Установите соответствие между текстами A–G и заголовками 1–8. Запишите свои ответы в таблицу. Используйте каждую цифру только один раз. В задании один заголовок может быть использован только один раз.

1. Different terms
2. The importance of sleep
3. Lack of sleep
4. Reasons to be active
5. What is obesity
6. Sleep and obesity
7. Emotions and sleep
8. How long to sleep

A. When a person has excess weight or body fat, this might affect their health. It is usually caused by the consumption of more calories than the body can use. The excess calories are stored as fat. Obesity is a medical condition. It was first recognized as a disease in 1948 by the World Health Organisation (WHO). Obese people suffer from a large number of diseases. In most people, obesity is caused by eating too much and moving too little. There are different types of obesity.

B. It’s never too late to become more physically active. Physical activity refers to any movement of the body that uses energy. It can include housework, walking and gardening. Exercise is a kind of physical activity. It is planned and repetitive. Examples of exercise are going to the gym and running on a treadmill. If you are interested in maintaining good health, physical activity can be a great place to start. If you want to achieve fitness goals, you will need to incorporate structured exercise into your routine.

C. Exercising regularly is one of the most important things you can do for your health. In the short term, exercise helps to control appetite, boost mood and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia and depression. Exercise plays a vital role in building and maintaining strong muscles and bones. Regular exercise also increases your chances of living longer. There are many types of physical activity, including swimming, running, jogging, walking and dancing.

D. Sleep plays an essential role in your health and well-being. Getting enough good quality sleep has many benefits. It protects your physical and mental health, quality of life and personal safety. When we sleep, our brain lays down memory, restores daytime mental functioning and carries out processes that lead to physical growth. Poor sleep is strongly linked to weight gain. People with short sleep duration tend to weigh significantly more than those who get adequate sleep. Mental health issues are strongly linked to poor sleep quality.

E. Sleep is a vital indicator of overall health and well-being. On average, adults should optimally receive between seven and nine hours of sleep each night, but those needs vary individually. For example, some people feel best with eight consecutive hours of sleep, while others do well with six to seven hours at night and daytime napping. Some people feel okay when their sleep schedule changes, while others feel strongly affected by a new schedule or even one night of insufficient sleep.

F. Obesity develops when energy intake is greater than expenditure. Diet and physical activity play an important part in this. However, an additional factor may be inadequate sleep. A growing body of research suggests that there’s a link between how much people sleep and how much they weigh. In general, children and adults who get too little sleep tend to weigh more than those who get enough sleep. People who don’t get enough sleep may take in more calories than those who do, simply because they are awake longer and have more opportunities to eat.

G. People find it harder to fall asleep when they are anxious and sad. The relationship between mood disorders and quality sleep is a complex, two-way street. Just as negative mood states can make getting a good night’s sleep a virtual impossibility, insufficient sleep can lead to depression. Regardless of which comes first, the end result is that a blue mood and poor sleep go hand-in-hand. The amount and quality of our sleep can play a huge role in our mental health including how we feel and how we act toward other people.

Ответ: | A | B | C | D | E | F | G |
State History Museum

The State History Museum is the largest historical museum in Russia. It is situated at the northern end of Red Square in the heart of Moscow. What once was the Principal Medicine Store now houses a huge collection A__________________ the Stone Age. It was founded in 1872 and opened to the public in 1883. The museum is housed in a neo-Russian style building, B__________________ . It is one of the most prominent buildings in Red Square. Each room is in the style of a different period or region. The walls in some rooms are decorated in the style of Russian churches.

The impressive collection of the State History Museum includes relics of prehistoric tribes C__________________ present-day Russia. The exhibits about medieval Russia are excellent. Several rooms of this period cover the Mongol invasions D__________________ .

The 2nd floor is dedicated to the Imperial period. The exhibits include personal items of the royal family members, furniture and decoration from the palace interiors. There are also various pieces of artworks and documents from the era. Specific rooms are dedicated to the reigns of various tsars. An unexpected highlight is an exhibition E__________________ by examining the growing network of roads and how people travelled in the past. The State History Museum has also the country’s largest coin collection, the 6th-century manuscripts and artworks F__________________ during their reign.

1. and the consolidation of the Russian state
2. and cave paintings of prehistoric times
3. which is an attraction in its own right
4. addressing the expansion of the Russian Empire
5. that were collected by the Romanov dynasty
6. covering Russian history since the time of
7. that once inhabited the big territory of

Ответ: 

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Agatha Christie’s secret life as an archaeologist

She is one of the best-known crime writers of all time, but few know the extent of Agatha Christie’s archaeological pedigree. What can we discover if we dig into her past?

