try) all sorts of diets.

2) I've \_\_\_\_\_ (to do) a lot of sports during the last month. I've \_\_\_\_\_ (to play) three types of games.

3) I've \_\_\_\_\_ (to study) a lot for the last week. I've \_\_\_\_\_ (to write) two essays.

4) I've \_\_\_\_\_ (to travel) a lot for the last two years. I've \_\_\_\_\_ (to visit) four countries.

5) My friend's \_\_\_\_\_ (to smoke) for two years. He's \_\_\_\_\_ (to get) problems with his health.

6) I have \_\_\_\_\_ (to take) dancing lessons for a month. I have \_\_\_\_\_ (to learn) three dances.

2. The British government pays great attention to kids' health. Here are some facts.

Complete the sentences using the correct verb forms (Present Perfect Progressive or Present Perfect Passive).

**Grammar hint** Present Perfect Progressive or Present Perfect Passive

— A new club **has been built**.

— I **have been visiting** this club for two weeks.

Junk food (0) has been banned (to ban) from schools since September 2006.

Kids (1) \_\_\_\_\_ (to eat) healthier food since then. Machines

(2) \_\_\_\_\_ (to sell) milk, water and fruit instead of chocolate and crisps since that time. School cooks (3) \_\_\_\_\_ (to make)

school meals better all the time. Foods high in salt, fat and sugar (4) \_\_\_\_\_ (to ban).

Smoking (5) \_\_\_\_\_ (to know), since 1954, to be the cause of dangerous diseases. *Passive* smoking is also very dangerous. In the UK adults

(6) \_\_\_\_\_ (to smoke) less since the 1980s. But young people

(7) \_\_\_\_\_ (to make) themselves ill for many years. Smoking

(8) \_\_\_\_\_ (to ban) in public places like restaurants and bars in Scotland since March 2006. Similar bans (9) \_\_\_\_\_ (to introduce) in Ireland, Norway and parts of the US.

All alcohol (10) \_\_\_\_\_ (to ban) from British football stadiums since 1985.



# Lesson 5

**1. Word building.** Use the words given in capitals to form new words that fit in the same numbered space in the text.

How to lose weight (0) safely?

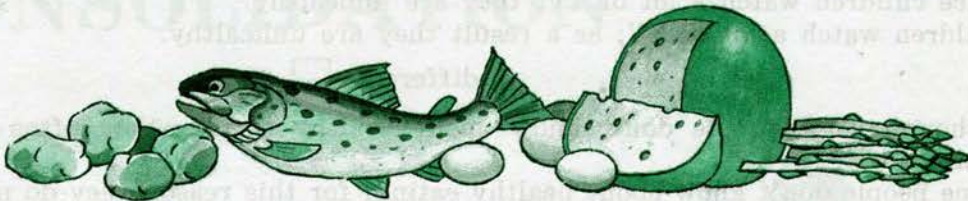
It is not a good idea to give up a food group in the hope that you'll lose (1) \_\_\_\_\_. We all need a (2) \_\_\_\_\_ of foods to stay (3) \_\_\_\_\_. Some diets can be (4) \_\_\_\_\_ to your health. You need to take exercise. Try different (5) \_\_\_\_\_ from walking to helping your parents in the garden — anything that helps you to be active. Muscles burn (сжигают) more calories than fat. Visit a (6) \_\_\_\_\_ club and add (7) \_\_\_\_\_ training to your exercises. Don't forget about (8) \_\_\_\_\_ exercises. And sometimes treat yourself with your (9) \_\_\_\_\_ chocolate ice cream.

- (0) SAFE
- (1) WEIGH
- (2) VARY
- (3) HEALTH
- (4) DANGER
- (5) ACTIVE
- (6) FIT
- (7) STRONG
- (8) FLEXIBLE
- (9) FAVOUR

# Lesson 7

**1.** The recipe for asparagus and trout potato omelette (картофельный омлет с форелью и спаржей) was suggested for young people to cook during British Food Fortnight (two weeks).

Fill in the gaps in the conversation with the expressions from the box. Use each expression only once.



Could you explain ...      Does that mean ...      I am not sure ...  
 I got what was said in the middle, but could you explain ...  
 If I've understood right ...      In other words ...

- (1) \_\_\_\_\_ how much butter, cheese and asparagus I need.
- One ounce (oz) is 28.35 grams. So you need about 15 grams of butter, 100 g cheese and 120 g asparagus.
- Now it's clear. (2) \_\_\_\_\_ the beginning of the recipe? (3) \_\_\_\_\_ I should mix the butter and oil in a frying pan and heat the mixture?
- Yes, that is right.
- (4) \_\_\_\_\_ I should cook the potato for about 6 minutes.
- Yes, you are right.
- (5) \_\_\_\_\_ about the cheese?



- Put the rest of the cheese on the top of your omelette and cook under the grill until it is ready.
- (6) \_\_\_\_\_ when the omelette is golden brown it is ready. Right?
- Absolutely.

## Lesson 8

**1. Vocabulary.** Which of the sentences in these pairs are alternative ways of saying the same thing? Which pairs have different meaning? Put a tick in the correct box.

- 0) Junk food is very unhealthy, though it can be tasty.  
Since junk food is very unhealthy, it can't be tasty.  
same  different
- 1) Some children do not like PE lessons, because they think the lessons are dull.  
Some children do not like PE lessons; as a result they think the lessons are dull.  
same  different
- 2) Lots of people are unhappy with their weight, but most aren't sure how to change the situation.  
Lots of people are unhappy with their weight; however most aren't sure how to change the situation.  
same  different
- 3) Since children watch a lot of TV, they are unhealthy.  
Children watch a lot of TV; as a result they are unhealthy.  
same  different
- 4) Although some people don't know about healthy eating, they often have a healthy diet.  
Some people don't know about healthy eating, for this reason they do not have a healthy diet.  
same  different

**2. Vocabulary.** What relations do these conjunctions and linking words show? Put them into the right column.

|             |              |                 |                   |
|-------------|--------------|-----------------|-------------------|
| after       | besides      | for example     | next              |
| as a result | but          | for this reason | on the other hand |
| because     | consequently | however         | since (2)         |
|             |              |                 | such as           |

| Time<br>Время | Reason<br>Причина | Result<br>Результат | Contrast<br>Противопо-<br>ставление | Adding<br>Добавле-<br>ние | Giving<br>examples<br>Примеры |
|---------------|-------------------|---------------------|-------------------------------------|---------------------------|-------------------------------|
|               |                   |                     |                                     |                           |                               |



### 3. Vocabulary.

What are the changes in British eating habits?

Fill in the gaps in the article with the appropriate conjunction or linking word from ex. 2. More than one answer may be possible.

#### Eating in Britain

Visitors to Britain generally agreed about one thing — British cooking. “It’s terrible!” they said. “You can cook vegetables in so many interesting ways. (0) BUT the British cook vegetables for too long; (1) \_\_\_\_\_, they lose their taste.” But things have changed ...

Food has become very important in Britain. (2) \_\_\_\_\_, TV cooks are more famous than writers and their recipe books are bestsellers.

Twenty years ago, British people usually ate at home. Today, (3) \_\_\_\_\_, many people eat out at least once a week in lots of different kinds of restaurants, (4) \_\_\_\_\_ French, Indian, Chinese, Thai ... People prefer “international” food, (5) \_\_\_\_\_, pizza and curry.

More people are interested in healthy eating these days. (6) \_\_\_\_\_, a growing number of people are becoming vegetarians. That is the good news. (7) \_\_\_\_\_, there is also some bad news.

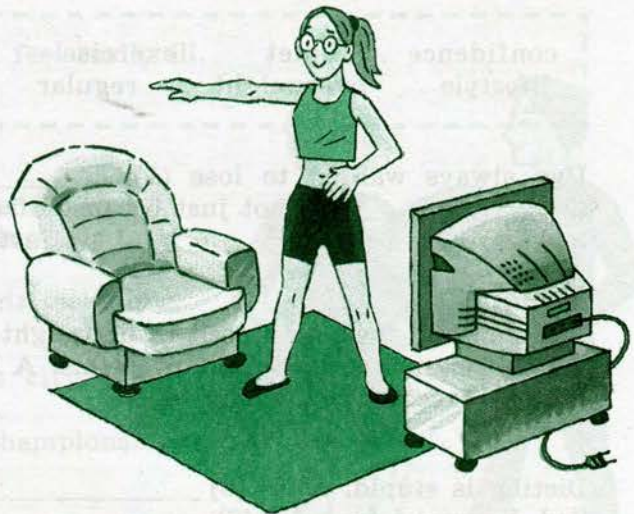
(8) \_\_\_\_\_ the British work harder and have less time, they are eating more fast food. Even in the evening they eat their ready-made dinners in front of the TV. Meals are no longer family occasions.

## CONSOLIDATION

1. Lynne has changed recently.



This is Lynne a year ago.



This is Lynne now.



What did Lynne use to be like? What is she like now?

Write sentences about Lynne. Use the words and word combinations from the box.

### Grammar hint Used to

Lynne **used to eat** junk food a year ago. (*имела обыкновение делать*)  
Now she **doesn't eat** junk food, she eats healthy food. (*а сейчас нет*)

~~be a coach potato~~

be physically inactive

eat healthy food (fruit, vegetables, milk) at school

~~be a physically fit person~~

have junk food for lunch at school

limit screen time

skip breakfast

spend a lot of time in front of a TV set

do regular exercises

start the day with healthy food

0) Lynne used to be a coach potato. Now she is a physically fit person.

---

---

---

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---

**2. Vocabulary.** According to a recent survey, more and more kids think about their health.

Here are some of the opinions. Fill in the gaps with the words from the box. Three words are extra.

confidence

diet

exercise

flexible

healthily

healthy

lifestyle

overweight

regular

regularity

used to

weight

I've always wanted to lose (1) \_\_\_\_\_, but mostly to boost my own (2) \_\_\_\_\_, not just because of what other people have said. I no longer look at it as a (3) \_\_\_\_\_, I just think about eating (4) \_\_\_\_\_.

Amy, 15

Children and teenagers need to be taught that during your younger years dieting is not the answer to weight problems. A balanced diet and (5) \_\_\_\_\_ healthy exercise is the way to go.

Eddie, 13

Dieting is stupid. More (6) \_\_\_\_\_ is better. I (7) \_\_\_\_\_ be bullied, because I am a bit (8) \_\_\_\_\_. Now I'm trying really hard to lose the extra pounds!

Erika, 14



The food at my school is really (9) \_\_\_\_\_. The only problem with this is that it is quite expensive.

