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SPOKEN ENGLISH

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Алтайский государственный технический
университет им. И. И. Ползунова

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Учебное пособие

Рекомендовано

*Алтайским государственным техническим университетом им. И.И. Ползунова
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Учебное пособие по английскому языку предназначено для студентов старших курсов всех направлений подготовки и специальностей неязыкового вуза. Работа по данному учебному пособию обеспечивает совершенствование компетенций, необходимых для осуществления устной коммуникации в условиях межличностного межкультурного общения на английском языке. Пособие состоит из 10 уроков. Каждый урок включает аутентичный текст, активный словарь с транскрипцией, вопросы для проверки понимания текста, упражнения на развитие коммуникативных навыков.

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СОДЕРЖАНИЕ

ВВЕДЕНИЕ	4
UNIT 1. FRIENDS	5
UNIT 2. PERFECT BOYFRIEND	16
UNIT 3. STRESS	25
UNIT 4. RELAX	36
UNIT 5. TRAVELING	48
UNIT 6. CULTURE SHOCK	60
UNIT 7. EATING HABITS	71
UNIT 8. STYLE	82
UNIT 9. SPORTS	93
UNIT 10. SURVIVAL	101
СПИСОК ИСПОЛЬЗОВАННОЙ ЛИТЕРАТУРЫ	111

ВВЕДЕНИЕ

Целью учебного пособия ‘Spoken English’ является развитие навыков коммуникации на английском языке в устной форме в сфере межличностного, межкультурного и делового общения. Пособие состоит из 10 основных уроков, каждый из которых посвящен какой-либо заданной теме. Каждый урок содержит аутентичный текст, словарь с транскрипцией, вопросы для проверки понимания прочитанного и упражнения, способствующие развитию навыков устной коммуникации, усвоению и использованию в речи новой лексики, задания на развитие навыков перевода, построение небольших монологических высказываний, коммуникативные игры для развития способности работать в парах и в малых группах. Учебное пособие ‘Spoken English’ может быть использовано в ходе изучения базовой дисциплины «Иностранный язык», а также для изучения дисциплины «Разговорный иностранный язык» и др.

Рекомендовано Алтайским государственным техническим университетом им. И.И. Ползунова в качестве учебного пособия для студентов всех направлений подготовки. Протокол заседания научно-методического совета АлтГТУ №3 от 29.11.2023.

UNIT

1



FRIENDS

I. LISTENING AND READING



Listen to the text



Read and translate the text

FRIENDS FOR LIFE

Tina and Will met when they were both studying at the same university. Three years later a student magazine contacted them and asked them to take part in a survey to find out how any people had stayed friends.

Tina: I first met Will when I was looking for someone to share the house I was renting. When we met, we hit it off immediately and I told him he could move in.

Sharing a house with Will was fun. We soon found out that we had a lot in common and quickly became close friends. We always had really good discussions about everything that was important to us at the time: politics, the environment, literature and other less important things. We also liked the same music and that's important when you are sharing a house. We fell out a couple of times about the housework. Will thinks I'm untidy but I think life is too short to worry about things like that.

When we graduated three years ago, we went our separate ways. Since then our lives have been very different. I went back to my home town and got a job as a production assistant for art exhibitions. I like my job because I'm helping young

people to get involved in the arts. I'm living with my parents because I'm not earning very much. Will thinks I'm crazy because money is very important to him now. He is earning a lot, but he doesn't have time to spend with his family and his friends. I don't



see him very often now when he comes down for a visit we share the news and

laugh a lot. Our lifestyles are different now but we still enjoy each other's company and have much to talk about. I think we are friends for life.

Will: Tina and I got on very well together at university. We shared a house for nearly three years. We had the same attitude to the important things in life and the only thing we argued about was the housework. I'm a Virgo so I'm very tidy while Tina is the opposite. I don't think she ever found out where we kept the vacuum cleaner!

When I left university I moved to London and got a job in a finance company. I have to work long hours and I don't really enjoy what I'm doing but I earn a very good salary. I'm very ambitious and I want to get to the top of my profession. Tina's working really hard as well but she isn't earning much. I don't understand why she is doing it, it seems very idealistic to me. I know that university friends often drift apart after the graduation but it's not our case. We still talk on the phone and when I go down to visit her, we laugh all the time. I know she will always be there for me.

II. NOTES

production assistant [ə' sɪstənt] for art exhibitions [, eksɪ' bɪʃənz]	ассистент куратора выставок
Virgo ['vɜ:gəʊ]	Дева
to find out [faɪnd aʊt]	выяснить, узнавать
vacuum cleaner ['vækjʊəm 'kli:nə]	пылесос

III. VOCABULARY

1. to hit it off immediately [ɪ'mi:diətli] When we met, we hit it off immediately.	сразу подружиться Когда мы познакомились, мы сразу же подружились.
2. common ['kɒmən] to have a lot in common We soon found out that we had a lot in common.	общий иметь много общего Вскоре мы выяснили, что у нас много общего.

<p>3. to fall [fɔ:l] out about smth We fell out a couple of times about the housework.</p>	<p>ссориться из-за ч-л Мы пару раз поссорились из-за работы по дому.</p>
<p>4. to be tidy ['taɪdi] to be untidy [ʌn'taɪdi] I'm a Virgo ['vɜ:ɡəʊ] so I'm very tidy. He thinks I'm untidy.</p>	<p>быть опрятным, быть чистюлей быть неопрятным, быть неряхой Я Дева, и поэтому я очень опрятен. Он считает, что я неряха.</p>
<p>5. to worry ['wʌri] about smth Life is too short to worry about things like that.</p>	<p>волноваться из-за ч-л Жизнь слишком коротка, чтобы волноваться из-за таких вещей.</p>
<p>6. to go a separate ['sepəreɪt] way We went our separate ways.</p>	<p>пойти своим путем Каждый пошел своим путем. / Наши пути разошлись.</p>
<p>7. to earn [ɜ:n] to earn a good salary ['sæləri] Tina is not earning very much but Will is earning a lot.</p>	<p>зарабатывать, получать получать хорошую зарплату Тина не получает много, а Уилл зарабатывает хорошо.</p>
<p>8. to laugh [lɑ:f] When he comes down for a visit we laugh a lot.</p>	<p>смеяться, веселиться Когда он приезжает в гости, мы постоянно веселимся.</p>
<p>9. to get on well with smb We got on very well together.</p>	<p>хорошо уживаться, ладить с к-л Мы очень хорошо поладили.</p>
<p>10. attitude ['ætɪ,tju:d] to smth to have the same attitude to smth</p>	<p>отношение к ч-л иметь схожее отношение к ч-л</p>
<p>11. ambitious [æm'brɪʃəs] I'm very ambitious and I want to get to the top of my profession.</p>	<p>амбициозный, честолюбивый Я очень амбициозный и хочу добиться максимума в своей профессии.</p>
<p>12. to drift apart [drɪft ə'pɑ:t] University friends often drift apart after the graduation.</p>	<p>отдаляться друг от друга Университетские друзья часто отдаляются друг от друга после выпуска.</p>
<p>13. to be there for smb She will always be there for me.</p>	<p>быть готовым прийти к-л на помощь Она всегда будет готова прийти мне на помощь. / Я всегда смогу на нее положиться.</p>

IV. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS

1. How did Tina and Will meet?
2. Why did a student magazine contact them three years after their graduation?
3. How long did they share a house?
4. What did Tina and Will have in common?
5. What did they argue about?
6. What is Tina's job?
7. Does she enjoy doing it? Why?
8. Why is Tina still living with her parents?
9. What is Will's job? Does he enjoy doing it?
10. Why do Tina and Will still enjoy each other's company now?

2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. When Tina and Will first met they didn't like each other.
2. Sharing a house with Will was boring.
3. Tina is a very tidy person.
4. Since they graduated three years ago they have drifted apart.
5. Will thinks that Tina is very ambitious.
6. Will doesn't have enough time for his friends and family.



V. EXERCISES

1. Tina and Will use several expressions to talk about their friendship. Find as many of these expressions as you can.

1. an expression that means "we liked one another immediately"
2. an expression that means "we had the same interests"
3. an expression that means "we enjoyed one another's company"
4. an expression that means "we got to know one another very well"
5. an expression that means "we argued"
6. two expressions that mean "we became more distant from one another"
7. an expression that means "I can rely on her when I need a friend".



2. The following is a summary of Tina and Will's relationship. Put the lines of the summary in the correct order.

- () met. They became close
- () separate ways and they've drifted

- () friends and got on
 (1) Tina and Will hit it
 () in common. Now they have gone their
 (2) off immediately when they first
 () out and they say that they are still
 () there for one another.
 () apart. They haven't fallen
 () well together. They had a lot

3. A. Do a personality quiz below to discover what kind of person you are. Use a dictionary to check any new words. Write Y for “yes”, N for “no” and S for “sometimes”.

WHAT SORT OF PERSON ARE YOU?

1. Do you sometimes make people laugh?
2. Do you enjoy the company of other people?
3. Do you find it difficult to meet new people?
4. Is a successful career important to you?
5. Do you notice other people's feelings?
6. Do you think the future will be good?
7. Can your friends rely on you?
8. Is your room often a mess?
9. Do you often lose things and arrive late at meetings?
10. Do you put off until tomorrow what you could do today?
11. Do you work hard?
12. Do you keep your feelings and ideas to yourself?
13. Do you often give presents?
14. Do you talk a lot?
15. Are you usually calm and not worried by things?
16. Do you usually put your things away on the correct place?

B. Match these adjectives with the questions in the quiz.

a. untidy (8)	e. reserved	i. lazy	m. relaxed
b. optimistic	f. shy	j. generous	n. reliable
c. sociable	g. disorganized	k. tidy	o. funny
d. talkative	h. ambitious	l. hard-working	p. sensitive

C. Which are positive qualities and which are negative? Which qualities could be both?

4. Translate the words in the brackets from Russian into English.



1. I met my (лучшую подругу) Debora Evans on an Internet chat site in 2003. 2. We loved (одну и ту же музыку) and we both liked chatting about fashion. 3. Then we (выяснили) that we live only ten miles from each other. 4. So one day we arranged (встретиться) in a café. 5. I felt really nervous because I'm (робкая) with other people. 6. But when we met, we (подружились) immediately. 7. We have (много общего). 8. We still (разговариваем по телефону) every day and we (видимся) once a week. 9. Debora is a fantastic person, she's very (веселая) and (щедрая). 10. I know that (я всегда смогу на нее положиться) and I am so (счастлива) I have met her!

5. Translate the sentences.

1. Я познакомилась со своим лучшим другом Майклом в наш первый день в школе. 2. Я была очень робкой и сильно нервничала. 3. Майкл был полной противоположностью – он был спокойным и общительным. 4. Мы сидели за одной партой (делили парту) в течение многих лет. 5. Сначала у нас не было много общего, и мы часто ссорились потому, что Майкл был неряхой. 6. Но потом мы поладили и стали близкими друзьями. 7. Нам нравилась одна и та же музыка и фильмы, и мы постоянно смеялись. 8. После школы наши пути разошлись. 9. Я очень амбициозная и трудолюбивая, поэтому я переехала в другой город и пошла в университет. 10. Майкл остался в нашем родном городе и устроился на работу. 11. Он не зарабатывает много, но он считает, что жизнь слишком коротка, чтобы волноваться об этом. 12. Мы часто разговариваем по телефону, и я знаю, что всегда смогу на него положиться.

6. These e-mail messages were sent to a magazine for English language students. Which ones do you think are the most and the least interesting? Are there any messages that you would be interested in answering? Write an e-mail message about yourself.

A. Hi! I like to skateboard, surf, rollerblade, ski, swim and play water polo. I LOVE animals. I've got five hamsters and a cat. I had eight fish but they are dead. I also had a turtle, but my neighbor's dog killed her. I also like Playstation games and listening to Nirvana, and I have my own band called Turbulence.

Ben, the Netherlands

B. LIFE IS AN ADVENTURE! I am a woman of 44, with two grown-up children, a piano, a dog and a few survival strategies. Interested in everything, but mostly in people and different lifestyles.

Ana, Spain

C. HEY YOU! READ THIS NOW! Good, now that I've got your attention I can tell you that I am a 19-year-old girl who loves to dance, talk, exercise and go horse-riding. I'm interested in everything from football to ballet. I promise that if you write to me you will get a response. **SO WHAT ARE YOU WAITING FOR?!**

Francine, France

D. Hi! I'm a 20-year-old male who would like to write to girls from all around the world because girls are easy to talk to and a beautiful girl is a nature's greatest creation!

Emilio, Peru

E. Hi there. This is Fabio writing. I'm 25 and I'm looking for a serious penpal of about my age. I'd prefer a girl, but even guys are accepted. I live in Italy and I'd like to correspond in English. If you are interested, I've got brown hair, green eyes and I am one meter 77 tall. I love alternative music and some pop music too, and of course rock. But I hate rap. I also love movies, theatre, arts...well, I'll tell you the rest if you write. Hope to hear from you soon.

Fabio, Italy

7. This is a letter written by one of the people in 6. Read it and decide who wrote it. Complete the letter with the following words and expressions.

a. boring	e. be useful	i. to earn some money
b. when I leave university	f. divorced	j. interested in
c. to go horse-riding	g. jealous	k. to get married
d. have nothing in common	h. to earn some money	l. get on very well



Dear...

Thank you for your e-mail message and your address. I'm writing to you to tell you more about myself and also to send you a photograph. That's me on the left. The one in the middle is my older brother, Oliver, and that's my sister Sonia on the right. I ___ with my sister, but my brother and I ___, he's very serious and ___ . He

just spends all his time on the computer and never goes out.

I like going out – especially to dance. On Saturday nights I dance in a nightclub ___ because I'm a student. I'm studying English and Spanish at university, but I'm not sure why. I mean I don't know what I want to do ___.

Anyway, I love travelling and languages will ___ for that. Last summer I studied English at a school in Chicago (my parents are ___ and my dad lives there now) and next summer I want to go to Spain to learn flamenco and ___ on the beach.

What else can I tell you? I'm single. I had a boyfriend for six months but we split up because he was too ___. I want ___ and have children one day, but not yet! As I told you in the e-mail, I am ___ everything – even football! How about you? Please write soon and tell me what you're interested in.

Love ...

8. Write a letter introducing you to a penpal.

VI. LISTENING AND SPEAKING

1. Listen to a man talking about somebody who is important to him.

Underline the answers he gives.

1. "What is this person's name?" "Dan Carter / Carl Daniels."
2. "When did you meet him?" "At university / When we were five years old."
3. "Where does he live?" "Near London / In Brussels."
4. "What does he do?" "He's a teacher / a doctor."
5. "How often do you see him?" "Every weekend / In the summer".
6. "Why is he important to you?" "We have the same interests / He knows me so well."
7. "What are his best qualities?" "He's a really good listener / He's very funny."
8. "Is there anything you don't like about him?" "He's always late / too busy."
9. "When did you last see him?" "On my birthday / Last weekend."



2. A. Match the questions (a-e) with the answers (1-5).

1. What's your best friend's name?	a. relaxed, good listener, funny
2. Where and when did you meet him/her?	b. secondary school – 1 st day
3. What was your first impression of him/her?	c. Adriana Costa
4. What do you like about him/her?	d. theatre, museums, shopping
5. What do you like doing together?	e. She knew everybody.

B. Match the parts of the text to the questions in A.

HOW I MET MY BEST FRIEND

___ We met on the first day of secondary school. I was very shy, and I felt nervous on my first day.

___ We are very different. I'm quite serious. But Adriana is a very relaxed person, and she's a really good listener. She's the funniest person I've ever met. We laugh all the time.

___a___ My best friend is Adriana Costa.

___ We do everything together. We both like the theatre and art. We visit museums and we love shopping.

___ Adriana knew everybody, and everybody liked her. I liked her too, but I thought she was too cool, and I was too shy. But she still liked me. I was sitting alone in the classroom when she sat down next to me. She was very kind to me, and we became close friends.



3. Speak about your close friend. Choose from the list the things you want to talk about. Think about what you will say and what language you will need.

- How did you first meet?
- What was your first impression of him/her?
- What do you like about him/her?
- What don't you like about him/her?
- What do you have in common?
- How do you differ?
- Why did you become such close friends?
- Will you be friends for life?
- What does he/she look like?
- What is he/she as a person?
- What special talents and abilities does he/she have?
- What are his/her hobbies and interests?
- What do you do and what do you talk about when you are together?



VII. HAVE FUN

WELL, HE EATS LIKE A PIG

Well, he eats like a pig. He can't get enough.
He works like a dog, he looks real tough [tʌf].
He smokes like a chimney ['tʃɪmni] for pack a day.
He sleeps like a log. What more can I say?

He drinks like a fish scotch-on-the-rocks.
When he gets real mad he hardly talks.
He cries like a baby when he's feeling sad.
He's the dearest friend I've ever had.

UNIT

2



**PERFECT
BOYFRIEND**

I. LISTENING AND READING



Listen to the text

Read and translate the text

A BOYFRIEND'S WORST NIGHTMARE

Steven, a software engineer from London, is writing about the nightmare he faced, because of his girlfriend Linda and her penpal Eddie.



My girlfriend has had a Canadian penpal called Eddie since she was in her early teens. That's OK. I also exchanged letters with a girl from France until I went to university. But then I got involved in the university life and lost touch with her. But my girlfriend is more loyal to her penpal. Or maybe he has a special place in her heart.

As they got older, their lives changed but they still continued writing to one another. She's a successful journalist now and he has got a very good job at the University of Vancouver. He is one metre 85, tall, dark and handsome. I am not one metre 85. Or dark. And I'm not particularly handsome. I know what he looks like because my girlfriend talks about him ... a lot.

I also know that he's 27, he's an academic and he plays ice hockey. So he's both sporty and extremely intelligent. And tall, dark and handsome as said before.

Several years ago, before I started dating with my girlfriend, he was passing through London and stopped for a visit. When my girlfriend's mother met him, she liked him so much that she decided he was the perfect husband for her daughter.

So when my girlfriend ran towards me and said, "Guess what ... Eddie's got a job in London for three years," I wasn't exactly over the moon.