Married in 1930 to Max Mallowan, an eminent archaeologist, Christie spent two decades living on excavation sites in the Middle East, writing her crime novels and helping out with her husband’s work. Travel by boat and on the Orient Express to Cairo, Damascus and Baghdad provided ideas for some of Christie’s best-known works of detective fiction, including “Murder on the Orient Express”, “Death on the Nile”, and “Murder in Mesopotamia”.

Now, 3,000-year-old ivory artifacts recovered by Mallowan between 1949 and 1963 from the ancient city of Nimrud, in what is now Iraq, and likely cleaned by his famous wife using cotton wool buds and face cream, are currently on display at the British Museum in London. “Face cream in fact is quite a good thing to clean (artifacts) with. Obviously conservators now wouldn’t use that, but I don’t think it has done (the pieces) any harm,” he claimed, adding that in fact it was quite resourceful of Christie to think of applying her Inoxa face cream to the fragile, dirty pieces. “Agatha, who was very conscious of being fifteen years older than her husband, travelled everywhere with her moisturiser and it was just the right consistency for cleaning artifacts,” said Henrietta McCall, the author of “The Life of Max Mallowan: Archaeology and Agatha Christie.”

Christie’s interest in archaeology, according to McCall, went deeper than support for her husband’s work and even formed the backdrop to works such as “Murder in Mesopotamia”, in which the culprit turns out to be an archaeologist. Several of the characters in the book can be traced to the people Christie knew from a dig in Ur in what is modern Iraq, including the murder victim, which McCall believes is based on the wife of archaeologist Leonard Woolley. “She made a wonderful quote on archaeology and crime detection, that they are very similar because you have to clear away the debris to reveal the shining truth,” said McCall. And Christie’s elaborate plotting and clue building came in handy when piecing together broken artifacts.

According to the archaeologist Charlotte Trumpler, “Christie was of course fascinated by puzzles, using little archaeological fragments, and she had a gift for piecing them together very patiently.” Trumpler co-curated a 2001-2 travelling exhibition “Agatha Christie and Archaeology: Mystery in Mesopotamia” alongside Henrietta McCall.

Although Christie played an important role in her husband’s work, even financing many of his expeditions, she was, according to McCall, very modest about her contributions. She was fiercely proud of Mallowan, who is often referred to as one of the best-known archaeologists of the post-WWII period. However,
Trumpler believes that though Christie never publically mentioned it, her contribution to archaeology was larger than she imagined. Her notes and black and white photographs of excavation sites are used by archaeologists and researchers even today, she said.

Christie’s readiness to muck in and help her husband, says Trumpler, stemmed from her desire to be a devoted wife but also from a fascination with the Middle East that stayed with her for many years. “Everyone thinks Agatha Christie was a bit like the character Miss Marple, that she lived in England and was into knitting and looking after the garden,” said Trumpler. “Actually, she wasn’t … she had such a fascinating life apart from being an author.”

The word *pedigree* (“… the extent of Agatha Christie’s pedigree”) in Paragraph 1 is synonymous to …

1) development.
2) education.
3) background.
4) discovery.

Ответ:  

What do we learn about Agatha Christie from the second paragraph?

1) Some of her voyages and journeys inspired her.
2) Her husband’s work put her off writing novels.
3) She was responsible for the excavation work.
4) Her husband discussed his discoveries with her.

Ответ:  

The word *it* in Paragraph 3 (“… I don’t think it has done …”) refers to using …

1) her good idea.
2) her moisturiser.
3) discovered artifacts.
4) a special tool.

Ответ:  
According to Henrietta McCall, Agatha Christie found similarity between archaeology and crime detection because …

1) people enjoy discovering what is hidden.
2) archaeologists turn out to be criminals.
3) the discovery requires a lot of digging up.
4) clearing away the rubbish is really hard.

Ответ: 

Which statement is TRUE according to the archaeologist Charlotte Trumpler? Agatha Christie …

1) could make a whole from parts.
2) loved solving jigsaw puzzles.
3) was a famous archaeologist.
4) used to be a very impatient person.

Ответ: 

Why does Charlotte Trumpler admire Christie’s role in archaeology?

1) Her money helped her husband’s expeditions.
2) Her modesty is an example for other archaeologists.
3) She promoted Mallowan archaeological research.
4) The records she made are still in demand nowadays.

Ответ: 

What is the main idea of the last paragraph?

1) Agatha Christie supported her husband’s work.
2) The famous writer had very common hobbies.
3) Little do we know about Agatha Christie’s life.
4) Miss Marple is similar in character to her creator.