Sophie, 15

3. Jane is talking with her old friend Ann. They have not seen each other for some time.

Fill in the gaps in the conversation using the verbs from the box in the correct form.

**Grammar hint** Present Perfect Progressive or Present Perfect Simple

I **have been taking** regular exercise for two weeks. (*Важен процесс и длительность.*)

I **have visited** the sport club four times. (*Действие закончилось, важен результат.*)

cook      eat (2)      feel      go      join      lose      ride

- Jane, you look great! You (1) \_\_\_\_\_ a lot of weight.  
— Well, I (2) \_\_\_\_\_ my bike to school for a month and I (3) \_\_\_\_\_ a fitness club.  
— Is that all? No special diets?  
— Not really. I (4) \_\_\_\_\_ (not) to any fast-food restaurants, because I (5) \_\_\_\_\_ at home. So I (6) \_\_\_\_\_ a lot of fresh vegetables and salads. It really makes a difference. I (7) \_\_\_\_\_ much better, with lots of energy.  
— (8) \_\_\_\_\_ you \_\_\_\_\_ only homemade food all this time?  
— Of course not. I try, but today, for example, I snacked on biscuits. But they were wholegrain (из цельного зерна).

**4. Grammar.** Circle the correct answer *a* or *b* according to the situation.

- 1) — You look awful — what is wrong?  
a) — I have been eating cakes.  
b) — I have eaten all the cakes and I feel really ill.
- 2) You can congratulate me.  
a) I've been running today.  
b) I've run three miles today.
- 3) — Can you surf standing on your head?  
a) — Not yet. But I have been mastering this technique.  
b) — Not yet. But I have mastered this technique.
- 4) I've got a medal!  
a) I have been taking part in the city championship.  
b) I have taken part in the city championship. I was the second!
- 5) — I'm still dieting.  
a) — How long have you been dieting?  
b) — How long have you dieted for?





5. Two people are discussing the recipe for Marinated Summer Berries.

Put the conversation into correct order.

- Can you explain about the two hours?
- Does that mean I should mix all the ingredients with all the berries?
- In other words marinated berries are good with ice cream. Right?
- Oh, I see. And can I eat the berries then?
- Okay. Let the berries stay in the bowl for two hours.
- Simply place all the berries in a bowl. Add all the other ingredients and mix together well.
- Yes, quite right. And allow it to soak for two hours.
- Yes, you can. And you may want to add your favourite ice cream.
- Yes. They are.



f. \_\_\_\_\_

## Lessons 12-13

# TEST YOURSELF



1

### LISTENING COMPREHENSION

You will hear a conversation about three new types of fitness class, **Boxercise**, **Skipping** and **Pilates**.

For questions 1-7, decide which of the following is said about each type. Write **B** for **Boxercise**, **S** for **Skipping** or **P** for **Pilates**. (listening for detail)

- It is good for developing arm muscles. \_\_\_\_\_
- It was used in helping injured people. \_\_\_\_\_
- It is good for balance and coordination. \_\_\_\_\_
- It improves strength and develops flexibility. \_\_\_\_\_
- It is done to music. \_\_\_\_\_
- It is popular with boxers. \_\_\_\_\_
- It is a very cheap sport. \_\_\_\_\_

|            |   |     |   |           |
|------------|---|-----|---|-----------|
| Your score | 7 | 6-5 | 4 | 3 и менее |
| Your mark  | 5 | 4   | 3 | 2         |





# II

## READING COMPREHENSION

Read the following information about sport clubs in the University of East Anglia (Norwich).

Match the paragraphs (1-5) with the headings (A-F). There is one extra heading which you do not need to use. Write your answers in the table below. (reading for the main idea)

- A** Cycling Club      **B** Netball Club      **C** Gymnastics Club      **D** Judo Club  
**E** Athletics and Cross-Country Club      **F** Canoe Club

- The University is situated right by the river, so we can train regularly (we also have the use of a swimming pool in winter). We run day trips to the coast for surfing throughout the year and usually a longer trip once a term, for example this year we have been to the Lake District for White Water.
- Do you enjoy touring or prefer the more energetic racing side? This is the club to join. The weekly Sunday rides are very popular. They are taken across the Norfolk countryside. Members are also offered the free use of a well equipped workshop and can find friendly and expert advice on all the aspects of bike repairing.
- We are a large and friendly Club which trains twice a week. We have 2 teams taking part in the UAU Championships, and during the Spring Term play matches against local teams. There is also a Challenge Tournament towards the end of the season and the chance to buy our *exclusive* club sweatshirts and T-shirts.
- We have a 400 m grass track, field event equipment and one of the finest middle-distance coaches around. Also, an international standard synthetic track has been built next to the University recently. The Club competes all year round, taking part in cross-country, road running, track and field and some fell-running; we are one of the most successful University teams.
- It is a modern Olympic combat sport developed from the ancient arts of jujitsu. What is special about it? It is considered to be more than just a sport. It can help the individual to overcome day-to-day problems. It can be good therapy for students and can get them away from the worries and pressures of studying.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
|   |   |   |   |   |

|            |   |   |   |   |
|------------|---|---|---|---|
| Your score | 5 | 4 | 3 | 2 |
| Your mark  | 5 | 4 | 3 | 2 |





### III USE OF ENGLISH (VOCABULARY/GRAMMAR)

1. For questions 1-13, read the text below and fill in the gaps with the correct form of the verbs. There is an example at the beginning (0).

#### Is chocolate good for sport?

(0) Have you ever met (to meet) anyone who doesn't like chocolate?  
 Chocolate (1) \_\_\_\_\_ (to make) from the seeds of the tropical cacao tree. It's sweet, tasty and generally delicious — the average Briton (2) \_\_\_\_\_ (to eat) almost 10 kg of the stuff every year. The first British chocolate factory (3) \_\_\_\_\_ (to set up) in London in 1657. The English firm Cadbury (4) \_\_\_\_\_ (to make) chocolate since 1831.  
 Facts say that we (5) \_\_\_\_\_ (to enjoy) it for centuries, and serious studies (6) \_\_\_\_\_ (to do) to find the reasons of our chocolate passion. Chocolate can (7) \_\_\_\_\_ (to have) a place in a balanced diet, but it doesn't contain many of the nutrients needed for a healthy lifestyle. So what is it that makes us (8) \_\_\_\_\_ (to love) sweets and chocolate and how much should we eat?  
 Chocolate (9) \_\_\_\_\_ (to contain) fat, so it (10) \_\_\_\_\_ (not to recommend). It has the carbohydrates that you need to replace lost energy, but rather than (11) \_\_\_\_\_ (to eat) sweets and chocolate, you should (12) \_\_\_\_\_ (to eat) bread and cereals.  
 Chocolate (13) \_\_\_\_\_ (to recommend) as a treat — perhaps once or twice a week. It's high in fat and sugar, so you shouldn't (14) \_\_\_\_\_ (to have) it every day.

|            |       |      |     |   |
|------------|-------|------|-----|---|
| Your score | 13-12 | 11-9 | 8-6 | 5 |
| Your mark  | 5     | 4    | 3   | 2 |

2. For questions 1-10, read the text below and decide which answer (a, b, c, or d) best fits each space. There is an example at the beginning (0).

Some children don't like PE (0) lessons at school. But I think it is important to take (1) \_\_\_\_\_ in PE. PE is a great way to (2) \_\_\_\_\_ you fit and healthy even if you don't like it. (3) \_\_\_\_\_ you may not do any exercise at home, I think it is important that you (4) \_\_\_\_\_ PE lessons. Taking (5) \_\_\_\_\_ exercise is necessary. I believe it actually (6) \_\_\_\_\_ to a better lifestyle. The government plans to make children more (7) \_\_\_\_\_, because a lot of kids are dangerously (8) \_\_\_\_\_. Besides more sports have been introduced at school to help people to learn how to win, (9) \_\_\_\_\_ and be part of the team. I think girls will enjoy PE more if they have a lot of (10) \_\_\_\_\_ to choose from.

|   |  |                                 |                               |                                       |
|---|--|---------------------------------|-------------------------------|---------------------------------------|
| 0 | <input checked="" type="radio"/> a lessons | <input type="radio"/> b courses | <input type="radio"/> c hours | <input type="radio"/> d championships |
| 1 | <input type="radio"/> a place              | <input type="radio"/> b part    | <input type="radio"/> c game  | <input type="radio"/> d course        |
| 2 | <input type="radio"/> a lead               | <input type="radio"/> b promote | <input type="radio"/> c keep  | <input type="radio"/> d bring         |



- |    |   |              |   |             |   |            |   |            |
|----|---|--------------|---|-------------|---|------------|---|------------|
| 3  | a | Consequently | b | As a result | c | Since      | d | Even       |
| 4  | a | make         | b | train       | c | keep       | d | have       |
| 5  | a | dangerous    | b | regular     | c | balance    | d | accurate   |
| 6  | a | leads        | b | promotes    | c | masters    | d | causes     |
| 7  | a | active       | b | activity    | c | inactive   | d | inactivity |
| 8  | a | fit          | b | obesity     | c | overweight | d | slim       |
| 9  | a | develop      | b | skip        | c | wrest      | d | lose       |
| 10 | a | skills       | b | forms       | c | activities | d | hours      |

3. For questions 1-9, read the text below. Use the words given in capitals to form new words that fit in the same numbered space in the text. There is an example at the beginning (0).

Politicians think teachers should give you a mark for (0) fit-ness in your school report.

But I think it's difficult to measure fitness, because there are (1) \_\_\_\_\_ types of fitness. For example, you may be able to sprint very fast, but not be very strong, or have good (2) \_\_\_\_\_, but not be very flexible. You could be very (3) \_\_\_\_\_, but very strong, so be good at sports like (4) \_\_\_\_\_ throwing events (javelin, discus, hammer). Also, some sports aren't done in schools, and people have specific fitness — take the extreme example of a sumo (5) \_\_\_\_\_. They may not be able to shoot a ball, but they have unbelievable (6) \_\_\_\_\_.

Marks may teach children to be more (7) \_\_\_\_\_ when it comes to sport. But some children are not as fit or active as others because of (8) \_\_\_\_\_ or (9) \_\_\_\_\_. And PE should be fun.

- (0) FIT
- (1) DIFFER
- (2) COORDINATE
- (3) WEIGHT
- (4) ATHLETE
- (5) WRESTLING
- (6) STRONG
- (7) COMPETE
- (8) DISABLE
- (9) ILL

Charlotte, 15

|            |       |       |      |   |
|------------|-------|-------|------|---|
| Your score | 19-17 | 16-13 | 12-9 | 8 |
| Your mark  | 5     | 4     | 3    | 2 |

## IV WRITING

Some young children spend a great amount of their time practising sports.