As the day of his arrival got nearer, I got more and more jealous. My girlfriend asked me, "Why are you getting so stressed out? Yes, he's good-looking,

interesting intelligent and sporty. But it's you who I love and it's you I'm with." Believe it or not, this didn't make me feel any better. Finally, the day arrived when I met the famous penpal. My first thought when I saw him was, "Tall, yes. Dark, yes. Handsome, yes. Intelligent, definitely. Charming, probably. It can't get any worse than this."

"Pleased to meet you," I lied.

"Hi, I'm Eddie," he said, "and this is my girlfriend, Sarah. We got engaged last week."

At that moment, an enormous weight was lifted from my mind. Eddie is a great guy and we get on really well together. But best of all, he's completely loyal to his girlfriend.

II. NOTES

worst [wɜːst] nightmare ['naɪt, meə]	худший ночной кошмар
Canadian [ke'neɪdɪən]	канадский
Vancouver [væn'ku:və]	Ванкувер
academic [ˌækə'demɪk]	Ученый

III. VOCABULARY

1. penpal ['pen pæl] The day arrived when I met the penpal.	друг по переписке Наступил день, когда я встретился с другом по переписке.
2. to get involved [ɪn'vɒlvd] in smth I got involved in the university life.	вовлекаться во ч-л Я увлекся университетскими делами.
3. to lose touch [tʌtʃ] with smth I lost touch with her.	потерять связь, прекратить общение с к-л Я потерял с ней связь.
4. loyal ['lɔɪəl] He's completely [kəm'pli:tli] loyal to his girlfriend.	верный, преданный Он абсолютно предан своей девушке.
5. to have a special ['speʃəl] place in one's heart He has a special place in her heart.	занимать особое место в ч-л сердце Он занимает особое место в ее

	сердце.
6. handsome ['hænsəm] I'm not particularly [pə'tɪkjʊləli] handsome.	красивый (о мужчине) Я не особенно красивый.
7. intelligent [ɪn'telɪdʒənt] He's both sporty and extremely [ɪk'stri:mli] intelligent.	умный Он и спортивный, и очень умный.
8. to date [deɪt]	встречаться, ходить на свидания
9. to guess [ges] Guess what!	догадываться Угадай, что случилось.
10. to be over the moon I wasn't exactly over the moon.	быть на седьмом небе от счастья Не то, чтобы я был на седьмом небе от счастья./Нельзя сказать, что я был на седьмом небе от счастья.
11. to be jealous ['dʒeləs] I got more and more jealous.	ревновать Я все больше и больше ревновал.
12. to be stressed out Why are you getting so stressed out?	переживать, напрягаться, быть на нервах Почему ты так переживаешь?
13. good-looking	привлекательный
14. charming ['tʃɑ:mɪŋ]	очаровательный, обаятельный
15. to get worse [wɜ:s] It can't get any worse than this.	становиться хуже Хуже и быть не может.
16. to lift smth from smb's mind [maɪnd] An enormous [ɪ'nɔ:məs] weight [weɪt] was lifted from my mind.	сбросить ч-л с души У меня камень упал с души.
17. to get engaged [ɪn'geɪdʒd] We got engaged last week.	обручиться Мы обручились на прошлой неделе.

IV. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS

1. How long has Linda had a Canadian penpal called Eddie?
2. Has Steven exchanged letters with anyone too? Why has he lost touch with them?
3. Why, in his opinion, is Linda loyal to her penpal?

4. What is Eddie's occupation?
5. What does Eddie look like?
6. Does Steven look as handsome as Eddie?
7. Was Steven happy to hear the news about Eddie's arrival?
8. Why was an enormous weight lifted from his mind when he met Eddie?

2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. Linda has had an American penpal called Eddie since she was in her early teens.
2. Linda a successful journalist now and he Eddie is an academic from Vancouver.
3. Steven is one metre 85, tall, dark and handsome.
4. Linda's mother hated Eddie when she met him.
5. As the day of Eddie's arrival got nearer, Steven got more and more relaxed.
6. When Steven's girlfriend ran towards me and said, "Guess what ... Eddie's got a job in London for three years," he was over the moon.
7. When Steven finally met Eddie an enormous weight was lifted off his mind.
8. Eddie's girlfriend has a special place in his heart.



V. EXERCISES

7. Complete the sentences.

1. I exchanged letters with a penpal from France but then we **l**___ **t** _____.
2. My girlfriend has had a Canadian **p**___ since she was in her early teens.
3. Eddie is one metre 85, tall, dark and **h**_____.
4. He's also both **s**_____ and **i**_____.
5. So when my girlfriend said that Eddie got a job in London for three years I wasn't **e**_____ over the **m**_____.
6. I got more and more **j**_____.
7. When I saw him, my first thought was that it couldn't **g**__ any **w**_____ than this.
8. "Hi, I'm Eddie," he said, "and this is my girlfriend, Sarah. We **g**__ **e**_____ last week."
9. At that moment, an **e**_____ weight was lifted from my **m**_____.

10. Eddie is a great guy and we **g** _ _ **o** _ well together. But best of all, he's completely **l** _ _ _ _ to his girlfriend.

8. Match the expressions and the meanings.

1. I can't get any worse than this.	a. to be worried and nervous
2. An enormous weight was lifted from my mind.	b. to formally agree to get married
3. to get involved in smth	c. to be very happy about something
4. to lose touch with smb	d. the situation can't get more unpleasant than before
5. to have a special place in one's heart	e. the relief felt after no longer having a particular problem
6. to be over the moon	f. to be emotionally very important to smb
7. to be jealous	g. affected by or included in an activity, event, or situation
8. to get stressed out	h. to be very attractive and pleasant
9. to be charming	i. to lose contact with smb
10. to get engaged	j. unhappy and upset because you think someone who you love is attracted to someone else

3. America's biggest internet dating agency now has more than 6 million people who visit its website every month. Look at the advertisement from this dating agency and answer the questions.

Lynn, age: 28, occupation: primary school teacher



I'm a single mother with two young girls. I also work with young children and at the end of the day I'm often too tired for much. I put the kids to bed and then read or watch TV for an hour. At the weekends and in the holidays, it's a different story. I'm a very active and outgoing person. I always do something or go somewhere – the beach, picnics in the country, visiting friends and family and we go to the cinema every Sunday. There is not much that I don't like!

My perfect partner is happy with his life and believes in himself. He is open in his relationships, warm and friendly. He always says how he feels and never has any secrets. He wants a partner but doesn't need one. I already have kids –

I don't want to be his mother, too!

He has a good job and does not have any money worries. He works hard, but he also likes the good things in life – good food, going out, travelling and meeting other people. He doesn't smoke or drink.

Questions:

1. How old is Lynn? 2. Does she have any children? 3. What is her job? 4. What does she do in her free time? 5. How does she describe her personality? 6. How does she describe her perfect partner?

9. Read three internet advertisements for different men. Then write the names of the men opposite the sentences describing them. Compare the information about the different men and decide who the best partner for Lynn is.

1. He doesn't have a job.
2. He doesn't like cities.
3. He enjoys going to restaurants.
4. He has a daughter.
5. He is a very active person.
6. He is not very rich.
7. He is often not at home.
8. He is quiet and friendly.
9. He likes being on his own.
10. He likes being with other people.
11. He loves music.
12. He wants a romantic partner.
13. He wants an intelligent partner.
14. He wants to have a family.
15. His perfect partner doesn't work too much.

A. Pete, age: 35, occupation: airline pilot



I am divorced. I have a daughter, but she lives with her mother in Australia, so I only see her from time to time. Because of my work, I am often away from home. I'm a very active person and I hate being bored. I play football every Thursday evening and I play golf twice a month. I love old motorcycles, music, skiing, good restaurants, fine wines and Havana cigars. Life is busy and full, but without love, it's also empty.

My perfect partner is intelligent, attractive and – most important of all – she is fun to be with. She likes some of the things that I like, but she also has a life of her own. She likes her work and she has lots of friends, but she wants more from life. I have so much to give – do you want to share my life with me?

B. Jay, age: 26, occupation: primary school teacher

I'm a quiet, friendly guy but I find it difficult to meet other people. My friends say I spend too much time on my own, but I don't like going to clubs and bars. I like being on my own and I often prefer to stay at home and



read, do yoga, think about life and listen to classical music. Music is the big love of my life and I often go to concerts at the weekend. I also enjoy long walks in the country, especially in the mountains. I would like to find someone to share those special moments and, maybe, to find love, too.

My perfect partner has the same interests as me. She is kind and romantic, warm and natural. She is open about everything and wants a man who has a lot of love to give. She's a vegetarian and doesn't smoke. For her, money is not important, and she enjoys the simple things in life. She likes children and maybe she wants to have a family.

C. Carl, age: 30, occupation: unemployed



I lost my job in a bank six months ago and thought it was the end of the world. I used to live for my work, all day and every day. I never had time for girlfriends! But now I'm a different man. I don't have much money, but for the first time in my life I enjoy everything I do. I like being with other people, I love children and I would like to have a family. I love the country, the sea, the outdoors. I don't really like being in the city these days – I prefer to be with friends in the country.

My perfect partner is open and kind. She likes being with other people and enjoys lots of different things. She doesn't work too much and money is not very important: family and friends take first place. She wants a partner to share her life, but she is not in a hurry. Like me, she doesn't want to repeat the mistakes of the past.

5. Before choosing a partner, Lynn asked the men some questions. Rearrange the words to make her questions.

1. do / do / friends / with / what / you / your?
2. being / like / do / other / people / with / you?
3. cities / do / friends / have / in / other / you?
4. away / do / from / how / much / home / spend / time / you?
5. daytime / do / in / the / do / what / you?

6. Look at the men's answers to Lynn's questions. Change "I" to "he" and make any other necessary changes.

1. I often invite friends for dinner or go to their houses.
2. I like my friends but I don't enjoy big groups of people.
3. Every year I spend about two months away for work, so I don't travel in the holidays.
4. I get up late and then I sometimes see a friend for lunch.

7. Translate the sentences.

1. Эдди, друг по переписке моей девушки, написал, что получил работу в Лондоне.
2. Я не был на седьмом небе от счастья, когда узнал эту новость.
3. Моя девушка сказала, что Эдди – обаятельный парень.
4. Он и умный, и спортивный.
5. Кроме того, он высокий и симпатичный.
6. Поэтому я был

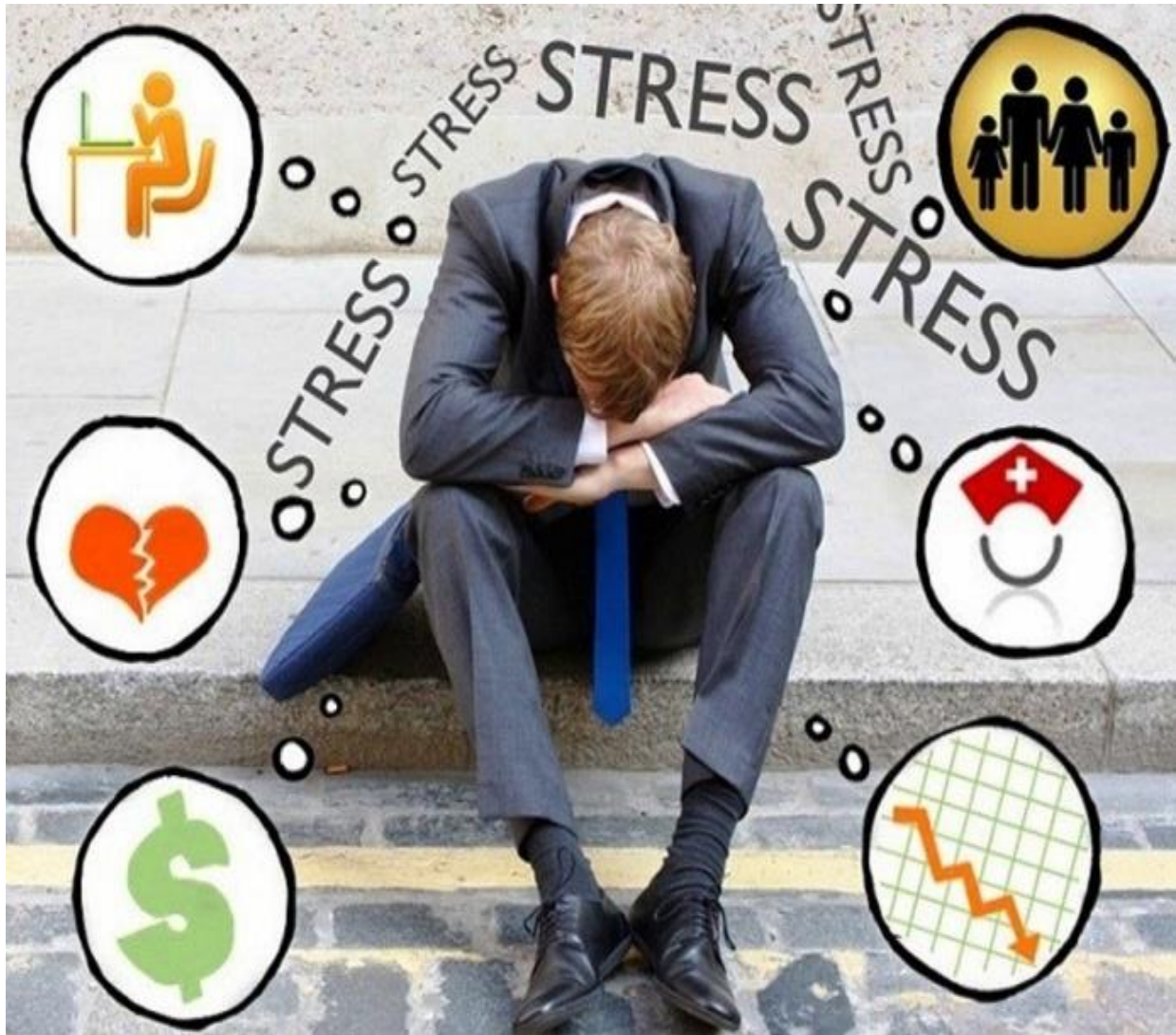
весь на нервах и все больше и больше ревновал. **7.** Наконец наступил день, когда я увидел этого знаменитого друга по переписке. **8.** Но когда мы познакомились, у меня камень упал с души. **9.** Эдди привез свою девушку Сару, и он абсолютно предан ей. **10.** Она занимает особое место в его сердце. **11.** Эдди и Сара обручились некоторое время назад. **12.** Сейчас я уверен, что Эдди – замечательный парень, и мы отлично ладим друг с другом.

VI. SPEAKING

- 1. Do you know anyone who uses the internet to make friends? Do you think that the internet is a good way to meet other people?**
- 2. What are the advantages and disadvantages of internet dating?**
- 3. Think of a film or a book describing a couple who met on the internet. Tell the story to your class.**

UNIT

3



STRESS

I. LISTENING AND READING



Listen to the text



Read and translate the text

STRESS



How often have you had a headache in the last twelve months? Have you sometimes found it difficult to breathe? How often have you felt sad or nervous for no good reason? How often have you wanted to cry? How often have you got angry?

If your answer to three or more of these questions is "too often", you are probably suffering from stress. And if you are suffering from stress, you are not alone. Over half of the adult population has had stress-related symptoms in the last year and many of them have needed help of some kind.

Stress is now the major health problem of our time. Stress, itself, is not an illness, but it can certainly contribute to serious illnesses. When you feel under stress, your body produces more of the hormones adrenaline and cortisol. As a result, the body needs more oxygen and your heart rate and blood pressure go up. This can lead to heart problems. Stress is related to weight problems, coughs and colds. Scientists have also discovered that stress can lead to the loss of brain cells.

The most common cause of stress is overwork, but a difficult boss or problems with your colleagues are also common causes. Some jobs are more stressful than others. Teachers and police officers are at the top of the scale and beauty therapists are at the bottom. But stress can affect us all. People who are suffering from stress do not work as well as usual. The situation is so serious that some companies now offer relaxation and stress management classes. Unfortunately, stress disrupts our natural physical or psychological well-being. It's important to know if stress is causing your health problems. If it is, see your doctor and talk about it.



