Прізвище ім'я: Клас: Дата:

Reading 2



Read the text below. Match choices (A-H) to (1-5). There are three choices you do not need to use.

Getting Things Done: Secrets Of A Purposeful Woman

- 1 Be faithful to the unique gifts in you. Follow your highest calling and choose noble goals. You'll have more energy when you do what you love. __ (Обери: A, B, C, D, E, F, G, H)
- **2** Dare to dream. What is your heart's deepest desire? Close your eyes and make a mental movie of how it will be when you are living that dream. What do you see and hear? Replay the «movie» often, adding more colour, sound and details each time. __ (Обери: A, B, C, D, E, F, G, H)
- 3 Decide what things you will accomplish towards your dream by one year from now. Every ninety days, make a plan. Write down the specifics of what you will do during that time: who,what, when, where, why, how. At the end of the 90 days, evaluate how things went. Then make a new plan that incorporates what you have learned. Balance determination with flexibility as you go along. __ (Обери: A, B, C, D, E, F, G, H)
- **4** Considering your goals, make a checklist of specific things you will do this week. Look it over each morning and set your priorities for the day. Skip the important things for the most important things. Can't decide what's most important? Consider, «What would you do if you knew this was your last day on the Earth?» __ (Обери: A, B, C, D, E, F, G, H)
- **5** Stay in motion and, sooner or later, you will discover what works. If one method fails, learn what you can from the experience and move on to plan B, C, D or E!__ (Обери: A, B, C, D, E, F, G, H)
- A Persevere.
- **B** Sing your own song
- C Take a straightforward step.
- **D** Play.
- E Make a plan, but don`t cast it in concrete
- **F** See it and believe it.
- **G** Expert miracles
- **H** Daily discernment keeep your eye on the horizon.

Запитання №2 (з вибором правильної відповіді у тексті)

Read the text below. For questions (6-10) choose the correct answer (A, B, C or D).

As any parent will tell you, life for the average teen is a juggling act. They do their best to juggle their jumble of tasks, the overwhelming majority of teens living in the US today, that something is nutrition.

According to the Centre for Disease Control and Prevention

s2007 polling data of 100,000 teenagers, just 13 percent of teens are getting the recommended amour solution of the commended amour solutions and the commended amour solutions are getting the recommended amour solutions and the commended amour solutions are getting the recommended amour solutions and the commended amour solutions are getting the recommended amour solutions and the commended amour solutions are getting the recommended amour solutions are getting the recommended amour solutions and the commended amour solutions are getting the recommended amour solutions and the commended amour solutions are getting the recommended amour solutions are getting the recommended amour solutions are getting the recommended amour solutions and the recommended amour solutions are getting the recommended amour solutions and the recommended amour solutions are getting the recommended amour solutions are getting the recommended amount of the recommen

s approximately one in every 10 teens. Adults fared better, with about a third of them eating at least two servings of fir far cry from health officials` goal: for 75 per cent of Americans to be eating at least that amount.

The reasons Americans aren`t receiving proper nutrition run the gamut: lack of time, lack of will, lack of willpower, or cherries, 1/2 cup of vegetable jiuie or 1/2 potato. It's also likely due to the fact that people with on-the-go lifestyles con But this exeuse will ring hollow when teenage boys grow older and find that they're not as well-bult, or when teenage Cells are in almost constant state of growth and development in adolescence, and these cella rely on fruits and veget development. Bone health is largely determined during teenyears as well. Bones rely on calcium from sources like sp proper development and density.

True, teens have the rest of their lives to improve their diets, but the teen years are crucial to the formation of dietary habits entrench themselves, the greater the likelihood that teenagers will succumb to age-related disease in adulthc *American Journal of Clinical Nutrition*, rats fed a diet low in vitamins (e.g. vitamin K) were more likely to develop weal Teens can typically get away with eating junk food from a standpoint of weigh gain; their metabolism is revved ar a maverage adult stores as fat, the teen burns off. But the infrequency with which teens, apparently, eat fruits and vegeta become apparent as they grow oldre, as the quality of their development will no doubt be a shell of what it could have

6 According to the survey data, the number of teenagers who include enough fruits and vegetables in their dai

A less than 13 per cent.