**What are the advantages and disadvantages of this? Give your reasons and examples.**

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How much do you know about Britain?

For questions 1-6, choose the correct answer (a, b, or c).

1 Which of the following (a-c) was the latest to open in Britain?

- a The Berni restaurant chain.
- b McDonald's.
- c Chinese takeaways.

2 The first Cadbury's chocolate bar was sold in Britain ...

- a earlier than beans on toast were imported.
- b later than instant coffee was invented.
- c earlier than tea was brought to Britain.

3 The Body Shop sells ...

- a green electricity.
- b Greenpeace posters.
- c products that have natural ingredients.

4 When were the modern Olympic Games held in London?

- a In 1896.
- b In 1948.
- c In 1980.

5 Which is the oldest?

- a The Royal Ascot Race.
- b The Derby horse races.
- c British football championships.

6 The Paralympic Games are held ...

- a a year earlier than the Olympic Games.
- b in the same year as the Olympic Games.
- c a year later than the Olympic Games.

|            |   |   |     |   |
|------------|---|---|-----|---|
| Your score | 6 | 5 | 4-3 | 2 |
| Your mark  | 5 | 4 | 3   | 2 |





# VI SELF-ASSESSMENT

| Description of achievement   | Level reached |      |      |           |
|--|---------------|------|------|-----------|
|  | Poor          | Fair | Good | Excellent |
| <p><b>📖 I can read and understand:</b></p> <ul style="list-style-type: none"> <li>● magazine and newspaper articles about sports and sports history;</li> <li>● magazine and newspaper articles about health problems and healthy lifestyles;</li> <li>● stories about sports competitions;</li> <li>● stories about people's behaviour</li> </ul>                               |               |      |      |           |
| <p><b>🗣️ I can understand:</b></p> <ul style="list-style-type: none"> <li>● opinions about sport;</li> <li>● opinions about health problems and healthy lifestyles;</li> <li>● if I'm asked to approve;</li> <li>● if I'm asked for a more focused information</li> </ul>  |               |      |      |           |
| <p><b>🗨️ I can:</b></p> <ul style="list-style-type: none"> <li>● express my opinion about different sports;</li> <li>● describe my favourite sport or sports competition;</li> <li>● say that I approve/don't approve of something;</li> <li>● describe my way of living;</li> <li>● explain what promotes good health;</li> <li>● ask for a more focused explanation</li> </ul> |               |      |      |           |
| <p><b>📝 I can write:</b></p> <ul style="list-style-type: none"> <li>● a report about a sport event;</li> <li>● a composition about the health situation, expressing reason and showing result</li> </ul>   |               |      |      |           |

| Grammar checklist  | Can understand | Can use |
|--|----------------|---------|
| <ul style="list-style-type: none"> <li>● Present Perfect Passive</li> <li>● Present Perfect Progressive</li> </ul> |                |         |



| Study skills                     |   |
|----------------------------------|---|
| ● link-words (reason and result) | I don't understand <input type="checkbox"/> I understand <input type="checkbox"/><br>I can use <input type="checkbox"/> |
| ● chronological order            | I don't understand <input type="checkbox"/> I understand <input type="checkbox"/>                                       |
| ● main idea (listening)          | I don't understand <input type="checkbox"/> I understand <input type="checkbox"/>                                       |
| ● complete notes                 | I can't <input type="checkbox"/> I can <input type="checkbox"/>   |

**Pupil's comments**

Exercises I found the most interesting/boring/difficult:

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*(This area contains faint, illegible text, likely bleed-through from the reverse side of the page.)*

| Can use   | Can understand | Can write |
|-----------|----------------|-----------|
|           |                |           |
| Your mark |                |           |



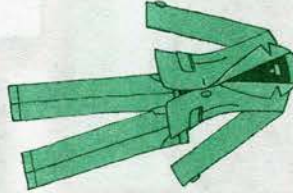
## Changing times, changing styles

### Lesson 1

**1. Vocabulary.** Match the words in the first column with the words from the second column and label the pictures. Put the articles where necessary.

trouser

shoes



0) a trouser suit



1) \_\_\_\_\_

jacket with

a petticoat

baby doll

dress

shoes with

boots

skirt with

embroidery



2) \_\_\_\_\_



3) \_\_\_\_\_

mini

skirt

shoulder-padded

sweater

platform

high heels



4) \_\_\_\_\_



5) \_\_\_\_\_

polo neck

jacket

training

suit



6) \_\_\_\_\_



7) \_\_\_\_\_



8) \_\_\_\_\_



9) \_\_\_\_\_



**2. Word building.** Make up new words and write them down in the space provided.



- 0) clothes for sports = sportswear
- 00) clothes for children = children's wear
- 1) clothes for street = \_\_\_\_\_
- 2) clothes for wearing in clubs = \_\_\_\_\_
- 3) anything worn on the feet = \_\_\_\_\_
- 4) clothes for men = \_\_\_\_\_
- 5) clothes for women = \_\_\_\_\_

**3. Vocabulary.** 1) Make up seven word combinations using the words below.

to be  
to come  
to go  
to keep  
to customize clothes

out of  
into  
in  
to  
up to date with

fashion  
trendy/fashionable  
the (latest) fashion

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_



2) Fill in the gaps with the word combinations from ex. 3.1) in the correct form. You may use the words more than once.

I don't like wearing tight trousers because they (0) are out of fashion/not fashionable at the present moment. I prefer jeans because they (1) \_\_\_\_\_ always \_\_\_\_\_. I'm happy that dresses (2) \_\_\_\_\_ again. I also look great in mini skirts, but unfortunately the mini (3) \_\_\_\_\_ next season. Frankly speaking it's hard (4) \_\_\_\_\_ all the time. Sometimes I have (5) \_\_\_\_\_ my old clothes (6) \_\_\_\_\_.



## Lesson 2

1. Sometimes it's not easy to describe a piece of clothing you like or dislike.

1) Label the pieces of clothing below using the adjectives from the table. Mind that it is not advisable to put more than three adjectives together.

### Grammar hint Adjectives: word order

| Opinion | Size/age/shape | Colour | Material | Noun           |
|---------|----------------|--------|----------|----------------|
| nice    | old            | black  | leather  | training shoes |

|  |  |  |  |   |
|--|--|--|--|---|
| (very) nice<br>(absolutely) amazing<br>cool<br>beautiful<br>horrible<br>attractive<br>marvellous<br>fantastic<br>funky<br>cute<br>gorgeous<br>wonderful<br>... | baggy<br>tight<br>ethnic<br>dyed<br>ripped<br>spiky<br>high-heeled<br>narrow<br>oversize<br>straight<br>mini/maxi<br>embroidered<br>shoulder-padded<br>second-hand | (pale) blue<br>(dark) blue<br>black<br>brightly coloured<br>brown<br>green<br>yellow<br>red<br>white<br>purple<br>grey<br>orange | denim<br>leather<br>cotton<br>silk<br>cheese-cloth<br>woolen | jeans<br>kaftan<br>headband<br>overcoat<br>raincoat<br>sandals<br>accessories<br>jewellery<br>trainers<br>boots<br>pinafore<br>baby doll dress<br>cardigan<br>tracksuit |
|--|--|--|--|---|





0) a very nice white cardigan



1) \_\_\_\_\_



2) \_\_\_\_\_



3) \_\_\_\_\_



4) \_\_\_\_\_



5) \_\_\_\_\_

2) Describe five other pieces of clothing using the words above.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 2. Vocabulary.

There are some differences between British English and American English.

Label the following pieces of clothing and footwear in **British English (BE)** and in **American English (AE)**. Use the words from the box.

pants (2)  
a sweater

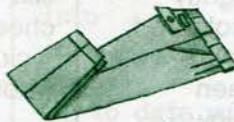
a jumper  
trainers

a polo neck sweater  
trousers

a pullover  
a turtleneck sweater

sneakers  
underwear

1) BE \_\_\_\_\_  
AE \_\_\_\_\_



2) BE \_\_\_\_\_  
AE \_\_\_\_\_



3) BE \_\_\_\_\_  
AE \_\_\_\_\_



4) BE \_\_\_\_\_  
AE \_\_\_\_\_



5) BE \_\_\_\_\_  
AE \_\_\_\_\_





# Lesson 3

## Grammar hint First Conditional/Second Conditional

If it is hot, I will put on the sandals. Если будет жарко, я надену сандалии.

If it were hot, I would put on the sandals. Если бы было жарко, я бы надел(а) сандалии.

### 1. Match a first part (1-6) with a second part (B-G) to make correct sentences.

- |   |   |
|---|---|
| 0 If I could spend time with someone famous,            | A if you want to look smart and trendy.   |
| 1 If you put less gel in your hair,                     | B I would put on my new brightly coloured pinafore and embroidered leather boots. |
| 2 If I went out tonight,                                | C it will look more natural.  |
| 3 I would always wear high-heeled shoes                 | D if you put on these light blue jeans and this bright cardigan!                  |
| 4 You would look absolutely gorgeous                    | E if I were not as tall as I am.  |
| 5 You have to read fashion magazines                    | F you will look much better.  |
| 6 If you take off this horrible shoulder-padded jacket, | G I would choose Stella McCartney, the British fashion designer.                  |

0 - G;

### 2. Match a first part (1-6) with a second part (B-G) to make correct sentences then transform the first conditional sentences into second conditional sentences. Put commas (,) where necessary.

- 0 This tight tracksuit will fit you soon      A if you keep on jogging every day.

This tight tracksuit would fit you soon if you kept on jogging every day.

Or

If you kept on jogging every day, this tight tracksuit would fit you soon.

- 1 If you pay less attention to your appearance      B you can take my new umbrella.

- 2 If you use your imagination      C you will have more time for school.

- 3 If it rains      D you will spend less money on your clothes.



4 Your Mum will be delighted

E if you lend me some money.

5 I will buy this funky bracelet

F if you put on those ripped trousers instead of this baggy denim skirt.

6 If I buy this tartan scarf

G will it match my new overcoat?

**3. Transform the following sentences into second conditional sentences. Make necessary changes.**

0) I can't buy this pair of shoes. They are not my size.

*If the shoes were my size, I would buy them.*

1) I can't wear this shirt. It does not match my trousers.

2) I don't wear this coat. It is out of fashion.

3) He does not put on that cap. It does not suit him.

4) I can't put on this cardigan. It is too tight.

5) I have to take a raincoat. It is going to rain.

6) He is short. He can't afford to wear shoulder-padded suits.