II. NOTES

nervous ['nɜ:vəs]	нервный
symptom ['sɪmptəm]	симптом
stress-related [rɪ'leɪtɪd]	вызванный, обусловленный стрессом

adult ['ædʌlt]	взрослый
major ['meɪdʒə]	главный
hormone ['hɔ:məʊn]	гормон
cortisol ['kɔ:tɪsəʊl]	кортизол
adrenaline [ə'drenəlɪn]	адреналин
oxygen ['ɒksɪdʒən]	кислород
heart rate ['hɑ:t 'reɪt]	сердечный ритм
blood pressure ['blʌd ,preʃə]	кровенное давление
colleague ['kɒli:g]	коллега, сотрудник
beauty therapist ['bju:ti 'θerəpɪst]	косметолог
unfortunately [ʌn'fɔ:tʃənətli]	к сожалению
natural ['nætʃrəl]	естественный
physical ['fɪzɪkl]	физический
psychological [,saɪkəl'ɒdʒɪkəl]	психологический

III. VOCABULARY

<p>1. to have a headache ['hedeɪk] How often have you had a headache in the last twelve months?</p>	<p>болеть (о голове) Как часто у вас болела голова за последние 12 месяцев?</p>
<p>2. to cry [kraɪ] How often have you wanted to cry?</p>	<p>плакать, кричать Как часто вам хотелось заплакать?</p>
<p>3. to get angry How often have you got angry?</p>	<p>злиться, сердиться Как часто вы злились?</p>
<p>4. to breathe [bri:ð] It is difficult to breathe here.</p>	<p>дышать Здесь трудно дышать.</p>
<p>5. for no good reason ['ri:zn] How often have you felt nervous for no good reason?</p>	<p>без уважительной, веской причины Как часто вы нервничали без всякой уважительной причины?</p>
<p>6. to suffer from stress ['sʌfə] If you are suffering from stress, you are not alone.</p>	<p>страдать от стресса Если вы страдаете от стресса, вы не одиноки.</p>
<p>7. to feel under stress When you feel under stress, your body produces more adrenaline and cortisol.</p>	<p>находиться в условиях стресса Когда вы находитесь в условиях стресса, ваш организм вырабатывает больше адреналина и кортизола.</p>

<p>8. to contribute to [kən'trɪbjʊ:t] Stress can contribute to serious illnesses.</p>	<p>способствовать ч-л Стресс может способствовать возникновению серьезных болезней.</p>
<p>9. heart problem [hɑ:t] Eating too many fatty foods can lead to heart problems.</p>	<p>заболевание сердца Употребление слишком большого количества жирной пищи может привести к заболеваниям сердца.</p>
<p>10. to be related to smth [rɪ'leɪtɪd]</p>	<p>быть связанным с ч-л</p>
<p>11. weight problems [weɪt]</p>	<p>проблемы с весом</p>
<p>12. cough and cold [kɒf] [kəʊld] Stress is related to weight problems, coughs and colds.</p>	<p>кашель и простуда Стресс связан с проблемами веса, кашлем и простудой.</p>
<p>13. loss of brain cells ['breɪn 'selz] Scientists have also discovered that stress can lead to the loss of brain cells.</p>	<p>гибель клеток мозга Ученые также обнаружили, что стресс может привести к гибели клеток мозга.</p>
<p>14. cause [kɔ:z] to cause It's important to know if stress is causing your health problems.</p>	<p>причина вызывать, являться причиной Важно знать, является ли стресс причиной ваших проблем со здоровьем.</p>
<p>15. overwork ['əʊvəwɜ:k] The most common cause of stress is overwork.</p>	<p>переутомление Основной причиной стресса является переутомление.</p>
<p>16. a difficult boss ['dɪfɪkəlt] A difficult boss or problems with your colleagues are also common causes of stress.</p>	<p>требовательный руководитель Требовательный руководитель или проблемы с вашими коллегами также являются частыми причинами стресса.</p>
<p>17. stressful ['stresfəl] Some jobs are more stressful than others.</p>	<p>стрессовый Некоторые профессии более стрессовые, чем другие.</p>
<p>18. to be at the top/ at the bottom of the scale ['bɔ:təm] [skeɪl] Teachers and police officers are at the top of the scale and beauty therapists are at the bottom.</p>	<p>быть, находиться вверху/ внизу списка Учителя и полицейские находятся на верху списка, косметологи внизу.</p>
<p>19. to affect smb [ə'fekt] Stress can affect us all.</p>	<p>влиять на к-л Стресс может влиять на всех нас.</p>

<p>20. relaxation and stress management class [ri:læk'seɪʃən] ['mænɪdʒmənt] Some companies now offer relaxation and stress management classes.</p>	<p>комната эмоциональной разгрузки и управления стрессовыми ситуациями Некоторые компании сейчас предлагают комнаты эмоциональной разгрузки и управления стрессовыми ситуациями.</p>
<p>21. to disrupt [dɪs'rʌpt]</p>	<p>разрушать</p>
<p>22. well-being [wel'biɪŋ] Unfortunately, stress disrupts our natural physical or psychological well-being.</p>	<p>благополучие К сожалению, стресс разрушает наше естественное физическое или психологическое благополучие.</p>

IV. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS:

1. What are the main symptoms of stress?
2. How many adults suffer from stress?
3. What is the major health problem of our times?
4. What hormones does our body produce when it is under stress?
5. What illnesses are related to stress?
6. What are the most common causes of stress?
7. What are the most stressful jobs?
8. Whom can stress affect?
9. What do some companies do for their employees to get over stress?
10. How stressful is your work or day-to-day life?

2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. If your answer to 3 or more questions is "too often", you're not suffering from stress.
2. All adult population has had stress-related symptoms in the last year and many of them have needed help of some kind.
3. Stress is now the major political problem of our times.
4. Stress, itself, is an illness.
4. Stress can contribute to some serious illnesses.
5. When you feel under stress, your body produces more cholesterol.
6. When you feel under stress, your heart rate and blood pressure go down.
7. Scientists have also discovered that stress can lead to the loss of sense of humor.
8. The most common cause of stress is overwork, but meeting friends and dancing all night are also common causes.



9. Teachers and police officers have more stressful jobs than others.
10. People who are suffering from stress work better than usual.
11. The situation is so serious that some companies offer relaxation and stress management classes.
12. Stress contributes to our natural physical or psychological well-being.
13. If stress is causing your health problems, go to your difficult boss and talk to him or her about it.

V. EXERCISES

1. Match the words and expressions with their definitions.

- | | |
|--------------------|---|
| 1 well-being | a give (something, especially money) in order to help achieve a common purpose or provide something |
| 2 to disrupt | b excessive work |
| 3 headache | c an act or sound of coughing |
| 4 a difficult boss | d a person with whom one works, especially in a profession or business |
| 5 cold | e hard to deal with person in charge of a worker or organization |
| 6 colleague | f have heart trouble |
| 7 skin problems | g interrupt (an event, activity, or process) by causing a disturbance or problem |
| 8 overwork | h a continuous pain in the head |
| 9 to contribute to | j the state of being comfortable, healthy, or happy |
| 10 heart problems | k a widespread infectious virus disease |
| 11 cough | l any of the diseases or disorders that affect the human skin |

2. Complete the sentences.

1. If you are s_____ from s_____, you are not alone.
2. Stress is now the major h_____ p_____ of our time.
3. It can certainly c_____ t_____ serious illnesses.
4. When you feel under stress, your h_____ r_____ and b_____ p_____ go up.



5. Stress is related to **w**_____ **p**_____, **c**_____ and **c**_____.
6. Stress can also lead to the **l**____ of **b**_____ **c**_____.
7. A **d**_____ **b**_____ or problems with your **c**_____ are also common causes of stress.
8. But the most common cause of stress is **o**_____.
9. Some jobs are more **s**_____ than others.
10. Unfortunately, stress **d**_____ our natural **p**_____ or **p**_____ **w**_____ - **b**_____.

3. Make up sentences.

Example: difficult / found / you / to breathe / have / it / sometimes? - *Have you sometimes found it difficult to breathe?*

1. often / had / you / a headache / have / how?
.....
2. angry / have / often / how / got / you?
.....
3. now / problem / our / of / stress / the major / time / is / health.
.....
4. lead / heart / can / problems / this / to.
.....
5. cause / the / stress / of / common / is / overwork / most.
.....
6. others / are / some / than / more / jobs / stressful.
.....
7. from / do not / people / work / as / who / well / are / usual / suffering / as / stress.
.....
8. relaxation / offer / now / some / and / stress / management / companies / classes.
.....
9. natural / stress / our / disrupts / unfortunately / well-being / physical / psychological / or.
.....
10. to know / your / stress / if / is / important / problems / it's / causing / health.



4. Read the magazine article "10 THINGS TO DO BEFORE YOU ARE 60 YEARS OLD". Use a dictionary to check any new words.

Are you living your life as best as you can? Are you working to live or living for your work? We have collected 10 things that usually make people less stressful, happier and healthier.

- 1. Take a break.** Take a break from work to do something different: go back to school, try a different job or travel to a different country.

2. **Say no.** It's difficult to say "no" when someone asks you to do a job. If you say "yes" to things that 're impossible for you, then you will be unhappy and more stressed.
3. **Exercise.** If you do more exercise, you feel better and look better.
4. **Do some volunteer work.** Help others and it helps you. Helping other people who need you, makes you happier and live longer.
5. **See the positive side.** Studies showed that optimists live 7.5 years longer than pessimists. Happy people make friends more easily too.
6. **Sleep well.** We sleep over 30% of our lives. Experts say that you should have a good bed and sleep between 7 and 8 hours every night.
7. **Eat well.** A healthy diet, with lots of fruits and vegetables, protects you from health problems.
8. **Quit.** If you smoke, today is the best day to stop. Your body notices the difference in 24 hours.
9. **Laugh more.** If you laugh more, you will be healthier. Laugh is a good exercise.
10. **Don't worry.** Don't feel bad about the things you can't do. Enjoy what you can do!

5. Match the photos A-F to the correct paragraph in exercise 4.



A



B



C



D



E



F

6. Work in pairs. Complete the sentences. Use the following word-combinations from the box:

do more exercise, sleep more, be happy and smile,
worry about all the things you can't do, give up smoking,
take a break, eat well, laugh more

1. If you want to be happy at work, you should.....
2. If you want to live a long life, you should.....
3. If you want to have a healthy body, you should.....
4. If you don't want to be stressed and unhappy, you should not.....
.....
5. If you want to make more friends, you should.....
6. If you want to have a healthy smile, you should.....
7. If you don't want to have a headache, heart or other health problems, you should.....
8. If you want to be happy when you're 60 years old, you should.....
.....

7. Translate the sentences.

1. Ты рассердилась на меня без всякой уважительной причины. 2. Какие симптомы, обусловленные стрессом, вы знаете? 3. Нэнси посещает косметолога примерно раз в месяц. 4. Стресс очень повышает сердечный ритм и кровяное давление. 5. Как часто вы нервничали за последние 12 месяцев? 6. К сожалению, стресс разрушает наше естественное физическое и психологическое благополучие. 7. Нашим клеткам нужен кислород, чтобы вырабатывать энергию. 8. Женщины на работе чаще сталкиваются с переутомлением и стрессом. 9. Профессии "учитель" и "полицейский" считаются самыми стрессовыми. 10. Когда вы находитесь в состоянии стресса, ваш организм производит большое количество адреналина и кортизола. 11. Как стресс влияет на ваше здоровье? 12. Требовательный начальник может являться одним из факторов стресса для подчиненных (employees). 13. Простуда часто начинается с головной боли, кашля и других симптомов. 14. Употребление слишком большого количества жирной пищи может привести к проблемам с весом. 15. Алкоголь приводит к гибели клеток мозга.

VI. SPEAKING

1. Read the article in exercise 4 again and say, which of these things you do or which you are going to do to live your life as best as you can, to live longer, healthier and less stressful. Explain why. Use exercises 4, 5, 6 to help you.

2. Work in pairs. Which of the jobs in the box do you think are especially stressful? Explain why or why not.

accountant	beauty therapist	nurse
computer programmer	unemployed person	police officer
doctor	teacher	gardener

Being a doctor is stressful because...

3. Tell your groupmates how stressful your work or day-to-day life is. What, do you think, the most common causes of stress are and how they affect our lives. Use the text to help you.

4. Give your groupmates a piece of advice how to handle day-to-day stress, negative emotions and depression. Use the following parentheses:

to my mind - по моему мнению	I am sure that - я уверен, что	besides - кроме того
I think that - я думаю, что	by the way - кстати, между прочим	fortunately - к счастью
unfortunately - к сожалению	I don't agree that - я не согласен, что	certainly - конечно, несомненно

Take a look at the hints below or give your own ideas:



1. Do what you like doing.
2. Go to the gym.
3. Walk.
4. Smell the roses.
5. Have a laugh.
6. Put on your most comfortable clothes.
7. Have a picnic with family and friends at sunny weekends.
8. Spend ten minutes doing absolutely nothing.
9. Fall in love.
10. Take off your watch.
11. Switch off your mobile phone.
12. Don't eat your breakfast on your feet - sit down and enjoy it.
13. Switch on your television to watch what you really like.
14. Sleep well.
15. Don't run after the bus - let it go.
16. Go clubbing in the evening.



5. You are going to listen to a radio programme about laughter clubs which help to cope with stress. Say if the sentences (a-e) are true or false?

- a) Children laugh much more than adults.
- b) Laughter clubs started in the USA.
- d) Laughing is good for the heart.
- c) Laughter releases happy chemicals called endorphins.
- e) People laugh at funny stories in laughter clubs.

Now listen and check your answers.

6. Work in pairs. Make up a dialogue using the questions below.

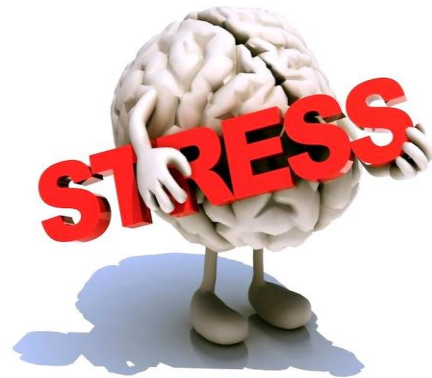
- 1. What kind of things make you laugh? Why?
- 2. How do you feel after a good laugh? Do you feel yourself happier? Do you feel more relaxed? Why?
- 3. When was the last time you laughed so much you couldn't stop?

VII. HAVE FUN

1. Face your partner. Take it in turns to try to make each other laugh.

2. STRESS

A definition, friends, of stress:
 Your own reaction to a mess.
 Stress from pains to pleasures range,
 The common element is change.
 Adapt or die, and that's a fact,
 And so our bodies must react:
 The heart speeds up, the gut slows down,
 Facial muscles snarl or frown.
 The point is, stress is not unique,
 It doesn't mean you're dumb or weak.
 Common both to man and beast,
 It proves you're still alive, at least!



UNIT

4



RELAX

I. LISTENING AND READING



Listen to the text

Read and translate the text

TYPICAL SATURDAY

We asked these people about their typical Saturday. Here's what they said.

Marek Vitek, Poland: I don't like getting up early at the weekends so I usually stay in bed late - sometimes until about 10.30 a.m.! I absolutely love having a big breakfast on Saturdays. I can't stand going to the gym or doing exercise but I sometimes go for a walk in the afternoon. I quite like meeting friends in the park or just lying on the grass and doing nothing. I'm not very keen on going out on Saturday evening. I really hate to go clubbing, so I stay in and chat on the phone or get a take-away pizza and watch TV.



Lola Gutierrez, Spain: I really hate doing nothing so I get up early on Saturdays and start the day by checking my emails. I really like meeting friends and having breakfast in a cafe, so I catch a bus into town at about 9.00 a.m. After breakfast my friends and I often go to art galleries. I'm quite keen on most kinds of art so I don't mind which gallery we go to but my friends really hate modern art. I do different things on Saturday evenings. I sometimes have dinner with friends or I stay in and watch TV.



Ann Landers, Great Britain: I usually have no free time on week-days that's why I look forward to my days off. On Saturday I wake up later than usual. I like to stay in bed for a while and think about something nice. Then I get up and have something special for breakfast. I'm not a "couch potato" and hate spending my time only in front of the TV-set. I'm fond of sports and go to the gym regularly. I practice stretching and Pilates. But what I really love is to go clubbing. I enjoy dancing all night long, chatting up with friends, having fun. We usually throw some theme parties with lots of presents and surprises. So people say I'm the life and soul of a party.



II. NOTES

Poland ['pɒlənd]	Польша
Spain [speɪn]	Испания
Great Britain ['ɡreɪt'brɪtn]	Великобритания
Marek Vitek ['mɪrək'vɪtɪk]	Марек Витек
Lola Gutierrez ['lɒlə gu:'tjerez]	Лола Гутьеррес
Ann Landers ['lændərs]	Энн Ландерс
"party animal" ['æntɪməl]	тусовщик
"party pooper" ['pu:pə]	гость, который уходит первым с вечеринки
"culture vulture" ['kʌltʃə,vʌltʃə]	человек, жадный до культурных развлечений
"couch potato" ['kaʊtʃ'pə'teɪtəʊ]	лентяй, человек, весь день сидящий неподвижно у телевизора

III. VOCABULARY

1. can't stand doing smth. I can't stand going to the gym.	терпеть не могу делать ч-л Я терпеть не могу ходить в спортивный зал.
2. to be keen on [ki:n] Are you keen on painting?	увлекаться ч-л Вы увлекаетесь живописью?
3. to stay in At the weekends I prefer to stay in and watch TV.	оставаться дома По выходным я предпочитаю оставаться дома и смотреть телевизор.
4. to go clubbing ['klʌbɪŋ] I really hate going clubbing.	ходить по клубам Я терпеть не могу ходить по клубам.
5. to chat on the Many people like to chat on the phone.	общаться, болтать по телефону Многим людям нравится общаться по телефону.
6. to get a take-away pizza ['pi:tʃə] Marek likes to stay in and get a take-away pizza on Saturday evening.	заказать пиццу на вынос, с доставкой Мареку нравится оставаться дома в субботу вечером и заказывать пиццу с доставкой.
7. to check emails [tʃek 'i:meɪlz] Lola always checks her emails in the morning.	проверять электронную почту Лола всегда проверяет свою электронную почту утром.

8. to catch a bus ['kætʃ ə 'bʌs] At half past seven she catches the bus.	сесть в автобус В половине восьмого она садится в автобус.
9. kinds of art ['kaɪndz]	виды искусства
10. art gallery ['gæləri] There are many art galleries in Moscow.	художественная галерея В Москве много художественных галерей.
11. modern art [mɒdn] He is keen on many kinds of modern art.	современное искусство Он увлекается многими видами современного искусства.
12. to do different things I do different things on Saturday evenings.	заниматься различными делами Я занимаюсь различными делами по субботним вечерам.
13. to look forward to ['fɔ:wəd] Every year the children look forward to the holidays coming.	с нетерпением ожидать ч-л Каждый год дети с нетерпением ждут наступления каникул.
14. to be fond of smth. [fɒnd] I am fond of skating.	любить, заниматься ч-л Я люблю кататься на коньках.
15. to throw theme parties [θrəʊ [θi:m] Kate and Alex are throwing a theme party next Sunday.	устраивать тематические вечеринки Кейт и Алекс устраивают тематическую вечеринку в следующее воскресенье.
16. the life and soul of a party ['laɪf ['səʊl] He's always been the life and soul of a party.	«душа компании» Он всегда был душой компании.
17. stretching and Pilates ['stretʃɪŋ [pi'lɑ:teɪz]	растяжка и пилатес

IV. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS:

1. Until what time does Marek stay in bed at the weekends?
2. What kind of breakfast does he prefer?
3. What does he sometimes do in the afternoon?
4. How does Lola start her Saturdays?
5. Who like meeting friends?
6. How does he spend his Saturday evenings?
7. What pizza does Marek get?

8. What do Lola and her friends do after breakfast?
9. What kinds of art is Lola quite keen on?
10. Are her friends interested in modern art?
11. What things does Lola do on Saturday evenings?
12. Why does Ann look forward to her days off?
13. What does she like to do after waking up?
14. What sports does she practice?
15. What does she enjoy doing?
16. What do people call Ann?

