



АНГЛИЙСКИЙ ЯЗЫК
ЗИМНЯЯ СЕССИЯ
2014

9

9 КЛАСС

I. READING

Eating and Health

Fifteen-year-old Peter tells us about his eating habits and how they affected his health.

I've always been a very unhealthy eater, I'm sorry to say. When I was at primary school, I refused to eat my vegetables. My mother says it was impossible to make me eat anything I didn't like, so she gave me whatever I wanted, like chocolate and cake. My favourite was jam sandwiches. I think this is where my problems began.

When I first started secondary school three years ago, I didn't like the kind of food that was served as main meals. Instead, I chose what seemed like tastier snacks, which were not the healthiest options. Eating burgers and chips regularly, it wasn't a surprise when I put on a lot more weight.

I had to study really hard because I wanted to get good marks, so I stayed in with my books after school every day and never got any exercise. I did extra lessons at weekends and I didn't have time to think what I was eating. When my parents were out working, they always left something healthy for my sister and me to eat, but I just made jam sandwiches and drank lemonade. I continued to get fatter.

The person who has helped me most is my big sister, Alice. She told me very clearly that I had to change or I would have serious health problems soon. She showed me a website with information about the damage that can be caused by eating the wrong foods. I didn't like it, but she encouraged me to go on a strict diet, with three meals a day and no snacks in between. I realised she was right. Sometimes you only understand something when somebody else explains it to you.

Now I've lost a lot of weight and I feel great, and everybody says I look healthier, too. I eat salads and fruit and I take regular exercise. My marks are still good, and I don't miss burgers or sweets. But sometimes, when Alice isn't looking, I have a jam sandwich. I still love them!

(‘Cambridge English Preliminary for Schools’ Cengage Learning)

1. Peter is in the text.

- ☐ A) describing his favourite meals
☐ Б) talking about healthy food
☐ B) saying how his eating habits have changed
☐ Г) explaining why you should eat proper food

2. What do you learn about Peter from the text?

- ☐ A) He has learnt from his past.
☐ Б) His favourite food has changed.
☐ B) His mother made him eat sweets.
☐ Г) He doesn't like jam sandwiches any more.

3. Peter was so busy at his secondary school that he

- ☐ A) hated doing sports
☐ Б) didn't do anything at weekends
☐ B) didn't eat anything there
☐ Г) didn't pay attention to his diet

4. Alice

- ☐ A) never eats unhealthy food
☐ Б) taught Peter something important
☐ B) understood that Peter was ill
☐ Г) took Peter's advice about eating

5. Choose the true sentence.

- ☐ A) Peter's marks got worse because of his eating habits.
☐ Б) Peter does very well at school.
☐ B) Peter's favourite food is fruit now.
☐ Г) School food usually makes students fatter.

6. Peter might say: '.....'

- ☐ A) I feel better because I eat healthy food. I wish I could eat fast food.
☐ Б) Eat whatever you like, your food always makes you happy.
☐ B) Food can cause lots of problems if you get too much exercise.
☐ Г) Although you might not like it, you should listen to other people's advice.

II. COMMUNICATION

7. A: What are you doing on Saturday afternoon?

B:

- ☐ A) I'd rather go for a walk.
☐ Б) Why don't you go bowling with Kate?
☐ B) Nothing special. How about you?
☐ Г) I'd like you to do your homework.

8. Would you telling us why our flight is delayed?

- ☐ A) mind ☐ Б) like
☐ B) wonder ☐ Г) know

9. A: I banged my head and I feel dizzy.

B:

- ☐ A) I'd prefer to feel better.
☐ Б) Mind your own business.
☐ B) I'd lie down if I were you.
☐ Г) What's the matter with you?

10. A: Stop it! It's not funny!

B:

- ☐ A) Have fun!
☐ Б) Sorry, I can't help laughing.
☐ B) Why are still laughing?
☐ Г) Let's have some fun.