## Lesson 4

**1. Write a sentence about each problem using *I wish* and the words in brackets. More than one answer is possible.**

**Grammar hint** *I wish ...*

I **wish** I **were** rich (now). Как мне **хотелось бы быть** богатым (сейчас).

I **wish** they **would NOT ban** mini skirts at school. (But they do.) Было бы хорошо, если **бы НЕ запрещали** мини-юбки в школе. (Но это произойдет.)



0) I have very short hair that's why I can't wear headbands, which are extremely popular this season. (*to have long hair*)

I wish I had long hair.

I wish I could wear headbands, which are extremely popular this season.

1) Shoulder-padded shirts are in fashion again! They are horrible! (*not to come into fashion*)

2) Unfortunately, embroidered kaftans are not popular this summer. They look so cool on me! (*to be popular*)

3) It is winter. On sale my Mum bought me a funky summer pinafore dress. (*summer*) (*to put ... on right now*)

4) My elder sister did not make a good impression at the interview because of her extravagant clothes. (*to make a good impression next time*) (*to put on something less extravagant next time*)

5) I want to change my wardrobe but I don't have enough money. (*to have money*) (*to give a wardrobe a makeover — обновить гардероб*)

6) My parents do not allow me to have piercings. (*to allow*)

7) Celebrities spend loads of money on glamorous parties! (*to spend more money on charity*)

**2. Transform the following sentences using *I wish*. More than one answer is possible.**

0) If I were a famous footballer's girlfriend, all the top fashion designers would be dying to dress me in their cool catwalk (подиум) clothes!

a) I wish I were a famous footballer's girlfriend!

b) I wish all the top fashion designers were dying to dress me in their cool catwalk clothes!

1) If I were invisible (невидимый) for one whole day, I would not need to have a VIP pass for any of the biggest glamorous parties!



a) \_\_\_\_\_

b) \_\_\_\_\_



- 2) If I could choose I would only buy the top fashion designers' clothes!  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_
- 3) If I only could swap (меняться) clothes with my elder brother. His wardrobe is sooo cool!  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_
- 4) If I were more creative I would give my wardrobe a makeover.  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_
- 5) If no one could see us we would go to the biggest clothes store and try on all the coolest clothes there!  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_
- 6) People are too materialistic! I would never do any of the things above people were talking about!  
 a) \_\_\_\_\_  
 b) \_\_\_\_\_

## Lesson 5

  **1.** Look at the young people below and listen to their short descriptions. Which pairs like going shopping together? Fill in the gaps with their names.

- 1) \_\_\_\_\_ likes shopping with \_\_\_\_\_.
- 2) \_\_\_\_\_ likes shopping with \_\_\_\_\_.
- 3) \_\_\_\_\_ likes shopping with \_\_\_\_\_.
- 4) \_\_\_\_\_ likes shopping with \_\_\_\_\_.



Eddie



Nigel



Kelly



Emmie





Alex



Sharon



Tracy



Joy

## Lesson 7

**1. Vocabulary.** 1) Match the words in the first column with the words from the second column.

- |                         |   |
|-------------------------|---|
| 0 to put on (clothes) → | A to dress (oneself)                                    |
| 1 to fit                | B to be corresponding (with) in quality, colour, design |
| 2 to suit               | C to look well, be appropriate                          |
| 3 to match              | D to be the right shape and size                        |
| 4 to wear               | E to have on the body                                   |

2) Fill in the gaps in the following conversations with an appropriate verb in the correct form from ex. 1.1). More than one answer is possible.



- 1) — Are the shoes the right size?  
— Oh, yes, they \_\_\_\_\_ well.
- 2) — You look pretty in this new dress of yours!  
— Thanks! It really \_\_\_\_\_ me!
- 3) — My god! The cardigan is absolutely horrible! Take it off immediately!  
— I'd love to but I don't have anything I could \_\_\_\_\_ instead.
- 4) — The jacket is fabulous!  
— And it \_\_\_\_\_ the skirt, doesn't it?







- 5) — Jeans again? Could you \_\_\_\_\_ something different?  
 — No way! I've been \_\_\_\_\_ them for ages and they are my favourites!
- 6) — Wow! That's fantastic! I like the way you \_\_\_\_\_ very much!  
 — Oh, thank you! I think I know how \_\_\_\_\_ clothes.

## Lesson 8

**1. In your culture.** *Snimite Eto Nemedlenno* is the Russian version of the British reality makeover television show *What Not to Wear*.<sup>\*</sup> In every episode style consultants give advice and determine what will work best for a person who has been nominated by her/his relatives or friends as unfashionable.

1) What do people think of this show? Read the text and fill in the gaps with the corresponding linking words. Use capital letters and commas (,) where necessary. You may use the words from the box more than once.

firstly      secondly      thirdly      finally      but      however      such as  
 first of all      more than that      besides      as a result



I think that participating in a reality makeover show (1) \_\_\_\_\_ *What Not to Wear* has many advantages. (2) \_\_\_\_\_ you are given advice about what not to wear. And (3) \_\_\_\_\_ you are given advice on how to dress in the latest fashion. (4) \_\_\_\_\_ you are given 50,000 roubles to give your wardrobe a total makeover! You are advised about how to make the right choice when picking clothes and (5) \_\_\_\_\_ you start looking cool and stylish – you get a new look which is admired by everybody.

(6) \_\_\_\_\_ participating in a makeover show has some disadvantages. (7) \_\_\_\_\_ you are nominated as unfashionable by your close relatives or friends, which is offensive. (8) \_\_\_\_\_ your look is criticized in front of millions of TV viewers, which is also very offensive. (9) \_\_\_\_\_ the



style consultants' advice is often rather cruel and posing before cameras is not easy. And (10) \_\_\_\_\_, if it is impossible to *stick to the changes* after several months, why start? (11) \_\_\_\_\_ the most unpleasant thing of all is that you are not free to spend the money on what **you** like. (12) \_\_\_\_\_, despite the disadvantages I would like to take part in such a show. (13) \_\_\_\_\_ I would not be against some of my friends' participating in the show. I wish the style consultants told me and my friends what would work best for us.

2) Underline the statements you agree with.

## CONSOLIDATION

**1. Vocabulary.** Fill in the gaps in the following text with an appropriate verb in the correct form from the word box.

to fit      to go with      to match      to suit

Shopping for clothes is hard work. You try something on — it doesn't (1) \_\_\_\_\_ because of its size. If something is the right size, the colour doesn't (2) \_\_\_\_\_ you. You try something else — the colour doesn't (3) \_\_\_\_\_ the colour of your eyes. You try a hat but it doesn't (4) \_\_\_\_\_ you. It's easy to waste a lot of time and end up with nothing at all.



**2. In your culture.** The Russian Fashion Week (RFW) was held in Red Square in Moscow in March 30 — April 6 in 2006.

Read some facts about the Russian Fashion Week and fill in the gaps with the appropriate words from the word box. You may use the words more than once.

design      designs      designer      designer's      designers      designers'

- In honour of the RFW's 5th anniversary show, top \_\_\_\_\_ including the UK's Julien Macdonald and Jenny Packham came to Moscow to introduce their autumn/winter collections.
- British Glamour \_\_\_\_\_ of the Year, Julien Macdonald said about the Russian Fashion Week, "Five years ago, the Russian fashion shows were in a big hall with very little clothing. Today, the Russian Fashion Week is like the London Fashion Week."



- 3) More than 50 \_\_\_\_\_ from Russia, Belarus, Ukraine, and the Baltic states participated in the RFW's Autumn/Winter 2006/07 show.
- 4) More than 300 models demonstrated \_\_\_\_\_ clothes and 48,000 guests visited RFW's catwalks (подiums) to see the show.
- 5) British fashion celebrity Jenny Packham held her shows in Moscow again this year, with Russian super-star pop singer Valeria demonstrating the \_\_\_\_\_ evening and wedding dresses.
- 6) Famous British \_\_\_\_\_ Zandra Rhodes, known for her *innovative* \_\_\_\_\_, opened the week's events with her new collection.
- 7) According to a recent sociological research more than 90% of respondents would like to buy clothing of Russian brands, almost 70% have at least one Russian \_\_\_\_\_ item in their wardrobes.



**3. In your culture.** There are some 150 fashion houses in Russia. Most Russian designers prefer international style but there are some whose collections are very often inspired by the Russian folklore or Russian history.

**What is special about each of these designers? Complete the sentences with the appropriate words given in brackets.**

- 1) Slava Zaitsev, the president of the Moscow \_\_\_\_\_ House, is one of the most famous \_\_\_\_\_ in this country. He has used Russian folk motifs in his collections ever since he was young. (*designers/Fashion*)
- 2) Most of Valentin Yudashkin's \_\_\_\_\_ are inspired by Russian history, literature, architecture and ballet. They are always amazing because all designs and \_\_\_\_\_, including \_\_\_\_\_ and applications, are handmade. (*collections/embroidery/textiles*)





- 3) Yelena (Helen) Yarmak is a wizard with \_\_\_\_\_ and has been an international \_\_\_\_\_ top fashion designer since 1990s. Helen's fantasies have reached Europe and America to break the traditional concepts of \_\_\_\_\_ and textiles. (*furs (2)/fur*)
- 4) In her new autumn/winter 2006-2007 collection young designer Yulia Nikolaeva explored the subject of \_\_\_\_\_ (valenki). She says that valenki are "the most warm and comfortable \_\_\_\_\_ ever devised by mankind". (*felt boots/footwear*)
- 5) Ilia Shiyan is a designer, whose \_\_\_\_\_ show the interest in Russian arts and crafts: Fedoskino and Palekh miniatures, and Khokhloma paintings. In his recent collection he demonstrated a mix of \_\_\_\_\_ from different periods of Russian history. (*clothes/collections*)

4. Readers of the *Teen People* magazine were asked a question "What do you need to do to prepare for a big show?"

What are some of the expert concertgoers' tips? Complete the sentences with the correct form of the verb in brackets (Past Simple or would).