2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. Lola doesn't like getting up early on Saturdays.
2. Marek hates having a lot to eat for breakfast.
3. Marek doesn't usually have breakfast at home on Saturdays.
4. Marek doesn't like doing any sports or exercise.
5. Lola likes doing nothing in the park.
6. They both like going to art galleries.
7. Marek is not really keen on modern art.
8. Lola likes chatting on the phone on Saturday evenings.
9. Marek prefers to get a take-away pizza and watch TV in the evening.
10. Marek and Lola sometimes stay in on Saturday evenings.
11. On Saturday Ann wakes up earlier than usual.
12. She really hates to go clubbing.
13. People say Ann is the life and soul of a party.



V. EXERCISES

1. Complete the sentences

1. I don't like getting up early at the weekends so.....
2. I can't stand going.....
3. I quite like meeting friends in the park or.....
4. I stay in and chat on the phone and.....
5. I get up early on Saturdays and.....
6. I 'm quite keen on.....
7. My friends really hate.....
8. I don't mind.....
9. On Saturday evenings I.....
10. I sometimes have dinner with friends or.....
11. I usually have no free time on week-days that's why.....
12. I don't get up.....
13. I practice.....
14. We usually throw.....
15. People say I'm.....

2. Marek, Lola and Ann use several expressions to talk about spending their time. Find as many of these expressions as you can.

1. an expression that means “we remain at home in the evening”
2. an expression that means “I hate to work out”
3. an expression that means “I don't like to go for a walk in the evening”
4. an expression that means “ I get in a bus at about 9.00 a.m.”
5. an expression that means “it doesn't matter where to go”
6. an expression that means “to wait for smth. with impatience”
7. an expression that means “to entertain smb., to dance a lot and have fun”
8. an expression that means “to be loved by friends very much”

3. Complete the sentences using phrases from the box

getting up early, going out on Saturday evenings, meeting friends, going to the gym, doing exercise, throwing theme parties, having a big breakfast, clubbing, going out with friends, going to art galleries



1. I really like.....
2. I'm keen on.....
3. I don't like.....
4. I really hate.....
5. I'm fond of.....
6. I quite like.....
7. I can't stand.....
8. I absolutely love.....
9. I'm not very keen on.....
10. I always look forward to.....

4. Make the sentences true for you and tell your partner what you like and dislike doing. Use the following expressions:

talking on the phone, visiting museums, going to the cinema, getting up early, dancing, reading books, watching football on TV, doing crossword puzzles, lying on a beach, going out on Saturday evenings, meeting friends.

Example: *I'm quite keen on watching football on TV.*

5. A. Write what we call a person who:

1. likes staying in, eating and watching television.....
2. likes going out, dancing and meeting friends.....
3. likes reading and going to museums and art galleries.....
4. is the first to leave the party.....

B. Match what you've written with the pictures A-D.



A



B



C



D

6. A. Work with the partner and do a personality quiz below to discover what kind of person you are. Use a dictionary to check any new words. Choose a), b) or c) to answer.

WHAT SORT OF PERSON ARE YOU?

It's your birthday. Do you...

- a) go clubbing with friends?
- b) have dinner in restaurant with friends?
- c) get a DVD and a take-away pizza?

It's your lunch break at work. Do you...

- a) meet some friends and go to the gym?
- b) go to an art gallery?
- c) have a sandwich at your desk?

It's your summer holiday. Do you...

- a) go clubbing in the evening?
- b) visit old buildings?

- c) lie on the beach?

You go shopping on holiday. Do you buy...

- a) some clothes for the evening?
- b) a book about the place you're in?
- c) an ice cream?

It's a sunny weekend. Do you...

- a) have a picnic with family and friends?
- b) visit another city?
- c) read a magazine at home?

More A: *you're a real party animal and fun to be with. Don't forget to stop and rest sometimes!*

More B: *you're a proper culture vulture and like learning something new. Don't forget to join the party sometimes!*

More C: *you're a total couch potato and usually on the sofa, doing nothing. Come on, get up and join in the fun!*

B. Ask your partner to do the quiz for you. Look at your results and your partner's ideas about you. Are they the same?

7. Translate the sentences.

1. Джек – абсолютный лентяй. **2.** Мы часто общаемся с родителями по телефону. **3.** По выходным Дэн предпочитает оставаться дома, заказывать пиццу с доставкой и смотреть телевизор. **4.** Я занимаюсь различными делами по субботним вечерам, например, иногда ужинаю с друзьями или гуляю в парке. **5.** Он увлекается многими видами современного искусства, особенно живописью. **6.** Вам нравится устраивать тематические вечеринки с сюрпризами и подарками? **7.** В половине девятого она садится в автобус и едет тренироваться в спортивный зал. **8.** Все считают ее душой компании. **9.** Он с нетерпением ждет отпуска, чтобы поехать в Москву и пройтись по художественным галереям. **10.** Я не тусовщик и терпеть не могу ходить по клубам. **11.** Ведь не каждый же человек большой охотник до культурных развлечений! **12.** В 20-х годах 20 века Джозеф Пилатес разработал систему упражнений на растяжку, гибкость (flexibility) и дыхание.

VI. SPEAKING

1. Answer the questionnaire below. Count your score using the key and read what it means. Compare the score with the partner.



ARE YOU A PARTY ANIMAL OR A PARTY POOPER?

1. You've been invited to a party but you're working the next morning. Do you...

- a) think you only live once and go and have a good time?
- b) go to the party but leave at 10 o'clock?
- c) send your apologies and get an early night?

2. It's your birthday. Do you...

- a) have a quiet family get-together, blow your candles out and go to bed early?
- b) hope that nobody has remembered? You don't want to get older anyway.
- c) have a big party and invite everybody you know?

3. You've been invited to a party by somebody you don't know very well. Do you...

- a) go to the party and hope you'll meet lots of new people?
- b) refuse the invitation, it's too scary?
- c) go to the party but take a friend with you to make sure you'll have someone to talk to?

4. You arrive at the party and realize that the only person you know is the host. Do you...

- a) panic and hide in the bathroom?
- b) go and introduce yourself to anybody who looks interesting?
- c) end up talking to the most boring person there because nobody else wants to talk to them?

5. Your favorite record comes on, but nobody else is dancing. Do you...

- a) wait until a few other people are dancing and then join them?
- b) stay where you are? You prefer to dance to your favorite record in the privacy of your own home?
- c) start dancing on your own?

6. Somebody suggests playing party games.



Do you...

- a) suddenly remember a previous engagement?
- b) feel embarrassed, but join anyway?
- c) suggest your favorite game and organize it?

KEY				What it means
1	a=1	b=2	c=3	• If you scored between 6 and 10: You are definitely the life and sole of any party.
2	a=2	b=3	c=1	
3	a=1	b=3	c=2	• If you scored between 11 and 14: You could afford to let your hair down occasionally.
4	a=3	b=1	c=1	
5	a=2	b=1	c=3	• If you scored between 11 and 14: You obviously like the quite life - but you don't have to take everything so seriously!
6	a=3	b=2	c=1	

2. Tell other students what kind of person you are and why. Use phrases from the box of exercise 3 and the quiz (exercise 6).

I think I'm mostly a party animal because I absolutely love going out with my friends.

3. Speak about your typical Saturday. Use the text to help you.

4. A. Read the interview with Christina East a British mental health specialist. She thinks it's time for a new special holiday called Nothing Day.



The idea of a new holiday comes from Harold Coffin, an American journalist. It's a day for nothing. No parties, no gifts, no cards. It's a time to have a break, to sit and do nothing. Nothing Day is on January 16th. The first Nothing Day was in 1973. There are special days for everything. In March we have Mother's Day. In April there's Fool's Day and Halloween in October. Ideally people do nothing on that day.

But it's very difficult. Here are some suggestions: in the morning, wake up when you like, have a relaxing breakfast. Do nothing. In the afternoon, go for a walk. Sit in a park. Do nothing. At night telephone an old friend and talk. Read a book or go to bed. Do nothing.

B. Work with a partner. Match the questions (1-5) with the answers (a-e).

- | | |
|--------------------------------------|--|
| 1. When is Nothing Day? | a) The idea of a new holiday comes from Harold Coffin, an American journalist. |
| 2. What do people do on Nothing Day? | b) It was in 1973. |
| 3. When was the first Nothing Day? | c) It's a time to have a break, to sit and do nothing. |
| 4. What is Nothing Day? | d) It is on January 16th. |
| 5. Whose idea was it? | e) Ideally people do nothing on that day. No parties, no gifts, no cards. |

5. Work in small groups. The government wants to create some new holidays. Decide on three new holidays and what dates they are. What do people do on these days?

6. Present your idea for new holidays to the class. Which are the most interesting?

Our idea for a new holiday is Student's Day. It's on 3d of June. On this holiday people...



VII. HAVE FUN

PERFECT DAY

It's a perfect day today
Nothing's going wrong.
I really hope it stays this way
Perfect all day long.

It's Saturday and there's no school
Saturdays are really cool.
I can relax and meet my friends
I hope today never ends.

It's a perfect day today
Nothing's going wrong.
I really hope it stays this way
Perfect all day long.

It's a perfect day today, so I can't lose
I can do whatever I choose.
I look good and I feel fine
And the whole of the day is mine!



WHO LOVES THE TREES BEST?

Who loves the trees best?

I! – said the Spring.
Green beautiful leaves
To them I bring.

Who loves the trees best?

I! – Summer said.
I give them flowers
White, pink and red.

Who loves the trees best?

I! – Autumn said.
I give them ripe fruits
Sweet and red.

Who loves the trees best?

I love them best. –
White Winter answered
I give them rest.

UNIT

5



TRAVELING

I. LISTENING AND READING



Listen to the text

Read and translate the text

NANCY MILLER'S TRAVEL WEBLOG ALICE



During my 35 years as a travel writer, I have visited all the continents except Antarctica. I have backpacked through Asia, I have cycled through Europe, I have driven across Africa, I have flown over North and South America, but I have never explored my own home, Australia. So the time has come to put this right. Over the next ten days I am planning to have a holiday with my two grandchildren. First we are going to do some sightseeing. After that we are going to go boating, hiking, rafting and walking the Australian aboriginal trail.

Here is a diary of our travels and adventures.

DAY 1. We did a walking tour of Adelaide, the capital city of South Australia and a big seaport. We saw a lot of historical buildings and admired their architecture.

DAY 2. We took a boat trip around Discovery Bay.

DAY 3. We explored some grottos near Cape York.

DAY 4. We rafted on the Broken River.

DAY 5. We visited a thermal reserve and saw a few spectacular geysers.

DAY 6. We hiked through a canyon and saw a waterfall.

DAY 7. We walked the aboriginal trail and learned a lot of interesting things about Australian aboriginals and their lifestyle and culture.

DAY 8. We saw a lot of kangaroos.

DAY 9. In the last 8 days, we saw and did some amazing things. But nothing compares to the famous Uluru – the largest rock monolith in the world. I heard about the wonderful changes in the color of the Rock, but until you see it yourself, it's impossible to imagine.

DAY 10. We crossed the desert to the modern town of Alice Springs. We are going to miss all the friends we made and all the places we visited.

II. NOTES

continent ['kɒntɪnənt]	континент
Antarctica [æn'tɑ:ktɪkə]	Антарктида
Asia ['eɪʃə]	Азия
Europe ['juərəp]	Европа
Africa ['æfrɪkə]	Африка
North America [nɔ:θ ə'merɪkə]	Северная Америка
South America [sauθ ə'merɪkə]	Южная Америка
Australia [sauθ əs'treɪliə]	Австралия
Adelaide ['ædəleɪd]	Аделаида
Discovery Bay [dɪs'kʌvərɪ beɪ]	залив Дискавери
Cape York [keɪp 'jɔ:k]	мыс Йорк
Broken river ['brəʊkən 'rɪvə]	река Брокен
grotto ['grɒtəʊ]	грот
lifestyle and culture ['laɪfstɑɪl] ['kʌltʃə]	образ жизни и культура
kangaroo [ˌkæŋgə'ru:]	кенгуру
Uluru [ʊ'lʊərə:]	Улуру
Alice Springs ['æɪlɪs sprɪŋz]	Элис Спрингз

III. VOCABULARY

1. except [ɪk'sept]	кроме, за исключением
2. to backpack ['bækræk]	совершать пешие походы с рюкзаком

3. through [θru:] I have backpacked through Asia.	по, через Я прошла с рюкзаком всю Азию.
4. to cycle ['saɪkl] I have cycled through Europe.	ездить на велосипеде Я проехала на велосипеде Европу.
5. across [ə'krɒs] I have driven across Africa.	через, от края до края Я проехала через всю Африку.
6. to explore [ɪk'splɔ:] I have never explored Australia.	исследовать Я никогда не исследовала Австралию.
7. to put smth right The time has come to put this right.	исправлять, корректировать Пришло время исправить это.
8. to have / to go on a holiday camping holiday sightseeing ['saɪt,si:ɪŋ] holiday sea holiday ski /skiing ['ski:ɪŋ] holiday adventure [əd'ventʃə] holiday haunted ['hɔ:ntɪd] holiday	поехать в отпуск отдых на природе отдых с осмотром достопримечательностей отдых у моря отдых на горнолыжном курорте отпуск с элементами приключения поездка в места, где водятся привидения, чудовища и пр.
9. to do / to go sightseeing ['saɪt,si:ɪŋ]	осматривать достопримечательности
10. to walk a tourist trail [treɪl] history trail to walk the Australian aboriginal trail [ˌæbə'ɹɪdʒənəl]	ходить по туристической тропе туристическая тропа с историческими достопримечательностями ходить по тропе австралийских аборигенов
11. diary ['daɪəri]	дневник
12. to do a walking tour [tuə]	совершить пешеходную экскурсию
13. to admire [əd'maɪə] We saw a lot of historical buildings and admired their architecture. ['ɑ:kɪtektʃə]	любоваться, восторгаться Мы увидели много исторических зданий и полюбовались их архитектурой
14. to take a boat trip around smth	прокатиться на катере по ч-л
15. to raft [rɑ:ft] / to go rafting We rafted on the Broken River.	сплавляться на плоту Мы сплавились по реке Брокен.
16. thermal reserve ['θɜ:məl rɪ'zɜ:v]	термальный заповедник

17. spectacular [spek'tækjələ] spectacular geysers ['gi:zəz]	впечатляющий впечатляющие гейзеры
18. to hike [haɪk] We hiked through a canyon ['kænjən].	гулять, ходить пешком Мы прошли пешком по каньону.
19. waterfall ['wɔ:təfɔ:l]	водопад
20. amazing [ə'meɪzɪŋ]	поразительный, удивительный
21. to compare [kəm'pɛə] smth to smth nothing compares to	сравнивать ч.-л. с ч.-л. ничто не может сравниться с
22. famous ['feɪməs]	знаменитый
23. rock monolith ['mɒnəlɪθ]	скальный монолит
24. desert ['dezət] We crossed the desert.	пустыня Мы пересекли пустыню.
25. to miss smb/smth	скучать по к-л/ч-л

IV. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS:

1. How many continents has Nancy Miller visited?
2. In what manner has she explored Asia, Europe, Africa, North and South America?
3. What continent has she never explored?
4. What is Nancy planning to do over the next ten days?
5. Who is Nancy planning to have a holiday with?
6. What city did they do a walking tour of?
7. What did they see and admire in Adelaide?
8. What river did they raft on?
9. What reserve did they visit? What did they see?
10. What did they learn about the aboriginals?
11. What animals did they see?
12. What is Uluru?
13. Whom and what are Nancy and her grandchildren going to miss?

2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. Nancy Miller is a travel poet.
2. She has visited all the continents including Antarctica.



3. Nancy has backpacked through Africa.
4. She has cycled through North and South America.
5. She has driven across Antarctica.
6. She is planning to have a holiday with her two children.
7. First they are going to walk the Inca trail.
8. They are also going to go swimming with sharks.
9. They did a walking tour of Canberra, the capital of Australia.
10. They took a boat trip around San Francisco Bay.
11. They rafted on the Katun River.
12. They visited a thermal reserve and saw a few active volcanoes.
13. They saw a lot of tigers.
14. They are going to miss all the friends they made and all the places they visited.

V. EXERCISES

1. Nancy Miller uses several expressions to talk about her travels. Find the following expressions:

1. an expression that means “to correct something”
2. an expression that means “to go away to relax”
3. an expression that means “to visit interesting or historical places”
4. an expression that means “to follow a path”
5. an expression that means “to walk and see sights”
6. an expression that means “to go by boat”
7. an expression that means “to want to see and hear somebody very much”.

10. Complete the sentences.

1. I have never **e**_____ **d** my own home, Australia.
2. So the time has come to **p**___ this **r**_____.
3. I am planning to **h**_____ a **h**_____ with my two grandchildren.
4. First we are going to **d**_ some **s**_____.
5. Here is a **d** _____ of our travels and adventures.
6. We did a **w** _____ **t**_____ of Adelaide.
7. We **t** _____ a **b** _____ **t** _____ around Discovery Bay.
8. We **r** _____ on the Broken River.
9. We **w** _____ the **a** _____ **t** _____ and learned a lot of interesting things about their lifestyle and culture.

10. We are going to m_ _ _ _ all the friends we made and all the places we visited.

3. Match Column A with Column B.

Column A	Column B
1 Ron visited	a over Russia from Vladivostok to Moscow
2 My friend took	b across the Sahara
3 Last year I flew	c three continents
4 His dream is	d on the Katun river
5 Ann and Mike rafted	e through China to the Great Wall
6 They cycled	f a boat trip around lake Baikal
7 The team of zoologists drove	g to explore Africa

4. Make up sentences.

Example: to China / you ever / been / have? - *Have you ever been to China?*

1. she / ever / been / to South America / has?

.....

2. you / to take / plan / do / a vacation?

.....

3. you ever / explored / have / your own country?

.....

4. was / time / my / in Egypt / it / first.

.....

5. last / visited / Spain / they / year/

.....

6. you ever / speak / to a famous person?

.....

7. never / seen / have / a kangaroo / I.

.....

8. you / ever / taken / a boat trip / have?

.....

9. would like / through / to hike / a canyon / I.

.....

10. cross / you / did / the Sahara desert / when?

.....



5. Read the descriptions of the continents and say which is which.

A. It is the world's second-largest continent and second most populous after Asia. It is famous for its wild animals such as elephants, lions, hippos and crocodiles. Scientists think that human history began in that continent.

