

Tasks for the Summative Assessment for the term 4

Reading

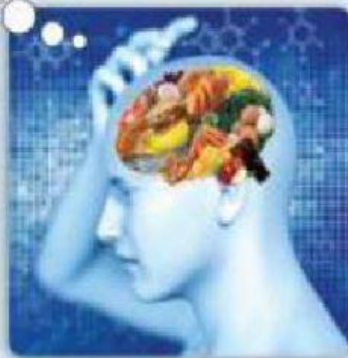
1. Task. Read the text. **SB. Ex.1 p.92**

FOOD for thought

Have you ever had a week when you felt tired or sad and didn't know why? It might have been the food you ate. There is a strong connection between what you eat and how your brain works. For this reason, small changes in your diet can make a big difference to how you feel and function.

The brain is a really complicated organ – it doesn't just need energy, it needs lots of different chemicals, fats and minerals to keep everything working. A lot of these things only come from food, so if you're not eating the right things, it can have a bad effect on your brain. Making sure you're eating the right kinds of amino acids, fatty acids and micronutrients can improve your memory, mood and mental performance.

The brain works by sending electrical and chemical signals through special cells called neurons. In order to make these chemicals, the body needs amino acids. These are found in foods which have lots of protein in them, such as meat, fish, eggs and dairy products. If you're a vegetarian or a vegan you can get amino acids from beans, soya and seeds.



The most common substance in our brain is fat. But not just any kind of fat! The cells of the brain are made up of special fats called fatty acids. If we don't replace these fatty acids, then the brain cells start to break down. This means that the brain won't work so well, especially as we get older. There are two essential fatty acids for the body: omega-3 and omega-6. Omega-3 mainly comes from oily fish like mackerel and sardines, while omega-6 comes from liver and dark green vegetables.

Finally, we need to have various micronutrients like zinc, iron, copper and sodium. These protect the brain from diseases and can be found in fruit, vegetables and nuts. Overall, the most important thing is to eat a wide variety of different foods. A diet rich in fruit, vegetables, seeds, nuts and oily fish, and low in red meat and sugar, is the best way to maintain a healthy body, mind and brain!

Choose the correct answer.

- 1 Amino acids are essential for ...
A making the chemicals that send signals to the brain.
B replacing the brain cells.
C protecting the brain from diseases.
- 2 Omega-3 and omega-6 are the two essential ...
A amino acids. B micronutrients. C fatty acids.
- 3 A healthy diet for your brain is low in ...
A fruit and vegetables. C red meat and sugar.
B zinc, iron, copper and sodium.
4. Omega-3 comes from ...
A liver C vegetables
B oily fish

5. Omega-6 comes from ...

A liver

B oily fish

C eggs

Writing

2. Task. **Ex.1 p. 109.** Replace the informal phrases in bold in her letter with the formal phrases below. Замените (напечатайте) фразы, выделенные жирным шрифтом, на синонимичные фразы.

I look forward to hearing from you

I'm writing to apply for the position

I consider myself to be

Yours sincerely

I'm available

which was advertised

would be useful

Dear Mr Smith,

1) I want to ask for the job of part-time shop assistant at London Zoo Gift Shop **2) that I read about** in The Daily News on Monday, 12th June.

I am 17 years old and I am a student at Darlington Secondary School. I have a certificate in Basic First Aid and recently passed an exam in intermediate German.

Last summer, I worked as a receptionist at my local swimming pool. This position gave me experience in dealing with the public which I feel **3) will come in handy** in your shop. **4) I think I'm** hard-working, reliable and punctual.

5) I can come for an interview at your convenience. **6) I can't wait to hear from you.**

7) See you soon,

Emily Johnson

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