- 0) If I (*to go*) to a big show I (*not to put*) any glasses on!  
 If I went to a big show I would not put any glasses on! \_\_\_\_\_
- 1) If I (*to be*) you I (*to leave*) those sandals at home. Someone can step on your toes and this isn't the greatest feeling.  
 \_\_\_\_\_  
 \_\_\_\_\_
- 2) If I (*to sit*) at the front I (*to dress*) to impress. You may be picked to go onto the stage.  
 \_\_\_\_\_  
 \_\_\_\_\_
- 3) A mini skirt (*not to be*) the best idea if you (*to be invited*) to a big concert where you could dance or get invited onto the stage.  
 \_\_\_\_\_  
 \_\_\_\_\_
- 4) If it (*to be*) a really big show I (*never/to wear*) anything that could be removed easily.  
 \_\_\_\_\_  
 \_\_\_\_\_
- 5) If the show (*to be held*) far from my home I (*to bring*) an extra set of clothes to change into after the concert.  
 \_\_\_\_\_  
 \_\_\_\_\_
- 6) If I (*to go*) to a big show, I (*never/to wear*) a T-shirt of the performer I was going to see.  
 \_\_\_\_\_  
 \_\_\_\_\_
- 7) If I (*to have*) an extra ticket I (*to bring*) a friend along. It's not fun to go to a concert without a friend to talk about it with.  
 \_\_\_\_\_  
 \_\_\_\_\_



5. Write a sentence about each problem using *I wish*. More than one answer is possible.

- 1) I want to take part in the *What Not to Wear* show. Nobody wants to nominate me.
- 2) I want to buy these accessories: they will match my new dress. But my Mum is against spending too much money on clothes.
- 3) I'd like to wear sneakers all the time but my Mum doesn't allow it.
- 4) I do not have much money. I would like to spend more on presents for my relatives.
- 5) I want to give out my old clothes to those who cannot afford to buy new clothes. But I don't know how to solve the problem.
- 6) I would like to have at least one Russian designer's item in my wardrobe. But I can't afford it.
- 7) They don't show much of the Russian Fashion Weeks on TV. That's a pity!

## Lessons 10-11

# TEST YOURSELF



1

## LISTENING COMPREHENSION

London is sometimes called the shop window of the western world.

Listen to the speakers talking about their favourite shops and write down the letters of the reasons each of them gives in favour of the shop(s) she/he likes best. (listening for detail)

Speaker 1 likes shopping in the **Pop Boutique** because

Speaker 2 likes shopping in **Traid** and **Shaft** because

Speaker 3 likes shopping in the **Dr Martens Dep Store** because

Speaker 4 likes shopping in the **Top Shop** because

- 1 along with famous boots one can buy fashionable clothes there
- 2 you can find a lot of various accessories there
- 3 there is a wide choice of clothes by all the top designers
- 4 London students like buying clothes at low prices there
- 5 there is a section where everything costs £2
- 6 they sell comfortable footwear for young and old customers
- 7 you can buy recycled designers' clothes
- 8 they sell retro stuff

|            |   |     |     |           |
|------------|---|-----|-----|-----------|
| Your score | 8 | 7-6 | 5-4 | 3 и менее |
| Your mark  | 5 | 4   | 3   | 2         |



**1.** In Britain, there are traditional regional costumes and styles of dress associated with particular jobs or social groups.

**1) Read the text and tick those styles and costumes that are mentioned in the text (reading for specific information):**

- a a national costume;
- b special dress (for specific professions and occupations);
- c items of clothing linked with particular social groups;
- d casual clothes;
- e clothes for formal occasions;
- f clubwear.

**W**ales and Scotland each have a national costume, although there is no English one. Welsh national dress is seen on such occasions as the annual Llangollen Eisteddfod.\* Women wear full skirts, laced bodices, colourful *shawls* and a specific tall crowned black hat, while men have bright waistcoats and flat black hats. The Scottish Highland dress, worn by both sexes and based on each *clan's* distinctive tartan, is considered the Scottish national dress. For men it includes a *tweed* jacket, a tartan kilt and tartan stockings. Women's dress is similar, but with a tartan skirt in place of the kilt. Scottish costume is worn at many national events, such as the Highland Games, but also for everyday use by some Scots. A form of dress similar to the Scottish one is also worn by the Irish on ceremonial or formal occasions, showing the common Celtic and historical link between the two peoples.

Members of particular professions and occupations wear special dress. Among those considered as distinctively British are the dark blue helmet and uniform of the policeman, the ceremonial red tunics and busbies of some army regiments, the sixteenth-century scarlet uniform of the Beefeaters, the gown and "mortarboard" of university students, and the wigs worn by judges. To this one could add the bowler hat, pin-striped trousers and rolled umbrella that were at one time almost a uniform for civil servants and City businessmen.







Items of clothing that are linked with particular social groups are the flat cap, associated with working-class men and the more rounded cap worn by the "country gentlemen".

In general, people in Great Britain dress rather informally. Many wear casual clothes most of the time, not just when they are at home or on holiday. Men and women wear jeans with a shirt or T-shirt and a sweater to go shopping, meet friends, go to a pub or bar, or take their children out. Older people are more likely to dress more smartly. When they go out, women wear a dress or skirt and blouse while men wear a shirt, jacket and trousers. In summer younger people may wear shorts.

There are a few occasions, when people like to dress formally. For such occasions like interviews for jobs, men wear lounge suits, and women wear suits or dresses. Many weddings, for example, are very formal with men wearing morning dress and women wearing extravagant hats. Women also usually wear hats at events, where members of the Royal Family are present. Most people in Britain dress

smartly to go to a party or restaurant. Many people do not now dress up to go to the theatre, as was once common, but prefer to wear casual or office clothes.

2) Put a T next to the statement which is true, and put an F next to the statements which are false according to the text.

- 1 \_\_\_ Wales, Scotland and England each has a national costume.
- 2 \_\_\_ The Scottish Highland dress and the Scottish national dress are one and the same thing.
- 3 \_\_\_ On ceremonial or formal occasions the Irish wear a form of dress similar to the Scottish one.
- 4 \_\_\_ Bright waistcoats and flat black hats are two pieces of the Welsh national dress worn by men.
- 5 \_\_\_ Nowadays civil servants and City businessmen have a special uniform.
- 6 \_\_\_ In Great Britain people like to dress formally.
- 7 \_\_\_ Pieces of clothing associated with particular social groups are the flat cap and the more rounded cap.
- 8 \_\_\_ Older people dress more smartly than young people.
- 9 \_\_\_ Morning dresses are worn by British men in the morning.
- 10 \_\_\_ At the events where members of the Royal Family are present women have to wear hats.

|            |    |       |       |           |
|------------|----|-------|-------|-----------|
| Your score | 16 | 15-13 | 12-10 | 9 и менее |
| Your mark  | 5  | 4     | 3     | 2         |



### III USE OF ENGLISH (VOCABULARY/GRAMMAR)

1. For different occasions young people dress differently or are supposed to do so.

Read the letter of a teenage boy to the *Early Times* newspaper and a few replies to his letter.

Fill in the gaps with the appropriate forms of the verbs (Past Simple or *would*). Put commas where necessary. There is an example for you at the beginning (0).

I was invited to a dinner party recently. I thought it would be okay to dress casually. So I wore jeans and a sweater. When I got there all the guests were dressed up and I felt really left out. What would you advise?

0 If I (*to be invited*) to my friend's dinner party, I (*to think*) twice what to wear.  
If I was/were invited to my friend's dinner party, I would think twice about what to wear.

1 If my friend Emmie (*to ask*) me to come to her birthday party, I (*to ask*) her how to dress.

2 My friend (*to feel upset*) if I (*to come*) to his party wearing something casual.

3 I never (*to dress*) casually if a party (*to be organised*) in a club.

4 If my friend (*to come*) to my party in jeans, I (*not to take any notice*).

5 My friend (*to go*) home and change her clothes if she (*not to be dressed*) in a proper way.

2. Transform the sentences using *I wish*. There is an example for you at the beginning (0).

0 Brand name clothes are very expensive.

I wish brand name clothes were not very expensive.

1 Russian fashion designers are not as popular as Italian or French designers.

2 Not many people can afford to buy highly fashionable clothes.



3 There are no Marks and Spencer stores in our city.

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4 Boys do not pay much attention to their appearance.

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5 Fashion shows cannot be seen online.

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6 I cannot customize pieces of clothing that do not fit me.

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|            |    |       |      |           |
|------------|----|-------|------|-----------|
| Your score | 16 | 14-12 | 10-8 | 6 и менее |
| Your mark  | 5  | 4     | 3    | 2         |

**3.** Read the following text and then choose the correct alternative (a, b, or c) to fill in the gaps. There is an example for you at the beginning (0).

In Tudor Times\* children wore the same style of (0) clothing as their parents.

In the period from 1811 to 1820 girls continued to be (1) \_\_\_\_\_ of their parents' wish to match the popular idea of beauty. The popular idea of beauty in that period was: slim bodies, tight waists and pale (2) \_\_\_\_\_. In the 1880s it was (3) \_\_\_\_\_ to wear very long gloves in the evening. At the end of the 1880s a knitted costume (the so-called "jersey dress"\*) (4) \_\_\_\_\_ fashion. (5) \_\_\_\_\_ was in fashion for women, furs were in fashion both for men and women. During the Second World War in Britain designs were simple: padded (6) \_\_\_\_\_ and skirts to just below the knee, a small hat and functional bag and





shoes. In the late 1970s (7) \_\_\_\_\_ was brought into the fashion arena. By the early 1980s (8) \_\_\_\_\_ and training shoes had become a fashionable uniform. Today body (9) \_\_\_\_\_ has replaced tattooing among the more eccentric of London's youth. Any part of your body can be (10) \_\_\_\_\_ with a ring, bar or stud. If you are visiting London from abroad and want (11) \_\_\_\_\_ all the latest London trends, you have to read the fashion magazines.

- |    |                     |                    |   |
|----|---------------------|--------------------|---|
| 0  | a fashion           | b design           | <input checked="" type="radio"/> c clothing |
| 1  | a victims           | b favourites       | c the hope                                  |
| 2  | a appearance        | b colour           | c blue                                      |
| 3  | a individual        | b fashionable      | c customized                                |
| 4  | a came              | b came into        | c came in                                   |
| 5  | a Footwear          | b Jewellery        | c Clothes                                   |
| 6  | a legs              | b arms             | c shoulders                                 |
| 7  | a sports            | b sportswear       | c sports shoes                              |
| 8  | a tracksuits        | b flares           | c schoolgirl pinafores                      |
| 9  | a painting          | b building         | c piercing                                  |
| 10 | a embroidered       | b pierced          | c decorated                                 |
| 11 | a to be fashionable | b to be in fashion | c to keep up to date with                   |

|            |    |      |     |           |
|------------|----|------|-----|-----------|
| Your score | 11 | 10-9 | 8-6 | 5 и менее |
| Your mark  | 5  | 4    | 3   | 2         |

## IV WRITING

Look through the letter placed in the Problem Shared column in the teenage magazine *Shout*. The letter is addressed to Cathy, who helps young readers to solve their problems. How would you solve the girl's problem if you were Cathy?