B. It is a continent surrounding the Earth's South Pole. It is the coldest place on Earth. It has no permanent population at all.

C. It is the world's largest continent. About 60 percent of the world's human population lives in it. The plateau and mountainous areas sweep across this continent, climaxing in the high Tibetan Plateau, rising to the highest peaks in the world in the Himalaya.

D. This continent is the driest inhabited continent. The Great Barrier Reef, the world's largest coral reef, lies a short distance off the north-east coast. The world's two largest monoliths are located on this continent. The fauna include the koala and kangaroo, and birds such as the emu, and kookaburra.

E. This continent is geographically a subcontinent, but it is traditionally considered a continent. It is bounded to the north by the Arctic Ocean, to the west by the Atlantic Ocean and to the south by the Mediterranean and Black Seas and the Caucasus. Its boundary to the east has traditionally been given as the Ural Mountains.

F. This continent occupies the northern portion of the landmass generally referred to as the New World. It is the third largest continent in area, after Asia and Africa. The majority of the inhabitants speak English.

G. It is a continent, with most of its area in the Southern Hemisphere (полушарие). It is situated between the Pacific Ocean and the Atlantic Ocean. The land to the east of the Andes is largely tropical rain forest, the vast Amazon River basin. The largest country in both area and population is Brazil.

6. Match the photos A-G with the types of holidays in the box.

camping holiday	sightseeing holiday	haunted holiday
ski holiday	adventure holiday	history trail
	sea holiday	



A.



B.



C.



D.



E.



F.



G.

7. Read the advertisements of different types of holidays. What type of holiday are they?

MUCH 3

Fly a Russian MIG-25 plane and see the world from above the clouds.

GREAT WALL

Explore the villages and temples of Mongolia and northern China.

DOLPHIN DAYS

Swim with the dolphins of the Bahamas.

MONSTER PARTY

Look for the Loch Ness Monster.

INCA GOLD

Follow the trail of conquistadors and discover the ancient Peruvian cities.

MOUNTAIN MEMORIES

Cycle through the volcanic valleys of Reunion Island.

AN AWESOME ISLAND

Experience the beauty of the seas of Borneo.

GET MORE WINTER

Find your ideal holiday on mountain slopes.

ALEXANDER THE GREAT

Follow the Path of Alexander the Great through the historic cities of Turkey.

ROUTE 66

Go on a journey from Chicago to Los Angeles by Harley-Davidson.

YETI HUNT

Spend two weeks in the high Himalayas in search of the yeti.

FORGET ABOUT CITY LIFE

Live in a tent on the bank of the Yellow river in China.

COME TO LONDON

Visit the Tower of London, the Houses of Parliament, the British Museum, and Westminster Abbey and go back to your country with unforgettable memories.

8. Match the paragraphs 1-4 to some of the advertisements in exercise 5.

1. I would really like to see the monster, but it does not matter too much. I'm also interested in seeing Scotland and I plan to visit the village where my father was born. My husband is looking forward to tasting all the different whiskies.

2. I know it is going to be difficult so I plan to do a lot of practice on my bike before I go. I intend to take a lot of photos of the volcanoes and the animals and everything. I hope to get some pictures of the monkeys I want to have an exhibition of the photos when I get back.

3. We would like to learn some Chinese before we go, because we want to meet a lot of people when we're there. My wife is looking forward to seeing the Wall, but I'm more interested in finding out about the people who live in that part of the world.

4. I am really looking forward to riding the motorbike. I hope to go with a friend, but if he has not got enough money, I intend to go alone. I've got a brother in Los Angeles and I plan to stay with him when I get there.

9. Translate the sentences.

1. Дэн много путешествует. 2. Он посетил больше стран, чем может сосчитать. 3. Каждый год он уезжает в отпуск. 4. Он очень спортивный и любит разные виды путешествий. 5. Зимой он обычно ездит на горнолыжные курорты. 6. Летом он любит ходить в туристические походы, сплавливаясь по горным рекам и жить в палатках. 7. Но иногда он отдыхает на море. 8. Он много плавает и загорает. 9. А в прошлом году он поехал в Лондон, где увидел множество достопримечательностей. 10. Там он познакомился со многими интересными людьми. 11. Дэн говорил по-английски и завел много друзей. 12. Он узнал много интересного о культуре и образе жизни англичан. 13. В этом году Дэн планирует поехать в Австралию. 14. Он с нетерпением ждет отпуска. 15. Он надеется пройти по тропе австралийских аборигенов и увидеть водопады, гейзеры, каньоны, и, конечно же, Улуру.

VI. SPEAKING

1. Read the advertisements in exercise 6 again and say which of the holidays do not interest you. Explain why.

2. Choose the correct form of the verb to complete the sentences.

1. I **hope** *to find / finding* the yeti.

2. I **intend** *to take / taking* some Chinese lessons.

3. I **am very interested in** *learn / learning* more about the monster.

4. I **am looking forward** *to swim / swimming* with the dolphins.

5. I **plan** *to spend / spending* two weeks in the jungle.

6. I **want** *to visit / visiting* the old temples.

7. I **would like** *to read / reading* more about Alexander.

3. Choose one of the holidays from the advertisements. Explain why you would like to have that holiday and say what you are going to do there using the questions below.

- Which holiday do you want to go on?
- Would you like to go with another person or alone?
- Why are you interested in that holiday?
- Do you intend to prepare for the holiday in any way?
- What do you plan to take with you?
- What are you looking forward to most in the holiday?
- What do you hope to do when you are there?

4. Work in pairs and tell your speech partner about a really good holiday you have had.

5. Two friends from Australia are coming to visit you for a week. It is their first visit to your country. You are going to be their guide. First decide what you intend to do with them. Look at the list and use ideas of your own.

- visit different parts of the country
- things to do and see;
- means of transport
- places to stay;
- places and things to eat;
- people to introduce them to
- things to do on the last night

Work in pairs and discuss your plans. Then tell the rest of the class.

VII. HAVE FUN

THE BEACHES OF MEXICO



Have you ever seen the beaches of Mexico?
Have you ever walked the streets of San Juan?
Have you ever been to Haiti?
Have you ever been to Spain?
Have you ever walked barefoot in a heavy rain?
Have you ever been in trouble?
Have you ever been in pain?
Have you ever been in love?
Would you do it all again?

Well, I've never seen the beaches of Mexico.
I've never walked the streets of San Juan.
I've never been to Haiti.
I've never been to Spain.
I've never walked barefoot in a heavy rain.
But I've sure been in trouble,
I've sure been in pain,
I've sure been in love,
I'd do it all again.

BRIGHTON IN THE RAIN

I've never been to Athens and I've never been to Rome
I've only seen the Pyramids in picture books at home
I've never sailed across the sea or been inside the plane
I've never eaten foreign food or drunk in a foreign bar
I've never kissed a foreign girl or driven a foreign car
I've never had to find my way in a country I don't know
I've always known just where I am and where I'll never go.
I've read travel books by writers who have been to Pakistan
I've heard people telling stories of adventures in Iran
I've watched TV documentaries about China and Brazil
But I've never been abroad myself; it's making me feel ill.
I've studied several languages like Hindi and Malay
I've learnt lots of useful sentences I've never been able to say
The furthest place I've ever been was to the Isle of Man
And that was full of tourists from Jamaica and Japan.

UNIT

6



CULTURE SHOCK

I. LISTENING AND READING



Listen to the text



Read and translate the text

CULTURE SHOCK



Laszlo: Well, I think sometimes yes. English people can be so polite that you don't really understand them. For example, I went to London with some other teachers from Hungary to do a training course for teachers of English. It was a special course for foreign teachers. During the course the tutors, the people who were teaching us, talked to us a lot about our progress - and we thought we were all doing really well. So we were very very surprised when some of us failed the course! What had happened was that the English

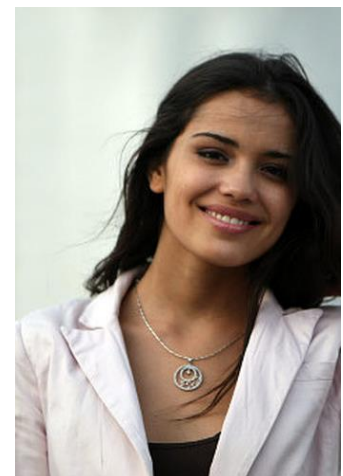
tutors were so polite when they gave their opinion about our teaching what we didn't realize we were doing things badly I think that's typically English. I think sometimes they need to say what they think, to be more direct.

Paula: I think English people are too polite that it makes us Latin people think that they're cold. I mean we're very noisy and extrovert and so when they're quiet and polite we think that they don't like us, that they're being unfriendly.

So maybe yes, they *can* be too polite. I think they need to relax more.



Melik: I think the English are very polite, but I don't think they are too polite - I mean I don't think it's a bad thing, I think it's a good thing. In my job, I have met a lot of English people and I think they're much more polite than we are, both in the way they talk and also in the way they respect other people's opinions. And their manners in general are much better. OK, this isn't true about all English people. The football hooligans and some



of the tourists that come here to Turkey and drink too much - they're not polite - but the majority is and I like it.

Renata: Well, I went to London a few years ago and one day, surprise-surprise, it was raining and I was walking along the street and everybody has an umbrella and every time someone went past me they hit me with their umbrella and then said, 'Oh sorry' or 'I'm awfully sorry' or 'I'm terribly sorry'. And after the tenth time this happened, I just said to the person who hit me: 'Please stop saying sorry and just be more careful!' So in answer to your question, I don't think English people are too polite. They say 'sorry' and 'thank you' a lot, but it doesn't really mean anything.



II. NOTES

Laszlo ['ləzləʊ]	Ласло
Hungary ['hʌŋgəri]	Венгрия
Paula ['pɔ:lə]	Пола
Latin ['lætn]	Латиноамериканцы
Melik [me'li:k]	Мелик
Turkey ['tɜ:ki]	Турция
Renata [rə'nɑ:tə]	Рената
typically ['tɪpɪk(ə)li]	типично
really ['riəli]	действительно
progress ['prəʊgrəs]	прогресс
extrovert ['ɛkstrəʊ,vɜ:t]	экстраверт
manner ['mænə]	манера
hooligan ['hu:lɪgən]	хулиган
tourist ['tʊərɪst]	турист
tutor ['tju:tə]	учитель, преподаватель

III. VOCABULARY

1. to be polite [pə'laɪt] English people can be so polite.	быть вежливым Англичане могут быть очень вежливыми.
2. to do a training course ['treɪnɪŋ kɔ:s] I went to London to do a training course for teachers.	проходить курс обучения Я поехал в Лондон, чтобы пройти курс обучения для учителей.
3. to be surprised [sə'praɪzd] We were very surprised.	быть удивленным Мы были очень удивлены.

4. to do well We were all doing really well.	делать успехи Мы все делали большие успехи.
5. to fail a course [feɪl]	провалить (не справиться) курс
6. to give one's opinion [ə'pɪnjən] to respect other people's opinion [rɪs'pɛkt] They gave their opinion about our teaching.	высказывать мнение уважать мнение других людей Они высказали свое мнение по поводу нашей учебы.
7. to do well / to do badly ['bædli]	успевать (хорошо учиться) / не успевать (иметь проблемы с учебой)
8. to be direct [də'rekt] I wish sometimes they could be more direct.	быть правдивым, прямым Я хотел бы, чтоб они иногда были более прямыми.
9. to be noisy ['nɔɪzi]	быть шумным
10. to be unfriendly [ʌn'frɛndli]	быть недружелюбным
11. to relax [rɪ'læks] I think they need to relax more.	расслабляться, отдыхать Считаю, что им нужно больше отдыхать.
12. in smb's job [dʒɒb] In my job, I have met a lot of English people.	по работе По работе я встречаюсь с англичанами.
13. in the way [weɪ] I think their politeness in the way they respect other people's opinions.	то, каким образом Считаю, что их вежливость выражается в том, каким образом они уважают мнение других людей.
14. in general [dʒɛnərəl]	в общем
15. surprise-surprise [sə'praɪz-sə'praɪz] I was in London and, surprise-surprise, it was raining!	какой сюрприз! Я была в Лондоне и, какой сюрприз, там шел дождь!
16. majority [mə'dʒɔrɪti]	большинство
17. to hit smb with an umbrella [ʌm'brɛlə]	ударить кого-л. зонтом
18. to go past [pɑ:st]	проходить мимо
19. awfully ['ɔ:fʊli] I'm awfully sorry.	Ужасно Мне ужасно жаль.

20. to walk along the street [ə'lvŋ]	идти по улице Я шла по улице.
I was walking along the street.	
21. in answer to smb's question	ответить на чей-л. вопрос

VI. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS

1. Where is Laszlo from?
2. Why did he go to London?
3. What did the tutors tell them about their studies?
4. What, to Paula's mind, do Latin people think about the English?
5. What does she think they need to do?
6. What does Melik think about English manners?
7. What was the weather like when Renata was visiting London?
8. What did she say to a stranger who hit her with an umbrella?

2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. Laszlo is a student from Poland.
2. He came to London to do a training course.
3. The tutors told them they were doing really well.
4. Laszlo successfully passed his exam.
5. He wishes English people were more direct.
6. Paula thinks English people are noisy and extrovert.
7. She says they need to relax more.
8. In his job, Melik has met few English people.
9. Renata has just returned from London.
10. The weather was fine during her stay in England.
11. People, who went past her in the street, greeted her with a smile.
12. She says that English people are very polite.

V. EXERCISES

1. The four people use several expressions to talk about English people. Find the following expressions:

1. An expression that means "to be open"
2. An expression that means "to say what one thinks"
3. An expression that means "to be shocked"
4. An expression that means "to succeed"

5. An expression that means “to knock smb. with”
6. An expression that means “not to pass an exam”
7. An expression that means “to go by”

2. Complete the sentences.

1. English people can be so **p**_____ **e** that you don't really understand them.
2. I went to London to do a **t**_____ **g** **c**_____ **e** for teachers of English.
3. The English tutors **g**____ **e** their **o**_____ **n** about our teaching.
4. I think that's **t**_____ **y** English.
5. I mean we're very **n**____ **y** and **e**_____ **t**.
6. They **r**_____ **t** other people's **o**_____ **s**.
7. The **f**_____ **l** **h**_____ **s** are not polite - but the **m**_____ **y** is and I like it.
8. I was **w**_____ **g** **a**____ **g** the street.
9. ‘Please stop saying sorry and just be more **c**_____ **l**!’

3. Fill in the table.

Who ...?	Laszlo	Paula	Melik	Renata
is an English teacher				
comes from Turkey				
is noisy and extrovert				
disappointed with English politeness				
is from Hungary				
visited London in rainy weather				
failed the exam				
spoke about football hooligans				
thinks the English need to relax more				

4. Match the words with their definitions.

- | | |
|---|----------------------------|
| <p>a. having or showing behaviour that is respectful and considerate of other people</p> | <p>1. extrovert</p> |
| <p>b. extending or moving from one place to another without changing direction or stopping</p> | <p>2. careful</p> |
| <p>c. making or given to making a lot of noise</p> | <p>3. direct</p> |
| <p>d. an outgoing, socially confident person</p> | <p>4. noisy</p> |
| <p>e. done with or showing thought and attention</p> | <p>5. polite</p> |
| <p>f. making little or no noise</p> | <p>6. quiet</p> |

5. Paraphrase the sentences, changing the words in italics.

1. We thought we were all *making progress* in the course.
2. Some of us *could not pass the examinations!*
3. I think sometimes they need to say what they think, to be more *frank*.
4. It makes us Latin people think that they're *reserved*.
5. I think they need to *rest* more.
6. They *are considerate about* other people's opinions.
7. But *most people are* polite and I like it.
8. When someone went past me he *touched* me with an umbrella.

6. Complete the sentences with suitable words or phrases from the box.

training course	awfully	respect
polite	relax	tutor
extrovert	noisy	

1. My neighbours' children are so sometimes that I cannot fall asleep because of them.
2. He wanted to become an accountant so he decided to
3. You look tired, you need to more.
4. She is confident, talented and kind that's why a lot of people admire and her.
5. I'm sorry I have broken your favourite cup.
6. It's very hard to get down to my studies, I guess I need to ask my for help.
7. A real gentleman must be reserved and
8. He is very energetic and talkative, he must be an

7. Make up sentences.

Example: a special course / foreign / it / for / teachers / was. – It was a special course for foreign teachers.

1. failed / some / the course / of us.
.....
2. that's / think / English / I / typically.
.....
3. to us / our progress / tutors / a lot / about / talked / the.
.....
4. they / to say / they / think / sometimes / need / what / to say.
.....
5. that / Latin / think / cold / people / they're.

.....
6. better / their / in general / are / manners / much.

.....
7. English / this / about / people / isn't true / all.

.....
8. mean / doesn't / anything / it / really.

.....
9. umbrella / they / me / with / hit / their.
.....

8. Translate the sentences.

1. Вчера, когда я шел по улице, я встретил своего школьного друга Джона. 2. В ответ на мой вопрос, он рассказал мне о себе. 3. Компания, где работает Джон, отправила его на курсы обучения итальянскому языку, где он познакомился с семейной парой, живущей по соседству. 4. Марко и София оказались экстравертами и довольно откровенными людьми. 5. Джон настолько вежлив, что иногда не может отказать людям. 6. Ему не хотелось быть недружелюбным, поэтому пришлось принять приглашение соседей на обед. 7. Когда он пришел, какой сюрприз, соседей не было дома! 8. В своей работе, он иногда сталкивался с людьми, которые опаздывают, а иногда вообще не приходят на встречу. 9. Поэтому он считал новых друзей недостаточно вежливыми и собрался домой. 10. В этот момент он встретил своего преподавателя итальянского, проходившего мимо. 11. Преподаватель объяснил Джону, что итальянцы крайне непунктуальны. 12. Через некоторое время соседи пригласили Джона снова. 13. Они подружились и много говорили по-итальянски. 14. К концу обучения Джон добился больших успехов!

VI. SPEAKING

1. Look at the five situations

- Do people do these things in your country?
- Do you think it's good or bad manners to do these things, or it doesn't matter?
- Would you like people in your country to have such manners?