B more than 90 per cent.

C about 100,000 people

D approximately on in ten

7 Americans explain that the reasons for not receiving balanced foods are_____ (Обери: a, b, c, d)

A lack of time, willpower and money.

B ignorance, time deficiency and absence of desire.

C lack of willpower and food scarcity.

D ignorance, absence of will and need of foodstuff.

8 If a teenager doesn't eat fruits and vegetables, by the older age his/her bones become_____ (Обери: a, b, с A easily cracked.

B slender	
C crooked.	
D hardened.	
9 What do cells in the growing body mostly rely on? (Обери: a, b, c, d)	
A Calcium.	
B Vitamins.	
C Energy.	
D Dietary habita.	
10 To the formation of the dietary habits the period of adolescence is (O6e	ери: а, b, c, d)
10 To the formation of the dietary habits the period of adolescence is (O66 A alarning.	ери: a, b, c, d)
	ери: a, b, c, d)
A alarning.	ери: a, b, c, d)
A alarning. B bloodthirsty	ери: a, b, c, d)

🤁 Запитання №3 (з вибором правильної відповіді у тексті)

Read the text below. Match choices (A-H) to (11-16). There are two choices you do not need to use.

Airplanes are obviously a much more comfortable conveyance than covered wagons, but hurtling around the world i

11 __ (Обери: A, B, C, D, E, F, G, H)

The air that you breathe inside an airline cabin isn't nearly as good as what you will find most other places. The cabin globe. Although it might horrify some Americans, not all countries even mandate separate smoking sections!

12__ (Обери: A, B, C, D, E, F, G, H)

The air in cabin isn

thumidified, which leads to that all-too-familiar dryfeeling of dryness. Lipscrack, nasalpass re in the airport. Don`t try to substitute coffee, soda or a tiny bottle of booze for water either.

13__ (Обери: A, B, C, D, E, F, G, H)

Because of the altitude, airplanes can also be quite cold (especially the floor). I always take a jacket with me on the pl

14__ (Обери: A, B, C, D, E, F, G, H)

Food on airlines is about what you would expect, considering that all the food must be prepared ahead of time and s

If you have food allergies, you are probably safest bringing your own food with you. (In fact, even if you eat anything,)

15_ (Обери: A, B, C, D, E, F, G, H)

 $\verb|Your| body| sasking you not to a buse it by upsetting its normal cycle. Basically, your body is used to fall in the property of the proper$

16__ (Обери: A, B, C, D, E, F, G, H)

Occasionally, you will not be able to go out on your scheduled flight. Sometimes the bump will be because the passe Occasionally, the bump will be for safety reasons. In the past three years, I have been stuck on the ground because of

This part of the text gives you information about_____

A te	emi	oera	atur	e.
------	-----	------	------	----

B nourishment aboard.

C air sickness.

D air quality.

E fear of flying.

F non-flights

G staying hydrated

H jet lag.

Запитання №4 (з вибором правильної відповіді у тексті)

Read the text below. Choose from (A-H) the one which best fits each space (17-22). There are two choices you do not need to use.

facilities, and the island began housing disciplinary offenders and deserters. It remained an army prison until

the1930s. The rules were strict, but there were also activities like (22) _____ (Обери: A, B, C, D, E, F, G, H) that

made spending time here far less gruesome than it became during the next 30 years. It was those three decades as

A living on this roughly 20-acre rock

a federal prison that really gave the Rock» its reputation.

- **B** swimming away nearly impossible
- **C** inspiring the movie
- **D** the first lighthouse on the West Coast
- **E** gliding across the waves
- F which includes a handful of cells
- ${\bf G}$ gardening and boxing
- **H** a glittering diamond of light at night

Read the text below. For questions (23-32) choose the correct answer (A, B, C or D).