Write a 100-120-word letter to reply to the girl through the magazine.

Cathy, my friend's family doesn't have any money and her mum gets all her stuff from charity shops. She's so embarrassed and upset about it and although I feel sorry for her I don't know how I can help. Please tell me what I can do.

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## V CULTURAL AWARENESS

1. Place the following styles in the order of appearance in the world of street fashion.

- a \_\_\_ Hippies      b \_\_\_ Punks      c \_\_\_ Teddy Boys      d \_\_\_ Moshers

2. Which of these do people NOT wear on their heads? Circle the corresponding letters.

- a tam-o'-shanter caps      b boaters      c brogues      d deerstalkers  
e Glengarries      f top hats      g bushbies      h Doc Martens

3. Which of these are NOT the names of famous British companies? Circle the two corresponding letters.

- a Burberry      b James Smith and Sons  
c the Natural Shoe Store      d Royal Ascot  
e Marks and Spencer      f the Highlands

## VI SELF-ASSESSMENT

| Description of achievement  | Level reached |      |      |           |
|---|---------------|------|------|-----------|
|   | Poor          | Fair | Good | Excellent |
| <p><b>I can read and understand:</b></p> <ul style="list-style-type: none"> <li>articles and stories about fashion in different periods of time;</li> <li>clothes ads;</li> <li>texts about traditional British pieces of clothing and uniform</li> </ul> |               |      |      |           |



| Description of achievement  | Level reached |      |      |           |
|---|---------------|------|------|-----------|
|   | Poor          | Fair | Good | Excellent |
| <p><b>👂 I can understand:</b></p> <ul style="list-style-type: none"> <li>● interviews about fashion favourites;</li> <li>● talks about fashion and fashion victims;</li> <li>● opinions about clothes and fashion;</li> <li>● people paying and receiving compliments</li> </ul>              |               |      |      |           |
| <p><b>🗨️ I can:</b></p> <ul style="list-style-type: none"> <li>● talk about what is in/out of fashion;</li> <li>● talk about my hometown's/school's teenage fashion/school uniform;</li> <li>● express opinions on clothes and fashion;</li> <li>● give and respond to compliments</li> </ul> |               |      |      |           |
| <p><b>📝 I can write:</b></p> <ul style="list-style-type: none"> <li>● an essay about the advantages and disadvantages of wearing school uniform</li> </ul>  |               |      |      |           |

| Grammar checklist  | Can understand | Can use |
|--|----------------|---------|
| <ul style="list-style-type: none"> <li>● Second Conditional</li> <li>● "I wish ..." grammar structures</li> <li>● adjectives before nouns</li> </ul> |                |         |

| Study skills                   | Poor | Fair | Good | Excellent |
|--------------------------------|------|------|------|-----------|
| I know how to recognize idioms |      |      |      |           |

|  |
|--|
| <p><b>Pupil's comments</b></p> <p>Exercises I found the most interesting/boring/difficult:</p> <hr/> |
|--|



# Keys

## Unit 1 Lesson 1

### Ex. 1.1)

A — 1; B — 9; C — 6; D — 11; E — 8; F — 2; G — 3; H — 7; I — 12; J — 4;  
K — 10; L — 13; M — 5; N — 14

### Ex. 1.2)

| Country                  | Language                  | People                 |
|--------------------------|---------------------------|------------------------|
| 1) Albania               | <b>Albanian</b>           | <u>the Albanians</u>   |
| 2) Italy                 | <b>Italian</b>            | <u>the Italians</u>    |
| 3) Korea                 | <b>Korean</b>             | <u>the Koreans</u>     |
| 4) Australia             | <b>Australian English</b> | <u>the Australians</u> |
| 5) <u>China</u>          | <b>Chinese</b>            | <u>the Chinese</u>     |
| 6) Portugal              | <b>Portuguese</b>         | <u>the Portuguese</u>  |
| 7) Japan                 | <b>Japanese</b>           | <u>the Japanese</u>    |
| 8) Vietnam               | <b>Vietnamese</b>         | <u>the Vietnamese</u>  |
| 9) <u>Turkey</u>         | <b>Turkish</b>            | the Turks              |
| 10) <u>Bangladesh</u>    | <b>Bengali</b>            | the Bangladeshis       |
| 11) <u>North Africa</u>  | <b>Arabic</b>             | the Arabs              |
| 12) <u>Poland</u>        | <b>Polish</b>             | the Poles              |
| 13) <u>Central India</u> | <b>Hindi</b>              | the Indians            |
| 14) England              | <b>English</b>            | <u>the English</u>     |
| 15) <u>Scotland</u>      | <b>Scots</b>              | the Scots              |
| 16) <u>Wales</u>         | <b>Welsh</b>              | the Welsh              |
| 17) <u>Ireland</u>       | <b>Irish</b>              | the Irish              |

## Lesson 2

### Ex. 1

1) a) To tell the truth; 2) b) for example; 3) a) are situated; 4) a) north;  
5) b) eastern; 6) a) such as; 7) a) like; 8) a) languages; 9) c) traffic jams;  
10) a) such as



## Lesson 3

### Ex. 1

- 1) conservative; 2) sociable; 3) serious; 4) reserved; 5) hospitable; 6) emotional

### Ex. 2

- 1) The Americans are said to be boastful and pleasure loving.
- 2) The Germans are believed to work hard.
- 3) The Italians are thought to be attractive and artistic.
- 4) The Spanish are thought to be easy-going and relaxed.
- 5) The Russians are considered to love countryside very much.
- 6) The Chinese are believed to be hard-working, intelligent and loyal to their families.

## Lesson 6

### Ex. 1

Likes: admire, be crazy about, be fond of, be keen on, enjoy, like, love, prefer

Dislikes: can't stand, dislike, hate

### Ex. 2.1)

- 1) can't stand/dislike/hate; 2) can't stand/dislike/hate; 3) admire/am fond of/enjoy/like/love; 4) keen on/fond of/crazy about; 5) am fond of/enjoy/like/love; 6) like/am fond of/admire; 7) can't stand/hate/dislike; 8) hate/dislike; 9) prefers; 10) like/love; 11) am fond of/like/love; 12) fond of/keen on

## Lesson 8

### Ex. 1

- 1) (A) Though my hometown is situated in the north of our country, the temperature seldom drops below  $-20^{\circ}\text{C}$  in winter. My hometown is situated in the north of our country but the temperature seldom drops below  $-20^{\circ}\text{C}$  in winter. My hometown is situated in the north of our country. However, the temperature seldom drops below  $-20^{\circ}\text{C}$  in winter.
- 2) Though everything is simple and quiet in Elets, beautiful scenery and old churches attract many tourists. Everything is simple and quiet in Elets but beautiful scenery and old churches attract many tourists. Everything is simple and quiet in Elets. However, beautiful scenery and old churches attract many tourists.
- 3) Though my city is rather young, there is much to see and do there. My city is rather young but there is much to see and do there. My city is rather young. However, there is much to see and do there.
- 4) My city is famous for a football club but I'm not a football fan.
- 5) Though Lipetsk was founded over 300 years ago, it became the capital of the region in the middle of the 20th century. Lipetsk was founded over 300 years ago but it became the capital of the region in the middle of the 20th century. Lipetsk was founded over 300 years ago. However, it became the capital of the region in the middle of the 20th century.
- 6) I have travelled to many different cities but my hometown is the best and it will always be my home.



- 7) Chelyabinsk is a good place for young people who like the excitement of the city and don't mind the noise and pollution but many people, when they get older, often prefer the peace and fresh air of the countryside.  
Chelyabinsk is a good place for young people who like the excitement of the city and don't mind the noise and pollution. However, many people, when they get older, often prefer the peace and fresh air of the countryside.

## CONSOLIDATION

### Ex. 1.1)

1) is associated; 2) make up; 3) is situated; 4) is washed; 5) is divided; 6) population; 7) Although; 8) state; 9) like; 10) language; 11) as; 12) come into their minds; 13) customs and traditions; 14) For example; 15) especially; 16) are considered; 17) proud

### Ex. 2.1)

- 1) Russians are said/considered/thought/believed to like mysterious things.
- 2) Russians are said/considered/thought/believed to be surprisingly frank and also very secretive.
- 3) Russia is known to be a land of big geographical contrasts.
- 4) Russians are said/considered/thought/believed to be highly emotional people.
- 5) Optimism and belief in a happy future is said/considered/thought/believed/known/supposed to be a national feature of the Russian people.
- 6) They are said/considered/thought/believed/known to be very hospitable and sociable people.
- 7) Russians are said/considered/thought/believed/known to be very kind and helpful.

### Ex. 3

-al: musical, regional, professional, traditional

-ical: geographical

-able: reliable

-ful: careful, cheerful, forgetful, successful, thoughtful

-less: careless

-ish: foolish

-ive: inventive

un-: unfriendly, unkind, unhappy, unpleasant

dis-: dishonest

### Ex. 4

1) inventive; 2) emotional; 3) musical; 4) unforgettable; 5) unreliable

### Ex. 5.1)

1) is made up; 2) symbolise; 3) State; 4) symbol; 5) is made up; 6) symbolises; 7) tradition



## Unit 2 Lesson 1

### Ex. 1

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| R |   | G | W | O | L | L | O | F |   |
| E |   | U | N | I | T | E |   | I |   |
| L | M | A | R | K | E | D | R | N |   |
| I |   | R |   |   |   | E | O | C |   |
| G |   | D |   |   | W |   | Y | L |   |
| I |   |   |   | O |   |   | A | U |   |
| O |   |   | R |   |   |   | L | D |   |
| U |   | K |   |   |   |   |   | E |   |
| S | S | P | E | E | C | H |   | D |   |
| I | N | T | R | O | D | U | C | E | D |

1) included; 2) follow; 3) unite; 4) speech; 5) guard; 6) fireworks; 7) marked

### Ex. 2

1) preserve/follow; 2) widely; 3) introduced; 4) occasion; 5) anniversary; 6) fireworks; 7) follow/preserve; 8) religious; 9) Easter; 10) connected; 11) unite; 12) marks; 13) atmosphere; 14) includes

## Lesson 2

### Ex. 1

1) behaviour; 2) stare; 3) way; 4) Open; 5) queue; 6) Greet; 7) distance; 8) enter; 9) line; 10) favour

A general rule is BE YOURSELF!

## Lesson 3

### Ex. 1

- It is so great to be in Britain, isn't it?
- I agree. I like it here very much indeed. Our new friends are friendly, aren't they?
- Yes, they are. But I don't think their food is tasty.