Greeting people

- Kiss people on both cheeks when you meet them for the first time
- Call older people by their first names
- Use more formal language when speaking to an older person



In a restaurant

- Let your children run around and be noisy
- Be very affectionate to your partner
- Talk on your mobile



Men and women – a man's role

- Pay for a woman on the first date
- Wait for a woman to go through the door first
- Make sure a woman gets home safely at night



Driving

- Always stop at pedestrian crossing
- Hoot at someone who's driving slowly
- Drive with the window down and your music playing



Visiting people

- Take a present if you're invited to dinner at someone's house
- Arrive more than 10 minutes late for a lunch or dinner
- Smoke in a house where the owners don't smoke



2. The British are famous for their politeness, what about people in your country? Do you think Russians are polite? How polite are people working in shopping centres, cafes and restaurants?

3. Speak about a situation in your life when you had positive / negative experiences dealing with people. Use the questions below.

- When and where did it happen?
- What was the matter of the conflict?
- Was it connected with you personally or with your family or friends?
- What did it take to settle the conflict down?
- Were you satisfied with the results?
- What emotions did you have during and after the situation?

4. The Russians are said to be very direct. For example, if they don't like the taste of some dish they say it frankly, no matter if it offends the hosts or not. Can you give an example when your honesty helped you and when it made you feel uncomfortable?

5. Single out three qualities of Russians that you are proud of and three qualities that you really dislike.

HAVE FUN

How well do you know other countries? What country is described?

1. The country of films and cartoons, Cola and baseball. All of its people seem to have one and the same dream – to become rich. The country of dynamic people, businessmen, and advertisements.
2. The country of charming women, very busy men who are devoted to their work and the most obedient children. People of this country became proficient in making bouquets, cars, computers, TV-sets, etc. The country of the rising sun.
3. The country of beautiful women and swarthy (смуглый) men, guitars, serenades and inflammatory dances, wonderful wines and bullfighting.
4. The country of excellent perfumes. The mother of impressionism. The home of fashion trendsetters.
5. The country where only plump women are popular. The country where a lot of religions come from. At least half of its people speak English. Famous for its films.
6. The country where you can find everything you want, where the famous Games came from.
7. There used to be two countries, now they are united. The country of order and punctual people. Their language is a set of rules (but they are difficult to memorize). The country of beer and sausages.
8. The country the people of which are very close to us (literally). They are famous for their exotic food – they eat even unknown to modern science

animals. They are very loving parents but because of the large population they cannot have more than one child.

9. The country of traditions, of ladies and gentlemen, international language, bacon and eggs.



UNIT

7



EATING HABITS

I. LISTENING AND READING



Listen to the text



Read and translate the text

DYING TO BE THIN

Kathy is on a special diet. She weighs 45 kilos and her target weight is 50 kilos. Very few people try to put on weight, but Kathy has a very good reason for eating more.

Kathy's problems began when she was sixteen years old. As she was sitting in the playground enjoying an ice cream, a teacher jokingly told her that she would become overweight if she ate too many sweets. Kathy took the words close to heart and began a diet which would last for the next twenty years of her life. She quickly lost a lot of weight and began to look too thin.

"All I ever ate was salad and apples", Kathy says. "I drank water and black coffee and used to run up and down the stairs trying to burn off the few calories I gained." But even though her bones showed through her skin, Kathy still believed that she was overweight. She continued to lose even



more weight and her friends kept asking her if she was ill. "I thought they were jealous of me for being so skinny," she smiles sadly, "but actually I looked awful. Of course, I could not go without food, but a tiny piece of something substantial made me feel sick. I realized that something was wrong. "

Her mother got very worried about Kathy and took her to see the doctor. Thanks to the good advice her doctor gave her, Kathy was able to recover from her illness. She started eating healthy meals, stopped weighing herself every single hour, gave up exhausting exercises and started writing a book about her experience. What is more, she gave a talk on eating habits at her children school. It was such a success that she was invited to visit other schools around the country.

Kathy and her family are happy that she managed to overcome her problem and now her ambition is to prevent others from going through the same nightmare.

II. NOTES

Kathy ['kæθi]	Кэти
kilo ['ki:ləʊ]	килограмм

III. VOCABULARY

<p>1. diet ['daɪət] special ['speʃəl] diet to be on a diet Kathy is on a special diet.</p> <p>to begin a diet She began a diet which would last next twenty years of her life.</p>	<p>диета особая диета быть на диете Кэти на особой диете.</p> <p>сесть на диету Она села на диету, которая продолжалась двадцать лет.</p>
<p>2. to weigh [weɪ] She weighs 45 kilos.</p> <p>weight [weɪt] Her target weight is 50 kilos. to put on weight Very few people try to put on weight.</p> <p>to lose [lu:z] weight She quickly lost a lot of weight and began to look too thin.</p> <p>overweight [ouvə'weɪt] to become overweight</p>	<p>весить, взвешивать, взвешиваться Она весит 45 килограммов.</p> <p>вес Ее конечный вес – 50 килограммов. набрать вес, поправиться Существует очень мало людей, которые пытаются набрать вес. потерять в весе / сбросить вес Она быстро потеряла в весе и стала очень худой.</p> <p>избыточный вес; полный (о человеке) располнеть</p>
<p>3. reason ['ri:zən] to have a good reason Kathy has a very good reason for eating more.</p>	<p>причина иметь вескую причину У Кэти есть веская причина для того, чтобы есть больше.</p>
<p>4. to take close [klaʊs] to heart Kathy took the words close to heart,</p>	<p>принимать близко к сердцу Кэти приняла эти слова близко к сердцу.</p>
<p>5. to burn off calories ['kælərɪz]</p>	<p>сжигать калории</p>
<p>6. to be jealous ['dʒeləs] of smb I thought they were jealous of me.</p>	<p>завидовать кому-либо Я думала, они завидуют мне.</p>
<p>7. skin [skɪn] Her bones showed through her skin. skinny ['skɪni]</p>	<p>кожа У нее сквозь кожу выступали кости. тощий, очень худой, кости да кожа</p>

8. to look awful [ˈɔːful] I looked awful.	выглядеть ужасно Я выглядела ужасно.
9. to go without [wɪˈðaʊt] food I could not go without food.	обходиться без еды Я не могла обходиться без еды.
10. substantial [səbˈstænʃl] substantial meals healthy [ˈhelθɪ] meals She started eating healthy meals.	полноценный, сытный полноценное питание здоровое питание Она начала питаться правильно.
11. to feel sick	испытывать тошноту
12. to get worried about smth. Her mother got very worried about Kathy's health.	обеспокоиться по поводу чего-то Мама Кэти очень обеспокоилась по поводу ее здоровья.
13. to see the doctor Her mother took Kathy to see the doctor.	встретиться с врачом, сходить к врачу Мама повела Кэти к врачу.
14. to recover [rɪˈkʌvə] recover [rɪˈkʌvə] from illness Kathy was able to recover from her illness.	выздороветь, излечиться излечиться от болезни Кэти смогла выздороветь.
15. to give up exhausting exercises	бросить выполнять изнуряющие упражнения
16. to give a talk She gave a talk on eating habits at her children school.	выступать с докладами Она выступала с докладами о привычках в еде в школе, где учились ее дети.
17. to be a success It was such a success that she was invited to visit other schools around the country.	быть успешным, добиться успехов Ее выступления были настолько успешными, что ее стали приглашать в другие школы.
18. to overcome [oʊvəˈkʌm] Kathy and her family are happy that she managed to overcome her problem.	преодолеть, справиться Кэти и ее семья рады, потому что ей удалось справиться со своей проблемой.
19. to prevent [priˈvent] smb from doing smth Now her ambition is to prevent others from going through the same nightmare[ˈnaɪtmɛə].	не дать кому-то что-то сделать Теперь в ее планах не дать другим пройти через подобный кошмар.

IV. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS

1. Why is Kathie on a special diet now?
2. When did her problems begin?
3. What food did she start eating when she decided to lose weight?
4. What did she look like? Why?
5. Why did she continue to lose weight?
6. What did she realize when a tiny piece of food made her feel sick?
7. Who took her to see the doctor?
8. Whose advice did she follow?
9. Where did she give talks on eating habits?
10. What is her ambition now?



2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. Many people want to put on weight.
2. She thought that her friends were jealous of her because she looked beautiful.
3. Any tiny piece of substantial food made her feel sick.
4. Her mother's good advice helped her to overcome her problem.
5. She started eating regular meals and healthy food.
6. Kathie gave talks on different cuisines and traditional national dishes.
7. She does not want young people to make the same mistakes.

V. EXERCISES

1. When speaking about her eating disorders and health problems Kathie uses several expressions to talk about her eating and health problems. Find the following expressions:

1. an expression that means "to become skinny"
2. an expression that means "to become overweight"
3. an expression that means "to live without food"
4. an expression that means "to stop doing something"
5. an expression that means "to have good meals"
6. an expression that means "to visit a doctor"
7. an expression that means "to become healthy"
8. an expression that means "to stop smb from doing smth"



2. Read the summary of Kathie's story and fill in the gaps with the words in the box.

exhausting	burn off	talks
awful	skinny	lose weight
overweight	coffee	prevent
recover	salads	advice
	same	

I thought I was so I decided to and started to eat only and drink I did exercises because I wanted to calories that I gained. Very soon I became and looked Thanks to my mum and the doctor's I managed to from my illness. Now I give in different schools and try to young people from the mistakes. I hope my life experience will help them.

3. Read the text below and look carefully at each line. If the line is correct, put a tick (✓). If it has a word that should not be there, write a word on the line, as in the example.



Mood Food

Did you know that what you eat can have been an	0	<u>been</u>
awful effect on how you feel? We all know	00	<u>✓</u>
that what we eat it affects us physically but did	1	_____
you know some food affects us mentally too? Studies	2	_____
have been shown that chocolate can lift your spirits	3	_____
and make you feel happier. However the effect	4	_____
lasts only for a short time. Vegetables and cereals	5	_____
on the other hand can be make people feel positive	6	_____
energetic and think quicker. Research shows that	7	_____
people who they are on a high fibre* diet tend to be less	8	_____
stressed, less tired and less depressed than people are	9	_____
who don't. Also they are able to think lots more	10	_____
quickly. Nevertheless, other products can that have a	11	_____
negative effect on us such as coffee, eggs, sugar	12	_____
and food that it contains a lot of non-natural	13	_____
flavourings and preservatives. Such food	14	_____
can make us feel sad, nervous and even depressed.	15	_____
Fish, fruit and nuts can lift up our spirits.	16	_____

*high fibre [ˈfaɪbə] food - продукты питания с высоким содержанием клетчатки

4. Match Column A with Column B.

Column A	Column B
1. If you want to lose weight	a affects us physically and mentally.
2. Different food can have	b get worried about their children.
3. What we eat	c his words too close to heart.
4. People cannot	d you should begin a special diet.
5. Parents often	e to see the doctor.
6. You have a good reason	f different effect on us.
7. You don't have to take	g do without water.

5. Match the answers and the questions.

- | | |
|---|------------------------------|
| 1 Why must he begin a diet? | a Three or four times a day. |
| 2 Does she need to do exhausting exercises? | b Substantial meals. |
| 3 What should I do if I feel sick? | c Give up smoking. |
| 4 How long can people do without food? | d She is on a diet. |
| 5 What food can help me to recover? | e See the doctor. |
| 6 How often do you have meals? | f My parents and my doctor. |
| 7 What did your doctor advise you? | g He has put on much weight. |
| 8 Why does she look so skinny? | h About a week, I think. |
| 9 Are you jealous of your friends' success? | i No, she doesn't. |
| 10 Who helped you to overcome the problems? | j Of course not! |

6. Translate the sentences.

1. Если у вас есть проблемы со здоровьем, вам необходимо сходить к врачу. Его советы помогут вам выздороветь. 2. Многие люди хотят сбросить вес и садятся на диету. Они пытаются сжигать полученные калории и выполняют изнуряющие физические упражнения. 3. Родители всегда беспокоятся о своих детях. Они стараются помешать (не дать) им совершать ошибки. 4. У него есть все основания для того, чтобы добиться успеха (быть успешным). 5. Чтобы поправиться, вам необходимо полноценное питание. 6. Некоторые люди принимают слова своих друзей слишком близко к сердцу. 7. Она думала, что выглядит полной, и завидовала своей худощавой подруге.

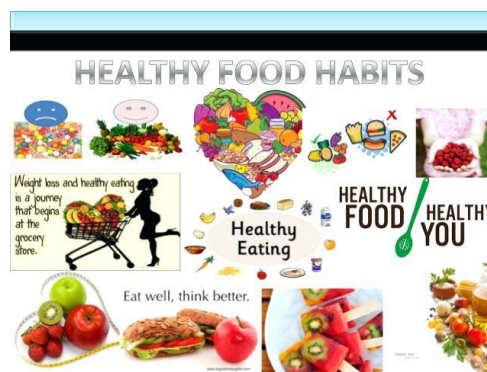
VI. LISTENING AND SPEAKING

1. You are going to listen to the news report on young people's eating habits. Before listening have a look at the following words:

nutritious [nut'rɪʃəs] – питательный

skip [skɪp] – пропускать

afford [ə'fɔ:d] – позволить себе



Read carefully all the answers to the questions given below. Listen to the news report and choose the best answer to each question.

- 1. The speaker says young people**
 - a had a healthier diet in the past
 - b think fast food is nutritious*
 - c would be healthy if they didn't eat fast food
- 2. Modern day families**
 - a prefer to eat out
 - b don't have time to prepare healthy food
 - c eat more than they should
- 3. The speaker says**
 - a people should skip* breakfast instead of eating doughnuts or croissants
 - b home-cooked meals are very nutritious
 - c no fixed meal times lead to bad health habits
- 4. Young people eat junk food at lunchtime**
 - a because it is convenient
 - b because it is substantial
 - c because they cannot afford* anything else/it is rather cheap
- 5. The speaker says teenagers**
 - a eat unhealthy snacks all day long
 - b sometimes eat nothing healthy all day
 - c need to learn to cook healthy food
- 6. Young people today**
 - a don't eat fresh food
 - b usually have a healthy evening food
 - c only drink sugary soft drinks

Sum up the doctor's talk and say what eating habits young people have.

2. Elis, Larry, Keith and Helen are speaking about their eating habits. Read their stories and guess which of them is:

- a) a fussy (придирчивый, разборчивый) eater;
- b) a sweet tooth (сладкоежка);
- c) not a strict (строгий) vegetarian;
- d) a junk food (вредная еда) lover.

Give reasons for your choice.

Elis	I want food prepared exactly the way I like it, that is why I usually have my meals at home and never buy take away food. I will never eat watermelon with seeds in it and insist on freshly squeezed carrot juice twice a day, but I will never drink it if it sits for more than six minutes. I always have four or five meals a day at the same time. This is the reason why I keep fit and active, look fine and feel enthusiastic.
-------------	---

Larry	I don't worry about how healthy my diet is and never count calories during my meals. I am an extremely busy person. I have very little time in the morning and have just a cup of very strong coffee and a sandwich with cheese, sausage or a fatty bacon and lettuce for breakfast. I have lunch in a fast food restaurant where I order something really substantial: a hamburger, French fries or Kentucky Fried Chicken with lots of mayonnaise and ketchup.
Helen	I greatly love cakes and chocolate. My favourite course is desert, so I usually avoid fish or meat dishes and start my meals with something really sweet. I am fond of sugar-packed ripe fruit and ice-cream. I simply enjoy such food because it makes me feel comfortable, happy and relaxed. I strongly believe that my eating habits are not bad, although overconsumption of sweet food can lead to health problems.
Keith	I usually have porridge, a toast with jam or marmalade and a cup of black coffee for breakfast. For a snack I have some nuts and a glass of juice. For dinner I order a bowl of tomato or cauliflower soup with some slices of whole meal bread, boiled or bakes potatoes and an apple or some other fruits for desert. I never eat meat but since I am not a strict dieter I sometimes can afford eggs and milk.

What kind of eater are you? Make a short talk (50-70 words)

3. Your friend has put on a lot of weight lately and wants to do something about it. Give a short talk on how to lose weight in a healthy way. Advise him/her what to do in order to lose weight and prevent eating disorders (расстройства пищеварения). Tell him/her about the diet exercise program that has worked for you. Encourage him/her not to give up eating healthy meals.



Use the language and prompts below as well as your own ideas.

What you (really) need to do is ...

You could ...

Why don't you ...?

Have you thought of ...

Have you tried ...?

The best thing you can do is ...

You should/need to/ have to

It would be better if you ...

If I were you I would

4. Lucy's son has invited his friends from the football team over for dinner. In pairs, decide what meal would be appropriate to cook for her son's guests. Give reasons for your choice.



E.g. – I think she should cook burgers because they are substantial. Sportsmen train much, they lose many calories so burgers, fried potatoes and sugary soft drinks are a good choice.

– I do not agree with you. Burgers are junk unhealthy food and are bad for their health. I think a good idea can be

VII. HAVE FUN

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.



On the other hand, the French eat a lot of fat and also suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.

Conclusion: Eat and drink what you like. It's speaking English that kills you.



* * *

An apple a day
Keeps the doctor away.
An onion a day
Keeps everybody away.



Ten Delicious English Idioms to Spice Up Your Daily Conversations

Everyone loves talking about food, and English speakers are no different! The following idioms are very common among English speakers and they can really add some flavor to your own speech.

1. A piece of cake

A piece of cake refers to a task or job that's easy to complete or accomplish.

E.g. I expected the English test to be difficult but it was a piece of cake.

2. Cool as a cucumber

If you're cool as a cucumber, you're someone who's very calm and relaxed.

E.g. My friend is nervous about taking his driving test but I'm cool as a cucumber.

3. Compare apples and oranges

To compare apples and oranges is to compare two very different things.

E.g. I'm not sure which I enjoy more—pottery or dancing. It's like comparing apples and oranges.

4. A smart cookie

A smart cookie is an intelligent person.

E.g. It shouldn't be hard too hard for a smart cookie like you to learn Spanish.

5. A bad apple

A bad apple is someone who creates problems or trouble, or is a bad influence on the other people in a group.

E.g. Instead of focusing on college, he spends his time hanging out with bad apples.

