

BEM TEST



Amazing Adjectives

Match the adjectives from the text with the correct definitions.

1	Intermittent	A	Having doubts ¹ , not easily convinced ²
2	Deliberate	B	Not following each other continuously ³
3	Voluntary	C	Lasting indefinitely ⁴ , remaining unchanged
4	Non-consecutive	D	Done out of one's free will ⁵
5	Definitive	E	Without interruption
6	Permanent	F	Taking place at irregular ⁶ intervals ⁷
7	Continuous	G	Not enough
8	Skeptical	H	Done intentionally ⁸ or carefully
9	Passing	I	Going by, temporary ⁹
10	Insufficient	J	Done decisively ¹⁰ , showing authority ¹¹

¹ doubt *daut* wątpliwość

² to convince *to kən'vins* przekonać

³ continuously *kən'tinjuəsli* ciągle, bez przerwy

⁴ indefinitely *in'definitli* na nieokreślony czas

⁵ free will *fri: wɪl* wolna wola

⁶ irregular *i'regjulə(r)* nieregularny

⁷ interval *'intəvəl* *tu:* odstęp czasu

⁸ intentionally *in'tenʃənli* umyślnie, celowo

⁹ temporary *'tempərəri* tymczasowy

¹⁰ decisively *di'saɪsɪvli* stanowczo

¹¹ authority *ə'θɔ:rti* władza, autorytet
(*tu:* z przekonaniem, autorytetem)

diets claim that it is just a passing⁷² fad and, like with many celebrity-backed⁷³ diets, it will soon drop out of favour⁷⁴ and be replaced by the next dietary⁷⁵ flavour of the month⁷⁶.

Get Your Just Desserts⁷⁷

Intermittent fasting requires discipline and can be unpleasant for some people. It is often chosen as a method of losing weight, but does it actually work? Those who follow the diets obviously believe in the results and claim that they have shed⁷⁸ kilos. This is often true, but that doesn't mean intermittent fasting is any more effective than another calorie-controlled diets. As for the other health benefits which proponents⁷⁹ claim intermittent fasting can bring? The jury's out as to⁸⁰ whether they are true or not – there is insufficient⁸¹ research

into the long-term effects of the eating habits⁸². Studies are still being done, but it would be too fast to claim the results as proof⁸³, because for now there is only intermittent testing. ■

⁷² passing *'pɑ:sɪŋ* *tu:* mijający, chwilowy

⁷³ X-backed *bækt* wspierany przez X (tylko przed rzeczownikami)

⁷⁴ to drop out of favour *to drɒp 'aʊt əv 'feɪvə(r)* wypaść z łask, przestać cieszyć się uznaniem/popularnością (UK)

⁷⁵ dietary *'daɪətəri* dietetyczny

⁷⁶ flavour of the month *'fleɪvə(r) əv ðə mʌnθ* krótkotrwała, tymczasowa moda

⁷⁷ just desserts *dʒəst dɪ'zɜ:ts* to, co się komuś należało, zasłużona kara

⁷⁸ to shed sth *tə fed 'sæmθɪŋ* pozbyć się czegoś, zrzucić

⁷⁹ proponent *prə'pəʊnənt* rzecznik, orędownik

⁸⁰ the jury's out as to X *ðə 'dʒʊri'z 'aʊt əz tu:* jeszcze nie jest pewne, jakie jest X

⁸¹ insufficient *ˌɪnsə'fɪnt* niewystarczający

⁸² habit *'hæbɪt* zwyczaj

⁸³ proof *pru:f* dowód

Answers:

1. E, 2. H, 3. D, 4. B, 5. J, 6. C, 7. F, 8. A, 9. I, 10. G