- I can't agree. I like fish and chips and all the sorts of ice cream. But you don't like ice cream, do you?
- Oh, no! I like it! And you haven't tried the cookies, have you?
- I don't like cookies and cakes. I prefer fruit. And do you like fruit?
- I adore fruit. In Brazil we have lots of exotic fruit. You haven't tried exotic Brazilian fruit, have you?
- I am not sure what countries fruit at our shops come from but the choice is great and I tried nearly everything.

**Ex. 2**

- 1) — Q; 2) — Q; 3) — A; 4) — Q; 5) — A; 6) — A; 7) — Q

**Ex. 3**

- 1) weren't you? 2) have you? 3) mustn't they? 4) don't you? 5) isn't it? 6) isn't it? 7) won't you? 8) do you? 9) didn't you? 10) isn't it? 11) is it?

## Lesson 5

**Ex. 1**

- 1) There are many legends that are connected with the *holiday*. day
- 2) One of the legends tells us about Valentine, a Christian priest who lived three hundred years before Christ in Rome. no
- 3) Today it is the capital of Italy. no
- 4) He married Christians and the Romans *didn't* ignore it. couldn't
- 5) They sent Valentine to prison and killed him on the 14th of February. no
- 6) According to a legend Valentine wrote letters from the prison to his friends and *relatives* who missed him. children
- 7) Today St Valentine's Day is the *only* day for people who love each other. \_\_\_\_\_
- 8) It is the day when you show your friends or the people you love that you care. no
- 9) People send sweets or flowers ~~or cards~~ to someone they think is special. \_\_\_\_\_
- 10) Most people send "valentines" or greetings cards, they may be sentimental and romantic, funny and friendly. no
- 11) Some people send a valentine without giving their names ~~on them~~. \_\_\_\_\_
- 12) People of all ages love to send and to receive *greetings cards*. valentines
- 13) Valentines can be heart-shaped or have hearts, the *sign* of love, on them. symbol

## Lesson 7

**Ex. 1.1)**

Thank you for the party. It was/is really great! It was a good idea to invite us all. I met many friends and we had a great chat. Thanks again.

**Ex. 1.2)**

It was so kind of you to pass your congratulations on me. Thank you for your kind and generous wishes. It was a hard exam/test and I was happy that you remembered about it. I appreciate your care and support. And I wish all success and luck to you. Thanks again.



## CONSOLIDATION

### Ex. 1

1) includes; 2) religious; 3) marks; 4) anniversary; 5) widely; 6) occasion; 7) unites; 8) atmosphere; 9) behaviour; 10) ignored; 11) preserved; 12) followed

### Ex. 2

1) -; 2) for; 3) a; 4) up; 5) in, for; 6) off, -; 7) hands

### Ex. 3

1) do they? 2) shouldn't they? 3) is it? 4) won't it? 5) can't they? 6) is it? 7) don't they? 8) don't they? 9) mustn't they? 10) isn't it?

### Ex. 4

1) have you? 2) aren't there? 3) shall we? 4) won't you? 5) is there? 6) won't you? 7) can it? 8) aren't I? 9) will you?/would you?/can you?/can't you?/could you? 10) do they? 11) don't they? 12) did you?

## Unit 3

### Lesson 1

#### Ex. 1.1)

- 1) Do you go abroad on holidays?
- 2) Can your parents afford travelling abroad?
- 3) What is your favourite holiday destination?
- 4) Do your parents always discuss with you where to go on holidays?
- 5) Do your parents always visit travel agencies?
- 6) Do you usually buy a package holiday or travel on your own?
- 7) What holiday accommodation do you prefer?
- 8) Do you like going on excursions with an organized group?
- 9) What is your favourite way of travelling?

#### Ex. 2

- 1) tourist/holidaymaker; 2) choose; 3) provide; 4) trip/holidays; 5) enjoy; 6) holidays/trip; 7) accommodation; 8) expensive; 9) afford; 10) seaside; 11) resort; 12) holidaymaker/tourist

### Lesson 2

#### Ex. 1

- 1) ought to/should be; 2) must fill in; 3) must have; 4) needn't check; 5) ought to/should make; 6) needn't take; 7) shouldn't/ought not to carry; 8) ought to/should let; 9) ought to/should ask

#### Ex. 2

- 1) We mustn't/ought not to/should not smoke here. 2) We ought to/should/must keep off the grass. 3) We should not/ought not to/must not take photos here. 4) We ought to/should/must go through passport control here. 5) We should not/ought not to/must not go skateboarding here. 6) We ought to/should/must queue here.



### Lesson 3

#### Ex. 1

1) will be able to; 2) ought to; 3) could; 4) will be able to; 5) could; 6) will be able to; 7) could; 8) could; 9) will not be able to

### Lesson 4

#### Ex. 1

1) — D; 2) — D; 3) — S; 4) — D; 5) — S; 6) — S; 7) — D

### Lesson 6

#### Ex. 1

1) I will be able to learn about the country and its traditions. 2) I could not go there on my own. 3) We ought to go now, if we don't want to be late. 4) You should ask your parents for some advice. 5) I couldn't afford to go on holiday last summer. 6) You needn't get a visa to go there. 7) Sorry, but I will not be able to help you. 8) You ought to go abroad for your next holidays. 9) Shannon was not able to come to our party. 10) You needn't pack warm clothes, because it's quite warm there in summer.

### Lesson 7

#### Ex. 1

1) public telephone; 2) telephone cards; 3) special sign; 4) private phone; 5) 155

#### Ex. 2

1 E; 2 —; 3 B; 4 A; 5 —; 6 F; 7 C; 8 D

## CONSOLIDATION

#### Ex. 2

1) ticket; 2) holiday; 3) accommodation; 4) travel agency; 5) coach tours

#### Ex. 3

|                     | train   | bus   | plane   | car   | ship   | bicycle   |
|---------------------|---------|-------|---------|-------|--------|-----------|
| catch/miss          | a train | a bus | a plane |       |        |           |
| get into/get out of | a train | a bus |         | a car |        |           |
| get on/get off      |         |       | a plane |       | a ship | a bicycle |
| travel on           |         |       |         |       |        | a bicycle |
| go by/travel by     | train   | bus   | plane   |       | ship   | bicycle   |
| ride                |         |       |         |       |        | a bicycle |
| drive               |         | a bus |         | a car |        |           |



**Ex. 4**

1) travelling; 2) cruise; 3) trip; 4) flight; 5) travel; 6) trip; 7) trip; 8) tour;  
9) excursion

**Ex. 5**

1) was able to; 2) must; 3) needn't; 4) could; 5) must not; 6) shouldn't; 7) ought to

**Ex. 6**

1) ought to/should; 2) should/ought to; 3) must/ought to/should; 4) ought to/should; 5) could; 6) be able to; 7) needn't

## Unit 4 Lesson 1

**Ex. 1**

**Do:** gymnastics, judo, weightlifting, wrestling, cheerleading, athletics, boxing

**Play:** cricket, rugby, hockey, table tennis, football, tennis, golf

**Go:** swimming, sailing, boxing, skiing, skating, figure skating, synchronized swimming, weightlifting, wrestling

**Ex. 2.1)**

| Noun         | Verb       | Adjective   | Adverb        |
|--------------|------------|-------------|---------------|
| surfing      | surf       | —           | —             |
| coordination | coordinate | coordinated | —             |
| balance      | balance    | balanced    | —             |
| development  | develop    | developing  | —             |
| discipline   | discipline | disciplined | —             |
| accuracy     | —          | accurate    | accurately    |
| competition  | compete    | competitive | competitively |
| patience     | —          | patient     | patiently     |

**Ex. 2.2)**

1) coordinate; 2) balance; 3) development; 4) disciplined, accurate; 5) accurately, patiently; 6) competitions

## Lesson 2

**Ex. 1**

1) were; 2) came; 3) got; 4) felt; 5) won; 6) was practising; 7) trained; 8) am training; 9) hope

**Ex. 2**

1) played; 2) similarities; 3) basketball; 4) difference; 5) ball; 6) court; 7) players;  
8) throw; 9) non-contact; 10) metres; 11) caught; 12) recognised; 13) girls';  
14) keep fit; 15) enjoy; 16) although; 17) proper



### Lesson 3

#### Ex. 1

1) have been organised; 2) was organised; 3) was founded; 4) have been held; 5) was founded; 6) was started; 7) has been included, were awarded

#### Ex. 2

1) was built; 2) have been organised; 3) were held; 4) took part; 5) has been included; 6) have been held; 7) has been included; 8) took place

### Lesson 4

#### Ex. 1

1) a) Stadium; 2) c) were held; 3) a) comes from; 4) b) event; 5) c) the; 6) b) for; 7) b) an advantage; 8) a) was awarded; 9) c) participant; 10) b) participated; 11) c) practised

### Lesson 5

#### Ex. 1

1) disabilities; 2) physically; 3) additional; 4) activity; 5) strength; 6) self-confidence; 7) concentration; 8) meeting; 9) independence

#### Ex. 2 (примерный ответ)

**A** There were competitions in 19 different sports at the Paralympic Games in Greece. Our sportsmen took part in 9 sports. The Paralympic team consisted of 84 sportsmen and women. Russian sportsmen won 16 gold, 8 silver and 17 bronze medals. Russian track and field athletes and swimmers got more gold medals than the others. Russian judoists also performed very well. They got 6 different medals.

**B** At the winter Paralympic Games in Turin, which took place from 10 to 19 of March, the Russian team got 33 medals: 13 gold, 13 silver and 7 bronze medals. Russian sportsmen took part only in three different sports out of 5 that were in the Paralympic programme: biathlon, ski races and mountain skiing. Russian teams didn't take part in curling and hockey.