UNIT

8



STYLE

I. LISTENING AND READING



Listen to the text

Read and translate the text

MORNING ROUTINE

Tina: I get up early in the morning. **It takes me** ten minutes to eat my breakfast, drink two cups of coffee, **have a shower** and pack my bag and thirty minutes to get dressed. I start thinking about what I'm going **to wear** while I have my breakfast. After a shower, I **put on** my underwear and then I **look in** my **wardrobe** and choose a pair of **trousers**. If they still **fit** me, I put them on. If they



feel a bit **tight** around the **waist**, I **take them off** and spend a few minutes **feeling guilty** about all those chocolates I had last night. Then, I choose a **looser** pair of trousers and think about a top that **goes with** it. I usually **try on** two or three tops before I find one that looks right and **feels comfortable**. Finding a pair of **socks** usually takes about five minutes - I can find two dozen **odd pairs**, but none that **match**. By now, I'm late.

Mary: I get up as late as possibly can and jump in and out the shower. I put on the trousers I **had on** yesterday and **take** a shirt **out of** the wardrobe - it doesn't matter which one as long as it's **ironed**. I find the jacket that **goes with** the trousers, look down and check that my socks **match** and that's it. Nearly all my clothes are either green or brown, because I've been told that they are the only colours that **suit** me. So I never really have **to worry about** what I **look like**. The important thing is **to make sure** I have enough time to enjoy my favourite drink of the day: that first cup of coffee...



II. NOTES

underwear [ˈʌndəweə]	нижнее белье
to pack [pæk]	упаковывать
chocolate [ˈtʃɒkəlɪt]	шоколад
top [tɒp]	топ
dozen [ˈdɒzn]	дюжина
none [nʌn]	ни один
jacket [ˈdʒækt]	куртка, жакет, пиджак
favourite [ˈfeɪvərɪt]	любимый
it doesn't matter [ˈmætə]	не имеет значения

III. VOCABULARY

1. it takes me	у меня уходит, мне требуется
2. to have a shower [ˈʃəʊə] It takes me ten minutes to eat my breakfast and have a shower.	принимать душ У меня уходит 10 минут на завтрак и принять душ.
3. to wear [weə] I start thinking about what I'm going to wear while I have my breakfast.	носить Я начинаю думать о том, что надену, пока завтракаю.
4. to put on smth. [pʊt ɒn] I put on my underwear.	надеть что-л. Я надела нижнее белье.
5. to look in a wardrobe [ˈwɔːdrəʊb] I look in my wardrobe.	заглянуть в гардероб Я заглядываю в гардероб.
6. trousers [ˈtraʊzəz] I choose a pair of trousers.	брюки Я выбираю брюки.
7. to fit smb. [fɪt] These trousers fit you nicely.	подходить по размеру Эти брюки тебе идут.
8. tight [taɪt] These trousers are a bit tight around my waist [weɪst]	в обтяжку, обтягивающий Эти брюки немного узковаты в талии.
9. to take smth. off I take them off.	снимать Я их снимаю.

<p>10. to feel guilty about smt. [gɪltɪ] I spend a few minutes feeling guilty about all those chocolates I had last night.</p>	<p>чувствовать себя виноватым в ч-л Я провожу несколько минут, чувствуя себя виноватой из-за всех этих шоколадок, которые я съела вчера вечером.</p>
<p>11. loose [lu:s] I choose a looser pair of trousers.</p>	<p>свободный (об одежде) Я выбираю более свободные брюки.</p>
<p>11. to try on [traɪ ɒn] I tried on six pairs of trousers before I found a pair that fitted.</p>	<p>примерять Я примерила шесть пар брюк, прежде чем нашел подходящую.</p>
<p>12. to feel comfortable I usually try on two or three tops before I find one that feels comfortable.</p>	<p>быть удобным Обычно я примеряю два или три топа, прежде чем нахожу тот, в котором я чувствую себя комфортно.</p>
<p>13. socks [sɒks]</p>	<p>носки</p>
<p>14. odd pairs [ɒd pɛəz]</p>	<p>непарные, разрозненные</p>
<p>15. to match [mætʃ] I can find two dozen odd pairs of socks, but none that match.</p>	<p>подходить по цвету Я могу найти две дюжины разных пар носков, но ни один не подходит.</p>
<p>16. to iron ['aɪən] I have to iron this skirt.</p>	<p>гладить, утюжить Я должна погладить эту юбку.</p>
<p>17. to have smth. on I put on the trousers I had on yesterday.</p>	<p>быть одетым Я надеваю брюки, которые были на мне вчера.</p>
<p>18. to take out of I take a shirt out of the wardrobe.</p>	<p>вынуть из Я вынимаю рубашку из шкафа.</p>
<p>19. to go with smth. I find the jacket that goes with the trousers.</p>	<p>подходить к чему-либо Я нахожу куртку, которая подходит к брюкам.</p>
<p>20. to suit smb. [sju:t] I've been told that green or brown colours suit me.</p>	<p>подходить кому-то Мне говорили, что зеленый или коричневый цвет мне подходит.</p>
<p>21. to worry about smth.</p>	<p>волноваться о чем-либо</p>
<p>22. to look like I never really have to worry about what I look like.</p>	<p>выглядеть, быть похожим Мне никогда не приходится беспокоиться о том, как я выгляжу.</p>

IV. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS

1. How long does it take Tina to get dressed in the morning?
2. What is she thinking about while having breakfast?
3. What does she do after a shower?
4. Why does she feel guilty?
5. How long does it take Tina to find a pair of socks?
6. What does Mary put on in the morning?
7. What colours are all her clothes? Why?
8. What is the most important thing for Mary in the morning?

2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. It takes Tina thirty minutes to eat her breakfast, drink two cups of coffee, have a shower, pack her bag and get dressed.
2. Tina starts thinking about her boyfriend while she has her breakfast.
3. Tina looks in her wardrobe and chooses a beautiful dress.
4. She chooses a looser pair of trousers because the dress is a bit tight around the waist.
5. Mary usually gets up early in the morning.
6. Mary puts on the skirt she had on yesterday and takes a shirt out of the wardrobe
7. Green and brown are the colours that suits Mary best.



V. EXERCISES

11. Match the verbs in box A with the noun phrases in box B to describe the sort of things people do before they leave the house in the morning.



A		B
do	get	the bed, breakfast, the children ready, some coffee, the computer on, a cup of tea, dressed, my exercises, my homework, the mail, my make-up on, the paper, the radio on, a shower, the TV on, the washing-up
have	make	
put	read	

2. Complete the questions with the verbs in the box. Change the verb form as necessary. Then work with your partner. Ask and answer the questions.

fit get dressed match suit try on wear

- a) What colours _____ you?
- b) How long does it take you to _____?
- c) Do you like _____ lots of different clothes in shops?
- d) Do you usually _____ a watch?
- e) Do your brother or sister's clothes _____ you?
- f) Do you try to wear tops that _____ your eye colour?

3. Focus on verbs used with clothes.

Match the verb phrases with their meanings.

get dressed	take your clothes off
get changed	put something on to see if it fits/suits you
get undressed	clothes are the right size for you
clothes fit you	put your clothes on
clothes suit you	clothes are the right colour, shape and style for you
try something on	take your clothes off and put different clothes on

4. Underline the most appropriate verb phrase.

Tick the sentences that are true for you. Compare with your partner.

- a) I always **get dressed** / **get undressed** before breakfast.
- b) I usually **try on** / **wear** formal clothes at work.
- c) When it's cold I **put on** / **take off** my leather coat.
- d) I like **trying on** / **taking off** new clothes.
- e) Yellow and orange don't **suit** / **fit** me.
- f) I **get dressed** / **get changed** when I get home from work.

5. Complete the sentences below in as much detail as possible so that they are true for you. Compare your sentences with a partner.

- a) I never wear ... b) I often wear ... c) Today, **I'm** wearing ...
- I never wear orange shirts. Today I'm wearing a blue cotton top.*

6. Put the words in the box into the correct column.

baggy	belt	jeans	cotton	dress
fur	hoody	silk	leather	linen
tight	shirt	sweater	plain	wool
	suit	comfortable	smart	loose

Clothes

Materials

Adjective to describe clothes

belt

cotton

baggy

7. Complete the text with the words in the box.

fits get go look match put suit ~~try~~ wear

I hate shopping for clothes. I don't need to (1) try things on, because I know my size - only XXL (2) go me these days. I just want to get out of the shop as quickly as possible. I always buy dark colours because bright ones don't (3) fit me at all, and I always wear the same kind of things. The only thing that matters is that I feel comfortable in what I (4) put. In the mornings, I (5) get dressed very fast and (6) go on the first pair of jeans that I find. I always wear jeans because they (7) fit with everything. I can't always find socks that (8) match, but nobody sees them anyway. I feel sorry for people who worry about what they (9) wear like. There are more important things in life.

VI. SPEAKING

1. Read this description of a man and match the topics to the paragraphs.

- a) clothes *paragraph*__
- b) appearance *paragraph*__
- c) interests *paragraph*__
- d) personality *paragraph*__

1. My friend, Scott, is in his late fifties, but he looks much younger. He has dark features with gentle black eyes, dark hair that is receding a little, and a tanned, healthy face. Everyone agrees that he is a very handsome man. On top of that, he is tall and well-built and he keeps his body in good shape by going to the gym.

2. The first thing you notice about him is his smile. He is warm and friendly, enjoys the company of other people and likes having a good time. As well as these qualities, he has a great sense of humour and tells amusing stories. People always feel relaxed with him.

3. Scott is known for his fashionable clothes. He often wears elegant suits, but he looks casual at the same time. I don't think he spends a lot of money on his outfits, but even when he's wearing ordinary jeans and a T-shirt, you have the impression that he bought them from an expensive boutique.

4. He loves travelling and I've lost count of the number of countries he has visited. He also loves a good meal and a bottle of wine. Besides these interests, his other hobbies include reading and the cinema. Most of all, however, he just being with other people.

The following sentences have been cut from the description. In which paragraph should they go?

- a) His face reminds me of a Hollywood **film** star **of the** 1950s.
- b) In addition to these interests, he's very keen on the Turkish singer, Tarkan.
- c) I **know** that he used to have some of his jackets made specially **for** him.
- d) In his spare time, he likes sitting in the sun on the terrace **of** his apartment.
- e) Like me, he enjoys going out in the evenings.
- f) People say he **is** a real gentleman.
- g) **When you get to know** him better, you **realize how generous he is, too**.
- h) With looks **like his**, it's **not** surprising **that he's** so popular **with** women.

2. Now describe someone you know well. Organize your description in the same way as the description above.

3. Speak about your own morning routine from the moment you get out of bed to the moment you leave the house.

- a) What do you do? What order do you do things in?
- b) How long does each activity usually take you?

4. Work with your partner. What do you put on for some of these occasions? Use the words below.

T-shirt ['ti:ʃɜ:t] – футболка

fancy dress ['fænsi dres] – маскарадный костюм

dress [dres] – (женское) платье

babydoll dress ['beɪbi ,dɒl dres] – короткое и пышное платье

cocktail dress ['kɒkteɪl dres] – коктейльное платье

sundress ['sʌn,dres] – сарафан

blouse [blaʊz] – блузка/кофточка

evening dress ['i:vnɪŋ dres] – вечернее платье

shirt [ʃɜ:t] – рубашка

sweater ['swetə] – свитер/пуловер

suit [s(j)u:t] – костюм

shorts [ʃɔ:ts] – шорты

skirt [skɜ:t] – юбка

pencil skirt ['pensl 'skɜ:t] – узкая прямая юбка-карандаш

hipsters ['hɪpstəz] – обтягивающие брюки с заниженной талией

panty-hose ['pæntɪ hæʊz] / **tights** [taɪts] – колготки

socks [sɒks] – носки

stockings ['stɒkɪŋz] – чулки

scarf [skɑ:f] – шарф

cap ['kæp] – кепка / фуражка

hat [hæt] – шляпа / шапка

bow tie ['bəʊtaɪ] – галстук-бабочка

tie [taɪ] – галстук

brooch [brəʊtʃ] – брошь

earring ['ɪərɪŋ] – серьга

ring [rɪŋ] – кольцо

watch [wɒtʃ] – часы

strand of pearls [strænd əv pɜ:lz] – нитка жемчуга

bracelet ['breɪslɪt] – браслет

boots [bu:t] – ботинки/сапоги

sneakers ['sni:kəz] – сникеры (среднее между кедами и кроссовками)

trainers ['treɪnəz] – кроссовки

flip-flops ['flɪpfloʊp] – вьетнамки (шлепанцы)

high heel shoes [haɪ hi:l ʃu:z] – туфли на высоком каблуке

wedge [wedʒ] – туфли на танкетке

sandals ['sænd(ə)ls] – босоножки

- a job interview
- a first date
- an evening at the theatre
- a day at the beach
- a wedding
- a long flight
- a Saturday night out with your friends

e.g. A job interview: *I'd have a shower. I'd put on a clean shirt and a smart suit. I'd.....*

VII. HAVE FUN

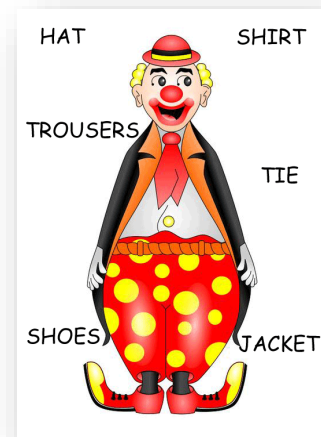


Mary Wore a Red Dress

Mary wore a red dress, red dress, red dress,
 Mary wore a red dress all day long.
 Mary wore a red hat, red hat, red hat,
 Mary wore a red hat all day long.
 Mary wore her red shoes, red shoes, red shoes,
 Mary wore red shoes all day long.
 Mary wore her red gloves, red gloves, red gloves,
 Mary wore her red gloves all day long.
 Mary was a red bird, red bird, red bird,
 Mary was a red bird all day long.

I'm a clown!

I put on my **tie**,
 I put on my **shoes**,
 I put on my **shirt**
 And my **trousers**, too.
 I put on my **jacket**,
 I put on my **hat**,
 Look! I'm a clown!
 And who are you?



Do you like the clothes I'm wearing?

My **T-shirt** is blue and my **hat** is pink.
 Tell me, what do you think?
 My **trousers** are yellow, my **socks** are green.
 Tell me, what do you think?
 My **jacket** is purple, my **shoes** are white.
 Tell me, what do you think?
 My **gloves** are brown,

My **scarf** is black.

Tell me, what do you think?
Do you like the clothes I'm wearing?
Do you think they're good or bad?
Do you like the clothes I'm wearing?
Or do you think I just look mad!

UNIT

9



SPORTS

I. LISTENING AND READING



Listen to the text

Read and translate the text

LAURA TAYLOR'S SPORT CLASSES AT SCHOOL



When I was at secondary school, we did sport every Wednesday afternoon. Two hours, from 1.30 to 3.30. Wednesdays were my worst day of the week. I hated doing sport at school. In summer we did swimming and tennis, and in winter we did hockey. I really, really hated hockey. It was always cold when we played hockey, but we wore shorts! Horrible, grey shorts. My legs were very thin and they were so cold that they turned blue. I was always happy when it was raining or snowing - then we stayed inside and did Scottish dancing. I loved that.

At my school we had a sports field and tennis courts and a swimming pool. I love swimming, but the swimming pool wasn't heated so it was freezing.

I didn't like my sports teacher, and she didn't like me. Her name was Miss Rockham. We called her Rocky. She looked like a boxer, and she had a very loud voice. She loved hockey. In fact, I think she played for the national hockey team.



Of course, I didn't play for the school hockey team, but I loved dancing so much that I joined a dance club after school. My best sporting moment was when my dance club won a competition for disco dancing. Rocky didn't think that dancing was a real sport, but I disagree. Dancing kept me fit, and I didn't have to wear grey shorts.

II. NOTES

Laura Taylor [lɔːrə teɪlə]	Лора Тейлор
Wednesday ['wenzdeɪ]	среда
Scottish ['skɒtɪʃ]	шотландский
Miss Rockham [mɪs 'rɒkm]	Мисс Рокхэм
Rocky ['rɒki]	Рокки
national ['næʃənl]	национальный

disco ['diskəʊ]	диско
real ['riəl]	реальный, действительный
shorts [ʃɔ:ts]	шорты
boxer ['bɒksə]	боксер
tennis courts ['tenis kɔ:ts]	теннисные корты
sport [spɔ:t]	спорт
hockey ['hɒki]	хоккей

III. VOCABULARY

1. to be at secondary school ['sekəndəri] I was at secondary school.	ходить в среднюю школу Я ходила в среднюю школу.
2. to do sport / swimming / hockey [spɔ:t/'swimɪŋ/'hɒki] We did swimming and tennis in summer, and in winter we did hockey.	заниматься спортом, плаванием, хоккеем Мы занимались плаванием и теннисом летом, а зимой – хоккеем.
3. to hate [heit] I hated doing sport at school.	ненавидеть Я ненавидела заниматься спортом в школе.
4. to turn blue [tɜ:n blu:] My legs turned blue.	посинеть Мои ноги синели.
5. to stay inside [steɪ ɪn 'saɪd]	оставаться внутри
6. to do Scottish dancing ['skɒtɪʃ 'dɑ:nsɪŋ] We stayed inside and did Scottish dancing.	заниматься шотландскими танцами Мы оставались внутри и занимались шотландскими танцами.
7. swimming pool ['swimɪŋ pu:l] We had tennis courts and a swimming pool.	бассейн У нас были теннисные корты и бассейн.
8. to be heated ['hi:tid]	подогреваться
9. freezing ['fri:zɪŋ] The swimming pool wasn't heated so it was freezing.	ледяной Бассейн не подогревался и был ледяным.
10. to look like [lɒk laɪk] She looked like a boxer.	выглядеть Она выглядела как боксер.
11. to have a loud voice [laʊd vɔɪs]]	иметь громкий голос
12. to play for [pleɪ fɔ:]	играть за
13. hockey team ['hɒki ti:m] She played for the national hockey team.	хоккейная команда Она играла за национальную хоккейную команду.