Ответ: 

Languages of the world

What do you think is the most difficult language to learn? Chinese? Japanese? No, it is Basque, the language which _______ in northwestern Spain and southwestern France. SPEAK

It _______ to any other language in the world. In Basque, the name of the language is officially “Euskara”. NOT RELATE

In French, the language is normally called “basque”, though in recent times “euskara” has become common. Spanish has a _______ variety of names for the language than French. Today, it is most commonly referred to as “el vasco”, ”la lengua vasca” or “el euskera”. GREAT

Slavery in North America

August 13, 1619 is the date when two and a half centuries of slavery in North America began. On this day the first Africans kidnapped by the Portuguese arrived in the British colony of Virginia and _______ by English colonists. BUY

_______ at Jamestown in 1607, the Virginia Colony was home to about 700 people by 1619. FOUND

The first enslaved Africans to arrive there disembarked at Point Comfort, in what _______ today as Hampton Roads. KNOW

Most of _______ names, as well as the exact number of those who remained at Point Comfort, have been lost to history, but much is known about their journey. THEY
Stanley Park

Stanley Park is a 1,001-acre public park that borders the downtown of Vancouver, Canada. This ________________ place is almost entirely surrounded by the waters of the Pacific Ocean.

It is one of the main sights of Vancouver to be explored by ________________.

The park has a long history. The land was ________________ used by indigenous peoples for thousands of years.

Then the British decided to ________________ this place during the 1858 Fraser Canyon Gold Rush.

The land was later turned into Vancouver’s first park. It was named after Lord Stanley, a British politician who had recently been appointed ________________ general.

Unlike other large urban parks, Stanley Park is not the ________________ of a landscape architect, but rather the evolution of a forest and urban space over many years.
Shirley

It was Friday, the thirty-first of May, and it was Shirley’s birthday, her twentieth birthday. Shirley could 32 ______ believe it, but it was true. And she suddenly, and wonderfully, felt quite grown up, very grown up, in fact.

Last night her father had 33 ______ her a lovely young lady, and she had beamed at him, hugged him, and told him she was so happy to have him and Alice, have them as her parents. There was no one luckier than she was; Shirley believed that with all her 34 ______. Last night, over dinner, Alice and Victor praised her and were talking much about how proud they were of her and what she had become, and she had experienced an enormous rush of love and gratitude toward them. Her father had added that she had a wonderful life ahead of her, and she believed him. He always 35 ______ her the truth.

Her dream of going to Cambridge had come true and for the past year she had been living her childhood dream, 36 ______ lectures. She 37 ______ every moment of living in that ancient city of shining spires, gracious quadrangles, and beautiful architecture. It was an extraordinary experience to be in that place of great learning, and she would 38 ______ it with love long after she had left.

She was reading English and French history, her favourite subjects, and one day she hoped to be a historian and give lectures herself and write books.

32
1) hardly 2) nearly 3) really 4) rarely

Ответ: 

33
1) referred 2) described 3) named 4) called

Ответ: 

34
1) mind 2) brain 3) heart 4) feeling

Ответ: 

35  1) said  2) told  3) talked  4) spoke
Ответ: 

36  1) approving  2) attending  3) participating  4) visiting
Ответ: 

37  1) admired  2) pleased  3) attracted  4) enjoyed
Ответ: 

38  1) repeat  2) remember  3) remind  4) review
Ответ: 

Раздел 4. Письмо

Для ответов на задания 39 и 40 используйте бланк ответов № 2. Черновые пометки могут делать прямо на листе с заданиями, или можно использовать отдельный черновик. При выполнении заданий 39 и 40 особое внимание обратите на то, что Ваши ответы будут оцениваться только по записям, сделанным в БЛАНКЕ ОТВЕТОВ № 2. Никакие записи черновика не будут учитываться экспертом. Обратите внимание также на необходимость соблюдения указанного объёма текста. Тексты недостаточного объёма, а также часть текста, превышающая требуемый объём, не оцениваются. Запишите сначала номер задания (39, 40), а затем ответ на него.

39  You have received a letter from your English-speaking pen-friend Jasper who writes:

... My friends have just come back from a trip to Africa. It’s been my dream for years! What is your dream trip, where would you like to go and why? Whom would you like to take with you? What is the most difficult thing for you when you travel? My sister is getting married ...

Write a letter to Jasper.
In your letter:

– answer his questions;

– ask 3 questions about his sister.

Write 100–140 words.
Remember the rules of letter writing.
Comment on one of the following statements.

40.1 *Studying online is more interesting than studying at school.*

40.2 *Summer holidays in the countryside are best for teenagers.*

What is your opinion? Do you agree with this statement?

Write 200–250 words.

Use the following plan:
– make an introduction (state the problem paraphrasing the given statement);
– express your personal opinion and give 2–3 reasons for your opinion;
– express an opposing opinion and give 1–2 reasons for this opposing opinion;
– explain why you do not agree with the opposing opinion;
– make a conclusion restating your position.