### Lesson 7

#### Ex. 1

1) fantastic; 2) did you take part; 3) most of all; 4) Did you win; 5) Congratulations!; 6) relay race; 7) broke a school record

## CONSOLIDATION

#### Ex. 2

1) school; 2) studied; 3) black belt; 4) first; 5) techniques; 6) has been known; 7) taught/trained; 8) trained/taught



### Ex. 3

1) took part; 2) became; 3) have taken part; 4) won, has beaten; 5) have been organized; 6) appeared; 7) has been; 8) have been held

### Ex. 4

1) from; 2) to; 3) in; 4) in; 5) -; 6) by; 7) at; 8) -; 9) after; 10) -; 11) after

### Ex. 5

1. -; 2. been; 3. in; 4. had; 5. -; 6. in; 7. -; 8. the; 9. -; 10. -

## Unit 5 Lesson 1

### Ex. 1.1)

1 - J; 2 - I; 3 - F; 4 - N; 5 - E; 6 - K; 7 - O; 8 - A; 9 - M; 10 - B;  
11 - H; 12 - G; 13 - L; 14 - D; 15 - C

### Ex. 1.2)

1) lose weight; 2) skip; 3) diets; 4) fit/physically strong; 5) overweight/obese;  
6) healthy; 7) fast food; 8) homemade/healthy; 9) regular; 10) promote

### Ex. 2

1) eating; 2) getting; 3) cooking; 4) playing; 5) to lose; 6) drinking; 7) playing;  
8) have; 9) walking, sitting; 10) to have; 11) eating; 12) to be

## Lesson 2

### Ex. 1

1) Skipping meals, smoking; 2) Snacking on fruit, snacking on chocolate; 3) Eating a variety of foods, dieting; 4) Limiting, eating; 5) Doing, exercising

### Ex. 2

**Grains:** bread, spaghetti

**Protein:** fish, chicken

**Fruits and vegetables:** garlic, grapefruit, carrot, cabbage, orange, onion, pumpkin

## Lesson 3

### Ex. 1.1)

1) British people have been buying more fruit and fruit juices since 1988. 2) The number of British teenagers who smoke has been growing for several years already. 3) The British police have been using alcohol breath tests since 1968. 4) British people have been drinking tea since the 1500s. 5) The government of the UK has been checking the school meals since September 2006. 6) The government has been providing free fruit to primary school children since 2004.

### Ex. 1.2)

1) have been dieting, have tried; 2) have been doing, have played; 3) have been studying, have written; 4) have been travelling, have visited; 5) has been smoking, has got; 6) have been taking, have learnt



**Ex. 2**

1) have been eating; 2) have been selling; 3) have been making; 4) have been banned;  
 5) has been known; 6) have been smoking; 7) have been making; 8) has been banned;  
 9) have been introduced; 10) has been banned

**Lesson 5****Ex. 1**

1) weight; 2) variety; 3) healthy; 4) dangerous; 5) activities; 6) fitness; 7) strength;  
 8) flexibility; 9) favourite

**Lesson 7****Ex. 1**

1) I am not sure; 2) Could you explain; 3) Does that mean; 4) If I've understood right; 5) I got what was said in the middle, but could you explain; 6) In other words

**Lesson 8****Ex. 1**

1) different; 2) same; 3) same; 4) different

**Ex. 2**

| Time<br>Время          | Reason<br>Причина | Result<br>Результат                            | Contrast<br>Противопостав-<br>ление | Adding<br>Добавле-<br>ние | Giving<br>examples<br>Примеры |
|------------------------|-------------------|--|-------------------------------------|---------------------------|-------------------------------|
| after<br>next<br>since | because<br>since  | as a result<br>for this reason<br>consequently | however<br>but<br>on the other hand | besides                   | such as<br>for example        |

**Ex. 3**

1) as a result; 2) For this reason; 3) however; 4) such as; 5) for example; 6) Con-  
 sequently; 7) On the other hand; 8) Since  
*There may be other correct variants.*

**CONSOLIDATION****Ex. 1**

Lynne used to be physically inactive. Now she does regular exercises.  
 Lynne used to have junk food for lunch at school. Now she eats healthy food (fruit, vegetables, milk) at school.  
 Lynne used to spend a lot of time in front of a TV set. Now she limits screen time.  
 Lynne used to skip breakfast. Now she starts the day with healthy food.



## Ex. 2

1) weight; 2) confidence; 3) diet; 4) healthily; 5) regular; 6) exercise; 7) used to; 8) overweight; 9) healthy

*Extra words:* flexible, lifestyle, regularity

## Ex. 3

1) have lost; 2) have been riding; 3) have joined; 4) have not been going; 5) have been cooking; 6) have been eating; 7) have been feeling; 8) Have you been eating

## Ex. 4

1) — b); 2) — b); 3) — a); 4) — b); 5) — a)

## Ex. 5

f), b), g), a), e), d), h), c), i)

## Unit 6 Lesson 1

### Ex. 1

1) a skirt with a petticoat; 2) a baby doll dress; 3) platform boots; 4) a jacket with embroidery; 5) a mini skirt; 6) a polo neck sweater; 7) shoes with high heels; 8) a shoulder-padded jacket; 9) training shoes

### Ex. 2

1) streetwear; 2) clubwear; 3) footwear; 4) men's wear; 5) women's wear

### Ex. 3.1)

1) to be out of fashion; 2) to be in fashion; 3) to come into fashion; 4) to go out of fashion; 5) to be trendy/fashionable; 6) to keep up to date with the (latest) fashion; 7) to customize clothes to the (latest) fashion

### Ex. 3.2)

1) are always in fashion/fashionable/trendy; 2) have come into fashion/are in fashion; 3) is going out of fashion; 4) to keep up to date with the (latest) fashion; 5) to customize; 6) to the latest fashion

## Lesson 2

### Ex. 1.1)

1) a beautiful embroidered cheese-cloth kaftan; 2) dark blue ripped denim jeans; 3) funky ethnic bright accessories; 4) wonderful leather sandals; 5) very nice brightly coloured baggy trousers

### Ex. 2

1) *BE* trousers — *AE* pants; 2) *BE* a pullover/sweater — *AE* a sweater; 3) *BE* a polo neck sweater — *AE* a turtleneck sweater; 4) *BE* trainers — *AE* sneakers; 5) *BE* pants — *AE* underwear



## Lesson 3

### Ex. 1

1 — C; 2 — B; 3 — E; 4 — D; 5 — A; 6 — F

### Ex. 2

1 — C; 2 — D; 3 — B; 4 — F; 5 — E; 6 — G

1) If you paid less attention to your appearance, you would have more time for school. 2) If you used your imagination, I would spend less money on your clothes. 3) If it rained, you could take my new umbrella. 4) Your Mum would be delighted if you put on those ripped trousers instead of this baggy denim skirt. 5) I would buy this funky bracelet if you lent me some money. 6) If I bought this tartan scarf, would it match my new overcoat?

### Ex. 3

1) I could wear this shirt if it matched my trousers. 2) If this coat was/were not out of fashion, I would wear it. 3) He would put on that cap if it suited him. 4) I could put on this cardigan if it was/were not too tight. 5) I would have to take a raincoat if it was/were going to rain. 6) If he was/were not short, he could afford to wear shoulder-padded suits.

## Lesson 4

### Ex. 1

1) I wish shoulder-padded shirts would not come into fashion again. They are horrible! 2) I wish embroidered kaftans were popular this summer. They look so cool on me! 3) I wish it was/were summer now. I wish I (could) put on this funky summer pinafore dress right now. 4) I wish my elder sister would make a good impression at the interview next time. I wish she put on something less extravagant next time. 5) I wish I had money. I wish I gave my wardrobe a makeover. 6) I wish my parents would allow me to have piercings. 7) I wish celebrities spent more money on charity.

### Ex. 2

- 1) a) I wish I were invisible for one whole day.  
b) I wish I did not need to have a VIP pass for any of the biggest glamorous parties!
- 2) a) I wish I could only buy the top fashion designers' clothes!
- 3) a) I wish I could swap clothes with my elder brother. His wardrobe is sooo cool!  
b) I wish I swapped clothes with my elder brother.
- 4) a) I wish I were more creative.  
b) I wish I gave my wardrobe a makeover.
- 5) a) I wish no one would/could see us in the biggest clothes store!  
b) I wish we went to the biggest clothes store and tried on all the coolest clothes there right now!
- 6) a) I wish people were not too materialistic!  
b) I wish they would not do any of the things they were talking about!



## Lesson 5

### Ex. 1

1) Eddie likes shopping with Alex. 2) Nigel likes shopping with Sharon. 3) Kelly likes shopping with Joy. 4) Emmie likes shopping with Tracy.

## Lesson 7

### Ex. 1.1)

1 — D; 2 — C; 3 — B; 4 — E

### Ex. 1.2)

- 1) — Are the shoes the right size?  
— Oh, yes, they *fit* well.
- 2) — You look pretty in this new dress of yours!  
— Thanks! It really *suits* me!
- 3) — My god! The cardigan is absolutely horrible! Take it off immediately!  
— I'd love to but I don't have anything I could *put on* instead.
- 4) — The jacket is fabulous!  
— And it *matches* the skirt, doesn't it?
- 5) — Jeans again? Could you *put on/wear* something different?  
— No way! I've been *wearing* them for ages and they are my favourites!
- 6) — Wow! That's fantastic! I like the way you *dress* very much!  
— Oh, thank you! I think I know how to *wear* clothes.

## Lesson 8

### Ex. 1

1) such as; 2) First of all; 3) more than that; 4) Besides; 5) as a result; 6) However; 7) Firstly; 8) Secondly; 9) Thirdly; 10) finally; 11) But; 12) However; 13) More than that

## CONSOLIDATION

### Ex. 1

1) fit; 2) go with/match; 3) match/go with; 4) suit

### Ex. 2

1) designers; 2) designer; 3) designers; 4) designers'; 5) designer's; 6) designer, designs; 7) designer's

### Ex. 3

1) Fashion, designers; 2) collections, textiles, embroidery; 3) furs, fur, furs; 4) felt boots, footwear; 5) collections, clothes



#### Ex. 4

1) If I were you, I would leave those sandals at home. 2) If I sat at the front, I would dress to impress. 3) A mini skirt would not be the best idea if you were invited to a big concert where you could dance or get invited onto the stage. 4) If it were/was a really big show, I would never wear anything that could be removed easily. 5) If the show was/were held far from my home, I would bring an extra set of clothes to change into after the concert. 6) If I went to a big show, I would never wear a T-shirt of the performer I was going to see. 7) If I had an extra ticket, I would bring a friend along.

#### Ex. 5

- 1) I wish someone would nominate me for the *What Not to Wear* show.  
I wish I could take part in the *What Not to Wear* show.
- 2) I wish my Mum would not be against spending too much money on clothes.  
I wish I bought/could buy these accessories: they would match my new dress perfectly.
- 3) I wish I could wear sneakers all the time but my Mum doesn't allow it.  
I wish my Mum would allow me to wear sneakers all the time.
- 4) I wish I had more money to spend on presents for my relatives.
- 5) I wish I knew how to solve the problem of giving out my old clothes to those who cannot afford to buy new clothes.
- 6) I wish I had at least one Russian designer's item in my wardrobe.  
I wish I could afford to have at least one Russian designer's item in my wardrobe.
- 7) I wish they would show much more of the Russian Fashion Weeks on TV.



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# A

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# English 8

Activity  
Book

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