14. to join smth [dʒɔɪn] I joined a dance club.	начать ходить Я начала ходить в танцевальный клуб.
15. to win a competition [,kɒmpɪ'tɪʃən] We won a competition for dancing.	выиграть соревнование Мы выиграли соревнование по танцам.
16. to disagree [dɪsə'grɪ:] I disagree with you.	не соглашаться Я не согласен с вами.
17. to keep smb fit [ki:p fit] Dancing kept me fit.	держаться к.-либо в форме Танцы держали меня в форме.

VI. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS

1. When did Laura do sport at secondary school?
2. What sport did they do in summer?
3. What sport did they do in winter?
4. What did she have to wear?
5. Why was Laura happy when it was raining or snowing?
6. What kind of dances did she do?
7. What was the problem with swimming?
8. What was the teacher's name? What did they call her?
9. What did she look like?
10. What team did Miss Rockham play for?
11. What club did Laura join after school?
12. What was her best sporting moment?

2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. They did sport every Tuesday afternoon.
2. Laura hated doing sport at school.
3. In summer we did swimming and tennis, and in winter we did hockey.
4. Laura liked hockey.
5. When the weather was bad, we stayed inside and did Scottish dancing.
6. We had a sports field and tennis courts and a swimming pool.
7. The swimming pool was heated.
8. Laura liked her sports teacher, and the teacher liked her.
9. Miss Rockham played for the national hockey team.
10. Laura joined a dance club after school.
11. Miss Rockham didn't think that dancing was a real sport.
12. Dancing kept her fit.

V. EXERCISES

1. Laura uses several expressions to talk about her doing sport at school. Find the following expressions:

1. An expression that means “to dislike strongly”
2. An expression that means “dancing at a night club”
3. An expression that means “to change colour because of cold weather”
4. An expression that means “to become very cold”
5. An expression that means “to do aquatic exercises”
6. An expression that means “to make hot”

2. Complete the sentences.

1. We **d**__ **s**_____ every Wednesday afternoon.
2. I **h**_____ doing sport at school.
3. I love swimming, but the **s**_____ **p**_____ wasn't heated so it was freezing.
4. She had a very **l**___ **v**_____.
5. I think she played for the national **h**_____ **t**_____.
6. I **j**_____ a dance club after school.
7. My dance club won a **c**_____ for disco dancing.
8. We stayed **i**_____.

3. Match the words with their definitions.

- | | |
|---|-------------------------|
| a. a structure designed to hold water for different activities, e.g. diving | 1. hockey |
| b. to resemble | 2. tennis court |
| c. a sport in which two teams play against each other using sticks and a puck | 3. to keep fit |
| d. extremely cold, turning to ice | 4. boxer |
| e. an athlete who combats his rival in a ring | 5. to look like |
| g. to do regular exercises to be healthy | 6. freezing |
| h. a rectangular place where two or four people play against each other using rackets and a ball | 7. swimming pool |

4. Paraphrase the sentences, changing the words in italics.

1. She does swimming a lot, so she often goes to the *place where she can do it*.
2. The temperature was so low; we were practically *turning to ice!*
3. Miranda does not know what dress *to put on*.
4. They do a lot of exercises; they want to *stay healthy and attractive*.
5. Tim has *got the first prize* in wrestling.
6. If you like, you can *stay with us*.
7. The actors played badly and the show was *dreadful*.

5. Make up sentences.

Example: every / afternoon / sport / we / Wednesday / did. - We did sport every Wednesday afternoon.

1. hockey / really, / I hated / really/.

.....

2. very / legs / thin / were / my/.

.....

3. always / happy / snowing / was / when / it / raining / I / or / was/.

.....

4. my / I / like / sports / didn't/.

.....

5. national / played / team / the / hockey / she / for/.

.....

6. joined / loved / that / I / a dance / I / club / after / so much / school / dancing/.

.....

7. my dance club won a competition for disco dancing/.

.....

8. a real / didn't / dancing / think / was / Rocky / sport / that/.

.....

6. Complete the sentences with suitable words or phrases from the box.

hate	hockey team	stay inside
heated	Scottish	play for
secondary	disagree	

1. The weather is so bad you should
2. What country did L. Messi ?
3. You looked fantastic when you were doing dancing.
4. I always try to watch TV when our national plays.

5. She more than dislikes boxing, she really it.
6. It was very hard to get down to my studies when I was at school.
7. A real gentleman must be polite and calm even if hewith someone completely.
8. The soup is cold, it must be

7. Translate the sentences.

1. Макс – настоящий фанат спорта. 2. Он занимается спортом почти каждый день круглый год. 3. Зимой он играет в хоккей, пока его ноги не посинеют, и он не станет замерзать. 4. Летом он занимается плаванием, теннисом и играет в футбол. 5. Сначала он играл в футбол за школьную команду, но он мечтает однажды присоединиться к национальной футбольной команде. 6. Он проводит часы на спортивном поле возле его средней школы. 7. Его учитель физкультуры Алекс выглядит как Арнольд Шварценнегер, и у него очень громкий голос. 8. Сестра Макса Сара ненавидит футбол. 9. Она начала ходить в танцевальный клуб и достигла определенных успехов. 10. Она принимает участие в соревнованиях и некоторые даже выигрывает. 11. Она не соглашается с Максом, когда он становится слишком одержимым спортом. 12. Танцев достаточно для того, чтобы поддерживать хорошую форму и быть счастливым.

V. SPEAKING

1. In pairs, interview your partner about sport using questionnaire. Tell the class about your partner’s sport experience.

Do like you like sport?

YES

NO

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. What sport(s) do you play? 2. Have you ever won a cup or trophy? 3. Have you ever been injured doing sport? 4. Do you prefer doing sport or being a spectacular? 5. Do you prefer watching individual or team sports? 6. Do you go to watch a local sports team? 7. Are there good sports facilities in | <ol style="list-style-type: none"> 1. What sport did you have to do at school? 2. Did you enjoy it? 3. Do you do any sport in your free time? 4. Do you think you’re fit? Would you like to get fitter? 5. Do your family and friends like sport? 6. Is there any sport you don’t mind watching on TV? 7. What sport do you hate watching |
|--|--|

- your town?
8. Is there any sport you'd like to learn to play well?
 9. How many hours do you spend a week watching sport on TV?

- most on TV?
8. Have you ever been to a big sporting occasion?
 9. Do you think physical education should be optional at school?

2. Speak about your favourite sport. Give information about its popularity, number of players, equipment, place, basic rules.

3. Underline the most appropriate alternative in each of these sentences, then speak about the sport you do now/ did at school.

1. I **do** / **play** / **practise** some exercise two or three times a week. It keeps me fit.
2. I've never **been** / **played** / **practised** windsurfing. I can't swim.
3. I'd like to **play** / **go** / **practise** snowboarding. I love the mountains.
4. The last time I **did** / **went** / **practised** some sport was on holiday.
5. I **did** / **played** / **practised** a lot of football when I was a child. Now I just watch it on TV.
6. I'm not very good at tennis because I don't have time to **do** / **go** / **practise**.

4. Winter sports vs summer sports. Give your arguments.

HAVE FUN

Sports quiz

1. How long does a football match last?
2. How many referees are there in a basketball match?
3. How many players are there in a volleyball team?
4. How often are the Olympic Games held?
5. How long is marathon?
6. How many holes are there on a golf course?
7. How long is one lap of an athletic track?

UNIT

10



SURVIVAL

I. LISTENING AND READING



Listen to the text



Read and translate the text

You Deserve A SurWEEKEND!



Hello, my name's David Johnson and I'm the chief instructor of Hillside Survival School. I learned my survival skills while I was in the army and since then I've used them all over the world.

Before starting the Hillside Survival School, I worked in other well-known survival schools. My real aim for this school is to help people discover nature and outdoor life but also to learn and to have fun.

We run a variety of courses but our basic survival course lasts a weekend and takes place throughout the year. This course teaches you the basic skills that you need to survive in the wilderness and during the course you have a lot of opportunities to practice these skills. The course costs £139 per person.

If you want an even bigger challenge, our extreme survival course takes place between November and February when the conditions are more difficult. These courses also last for a weekend and cost £149 per person. The extreme survival course teaches you to survive in a cold and wet environment. The course offers you the chance to push yourself, both physically and mentally. No tents, no gas cookers, just you and the wilderness. You learn to find and prepare food and cook it over an open fire. You learn to build a shelter. Most importantly, you learn a lot about yourself and how well you can cope with unexpected situations.

If you need more information regarding survival skills courses or have any other enquiries, please feel free to email us or call us, we will contact you as soon as possible.

II. NOTES

to deserve [dɪ'zɜ:v]	заслуживать
David ['deɪvɪd] Johnson ['dʒɔ:n sən]	Дэвид Джонсон
Hillside Survival School ['hɪl saɪd sə'vaɪvəl sku:l]	школа выживания Хиллсайд
per person [pə'pɜ:sən]	на человека
regarding [rɪ'gɑ:dɪŋ]	относительно
enquiry [ɪn'kwɪəri]	вопрос

III. VOCABULARY

1. to survive [sə'vaɪv] to survive in the wilderness ['wɪldənəs]	выживать выживать в дикой природе
2. survival [sə'vaɪvəl] survival school survival course [kɔ:s] Our basic survival course lasts a weekend and takes place throughout [θru:'aʊt] the year.	выживание школа выживания курс выживания Наш основной курс выживания длится в течение выходных и проводится круглый год.
3. to discover [dɪ'sklʌvə] to discover nature ['neɪtʃə] to discover outdoor [,aʊt'dɔ:] life	открыть для себя познакомится ближе с природой познакомится ближе с жизнью на природе
4. variety [və'raɪəti] of smth We run a variety of courses.	множество, разнообразие Мы проводим множество курсов.
5. skill [skɪl] to teach basic skills This course teaches you the basic skills you need to survive in the wilderness.	навык, умение обучать базовым навыкам Этот курс обучает вас базовым навыкам, которые необходимы, чтобы выжить в условиях дикой природы.
6. opportunity [ˌɒpə'tju:nəti]	возможность, способность
7. challenge ['tʃæləndʒ]	вызов, трудность
8. extreme [ɪk'stri:m] extreme survival course The extreme survival course teaches you to survive in a cold and wet environment [ɪn'vaɪrənmənt].	экстремальный курс экстремального выживания Курс экстремального выживания обучает, как выжить в условиях холода и влаги.
9. to push [pʊʃ] oneself The course offers you the chance to push yourself.	заставлять себя добиться ч-л Курс дает вам шанс заставить себя добиться чего-то.

10. tent [tent]	палатка
11. gas cooker [gæs 'kʊkə]	газовая плитка
12. shelter ['ʃeltə] to build a shelter	шалаш, укрытие построить шалаш, укрытие
13. to cope [kəʊp] with smth to cope with unexpected [ˌʌnɪk'spektɪd] situations	справляться с ч-л справляться с неожиданными ситуациями
14. as soon as possible ['rʌsəbl] We will contact you as soon as possible.	как можно быстрее Мы свяжемся с вами как можно быстрее.

IV. COMPREHENSION CHECK

1. ANSWER THE QUESTIONS

1. What is David Johnson's occupation?
2. What is the aim for Hillside Survival School?
3. How many courses does Hillside Survival School offer?
4. How long does the basic survival course last?
5. How much does it cost?
6. What does the basic survival course teach the participants?
7. Which course offers the participants an even bigger challenge?
8. When does it take place?
9. How much does it cost?
10. What does the extreme survival course teach the participants?
11. What skills do they learn?

2. SAY IF THE SENTENCES ARE TRUE OR FALSE

1. David Johnson works at Hillside secondary School.
2. David Johnson is a survivalist (специалист по выживанию).
3. David Johnson owns Hillside Survival School.
4. He learned his survival skills while he was in the camp.
5. He has never worked in other survival schools.
6. The aim for Hillside Survival School is to help people discover nature and outdoor life but also to learn and to have fun.
7. Hillside Survival School offers a few courses.
8. The basic survival course lasts a week and takes place only in summer.
9. The basic survival course costs £100 per person.



10. The extreme survival courses take place between November and February.
11. The Extreme survival courses last for a week and cost £200 per person.
12. The extreme survival courses offer the participants the chance to push themselves, both physically and mentally.
13. During the basic survival course the participants learn how to survive without tents and gas cookers in the wilderness.

V. EXERCISES

1. Match the halves to complete the sentences.

1) I am good at coping	A) challenges in my job.
2) I learned survival	B) with problems at work.
3) There are many big	C) I love the wilderness.
4) I like to push	D) a shelter at survival school.
5) I live in a city but	E) skills in the army.
6) We learned to build	F) myself to the limit.

2. Complete the sentences using the words and expressions from the box.

basic, survival, survival skills, to survive in the wilderness, conditions, shelters, takes place, to have some fun, opportunity, aim, lasts, challenge, environment

1. The outdoor course _____ on Saturdays from 8 a.m. to 2 p.m. in the local parks.
2. _____ is fun. Get away from your job for a few days and explore new _____ a little bit. You may even surprise yourself!
3. Survivalists teach up to 10 students how _____ or in the event of a disaster.
4. Topics include making fire with friction, building natural _____, locating and purifying water, foraging, and hunting.
5. Learning _____ is a _____, that not only results in an overwhelming sense of accomplishment but also a deep sense of peace and confidence.
6. Our _____ is to give you the skills to enjoy all your outdoor adventures more by replacing fear with confidence in your own abilities to survive!
7. This will ensure that no matter how difficult the _____ might seem, you will be able to keep trying instead of just giving up.
8. At our basic survival course that _____ a week you are going to have an _____ to learn about some _____ knots right here.
9. It's not all serious business at our Hillside Survival School – we _____ too!

3. Find words or expressions to 2 to match the definitions.

- 1) a place giving temporary protection from bad weather or danger
- 2) the fact of continuing to live or exist, typically in spite of an accident or difficult circumstances
- 3) a purpose or intention
- 4) time or set of circumstances that makes it possible to do something
- 5) techniques that a person may use in order to sustain life in any type of natural environment
- 6) a call to someone to participate in a competitive situation or fight to decide who is superior in terms of ability or strength
- 7) to continue for a specified period of time.
- 8) the circumstances or factors affecting the way in which people live or work, especially with regard to their well-being
- 9) the surroundings or conditions in which a person lives
- 10) to enjoy oneself; to experience enjoyable activities
- 11) to remain alive in abandoned, uninhabited area
- 12) to happen
- 13) principle, fundamental

4. Which of these things can you see in the picture?

a torch; a box of matches; first-aid kit; water; cookies; a penknife; a rope; a mirror; money; a passport; a tent; -a blanket; scissors; rainwear; tracking boots; an umbrella; a radio; pen and paper; a plastic bowl; an axe; a sleeping bag; batteries; a spade; candles; gloves



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5. Read the dialogue and answer the questions

1) Where are they talking about surviving?

- a) in a forest
- b) up a mountain
- c) in a desert

Ann: So ... Which of them do you think is the most important?

Steve: Well, it's not easy but I think we should take the blankets to keep us warm at night.

Ann: Ok ... so do you think they're more important than the penknife?

Steve: No, no ... not more important. We can have the penknife as well you know. We are allowed five things after all ...

Ann: That's true. So what else?

Steve: Well, in my opinion, we should take the matches so we can make a fire from all the wood you can chop up with the penknife!

Ann: Good idea and how about the tent?

Steve: Hmmm ... I'm not sure. Couldn't we make a shelter from the trees and leaves and things?

Ann: Well maybe you could!

Steve: Ok ... we'll have the tent... and why don't we have the chocolate as number five

2) List the items they decide to take.

3) Choose one of the places (a forest, a mountain, a desert) and decide which five objects from **4** you will take to help you survive.

6. Read the text about 8 basic wilderness survival skills. Which of them do you find the most important to survive in the wilderness? Do you possess these skills?

8 Basic Wilderness Survival Skills

1. Make a fire with or without matches
2. Make a shelter to protect you from different weather conditions.
3. Find and purify water
4. Find food
5. Use different ways of signaling to attract attention.
6. Navigate with and without a map and compass.
7. Basic Wilderness first-aid
8. Basic weather prediction.

7. Translate the sentences.

1) Дэвид Джонсон – главный инструктор школы выживания Хиллсайд. 2) Он научился навыкам выживания, когда был на войне. 3) Цель школы выживания – это помочь людям поближе познакомиться с природой, а научиться чему-то и хорошо провести время. 4) Они проводят множество курсов. 5) Основной курс выживания длится в течение выходных и проводится круглый год. 6) Этот курс обучает вас базовым навыкам, которые необходимы, чтобы выжить в условиях дикой природы. 7) В течение курса вы имеете много возможностей потренировать эти навыки. 8) Наш курс экстремального выживания проводится с ноября по февраль и обучает, как выжить в условиях холода и влаги. 9) Курс дает вам шанс заставить себя добиться чего-то и физически, и умственно. 10) Вы учитесь готовить пищу на открытом огне без газовой плитки. 11) Вы учитесь тому, как выжить в условиях дикой природы без палатки. 12) Вы учитесь строить шалаш. 13) Вы учитесь справляться с неожиданными ситуациями. 14) И, самое важное, вы многое узнаете о себе.

VI. HAVE FUN

1. What is SURVAVAL? Put your own words according to the pattern.

S	<i>Save</i>
U	<i>use your head</i>
R	<i>remember to stay calm</i>
V	<i>victims need help</i>
I	<i>improve your survival chances</i>
V	<i>value all your knowledge</i>
A	<i>always be prepared</i>
L	<i>learn to survive</i>

S	<i>s...</i>
U	<i>u...</i>
R	<i>r...</i>
V	<i>v...</i>
I	<i>i...</i>
V	<i>v...</i>
A	<i>a...</i>
L	<i>l...</i>



2. Listen to the song.

"Survival" is a song by the English rock band Muse. "Survival" served as the official song for the London 2012 Olympics. It inspires those who are not afraid to risk, who want a challenge, it expresses a sense of conviction and determination to win.

Survival

Race, life is race
 And I am gonna win
 Yes, I am gonna win
 I'll light the fuse
 And I'll never lose
 And I choose to survive
 Whatever it takes
 You won't pull ahead
 I'll keep up the pace
 And I will reveal my strength
 To the whole human race
 Yes, I am prepared

To stay alive
I won't forgive
Vengeance is mine,
And I won't give in
Because I choose to thrive

And I am going to win

Fight! Fight! Fight! Fight!
Win! Win! Win! Win!
YES I'M GOING TO WIN.

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