Kids Can Lower Their Flu Risk

The flu is in the news. As the flu spreads, healtheare workers have two simple (23)	_ (Обери:
shares, pieces, lumps, bits)of advice for kids and others who want to prevent the spread of flu germs.	
Wash your hands. Viruses don't pass (24) (Обери: over, inside, into, through) the	e skin, but they
can live on he hands and enter the body when people touch their mouths, eyes, or noses. That`s why	/ hand-washing
with soap and water is more (25) (Обери: impressive, effective, persuasiv	ve, operative)
than anything elsein flighting the spreadof the flu virus. How long should you wash you hands? Doct	ors say you
should wash for (26) (Обери: while, for, as long as, during)it takes you to	o say the
alphabet from A to Z. That should be long (27) (Обери: enough, much, too, ve	ry)to kill most
of the germs.	
Cover your coughs and sneezes. Most flu germs are (28) (Обери: sent, ра	assed, gone,
transmitted) through the air. The flu virus clings to droplets that come (29) (Оберь	и: out, out of,
with, from) your mouth when you cough or sneeze. Those wet droples are pretty heavy, so they don't	travel far; they
fall quickly to the ground. You can (30) (Обери: protect, rescue, save, secure	e) people within
a few feet of you from cough or sneeze germs by (31) (Обери: closing, putting	g, covering,
shutting) your mouth and nose with a tissue, your hand , or your shirtssleeve.	
Doctors say new flu viruses appear (32) (Обери: just about, almost, nea	rly, around)
every year. Flu vaccines can prevent the spread of some flu viruses, but they are not effective in fighti	ng all the new
flu viruses that might appear. Making a vaccine to fight new viruses can take up to six months. That's	why doctors
say people can best fight the spread of flu by washing their hands and covering their coughs.	

Read the text below. For questions (33-42) choose the correct answer (A, B, C or D).

The Paradise Island

Cut off from the mainland for	or the last 12,000 years, Kodiak Island is something close to paradise for bears.
(33)	(Обери: Second- thirds, Two - thirds, Two-three, Two - third) of the island
is a national wildlife refuge,	and the human population is low enough (around 13,000) that the bears face very few
natural threats or competition	on for food. Such advantages (34) (Обери:
have allowed, had allowed, h	nas allowed, allowed) Kodiak bears — a subspecies of brown bear — to become some of
(35)	(Обери: the larger, the largest, the large, large) in the world,
with exceptional males capa	able of growing to 11 feet tall and 1,200 pounds.
The island also (36)	(Обери: offering, offers, offered, offer) a special opportunity for
observing such bears, at lea	st for (37) (Обери: those, these, this, that)willing to
rough it. With few amenities	and challenging terrain, Kodiak Treks does everything it can to immerse visitors into a
bear's world.	
	The Iconic Monument
The Statue of Liberty, one of	New York's most popular tourist attractions,
(38)	(Обери: had captivated, was captivating, has captivated, would
captivate) travelers from eve	ry corner of the world for over one hundred years. One of the most recognizable and
well-known (39)	(Обери: women, woman`s, woman, womens) in the world, the
Statue of Liberty has a resur	ne that would make any movie star jealous! Lady Liberty is a universal symbol of
freedom and democracy an	d has appeared in such movies as Planet of the Apes, The Day After Tomorrow, and
Independence Day, to name	a few.
The Statue of Liberty is almo	ost as American as apple pie, but the iconic NY monument was actually given to the
United States as a gift (40)_	(Обери: to, out of, with, from)France in honor of the
Centennial of American Inde	ependence. The Lady of Liberty was shipped overseas to New York in 350 pieces and it
(41)	(Обери: take, took, is taken, was taking)four months to put her together! The
Statue of Liberty (42)	(Обери: towered, has towered, had towered, have
towered)above the New Yor	k Harbor since 1886 and was designated as an American National Monument in 1924.