

# Reading . Term test 1 . 8 Grade. Карпюк

**Task 1. Read the text and the statements to it. Mark them as true or false.**

According to statistics, every fourth American teenager regularly nods off in class.

Scientists claim that average schoolchildren need no less than nine hours of sleep but get only about six or seven. It happens so because at most schools classes start at 8 a.m.; and it is considered to be too early for teens because their brains produce sleep-inducing melatonin later at night, so it's hard for them to fall asleep before 11 p.m. The way out is to start a school day no earlier than at 8.30. Many public schools are discussing this issue. The schools that have moved to a later start report that attendance is up and discipline problems are down.

Surprisingly, it can be claimed that the later students get up on school days, the better their results are!

- 1) According to the statistics, a quarter of American teens regularly fall asleep during a lesson. \_\_\_\_
- 2) An average teen gets enough night sleep. \_\_\_\_
- 3) Most American schools start their classes at 8.30. \_\_\_\_
- 4) Teens can easily get used to going asleep before 11 p.m. \_\_\_\_
- 5) In schools which have moved to a schedule with a later start there is better attendance and fewer discipline problems. \_\_\_\_
- 6) It can be stated that getting enough sleep can positively influence students' performance \_\_\_\_

**Task 2. Read the interview with Jerry Allan, an expert on healthy diet. Use the replies (A—G) to complete the dialogue.**

*A Is it important to take vitamins?*

*B How many servings of vegetables should we eat?*

*C Why is eating healthy foods important?*

*D What kind of bread is healthy?*

*E Are sweets good for our health?*

*F How many servings of fruit should we eat?*

*G What kinds of meat are the best?*

— Good morning, Mr Allan! So you are an expert on healthy diet. (1) \_\_\_\_

— People who eat healthy foods feel and look better. They have fewer medical problems and miss fewer days from work or school. People who eat healthy foods also feel more energetic and live longer than people who don't.

— It's interesting! And (2) \_\_\_\_

— You can get all the vitamins you need from the foods you eat, but taking a multivitamin once a day is a good idea.

— Oh, I see. (3) \_\_\_\_

— I recommend wholewheat bread. I think this kind of bread is good to eat.

— And what about fruit and vegetables? (4) \_\_\_\_

— We should eat 3—4 servings of vegetables a day. It is important to eat green and orange vegetables like spinach and carrots every day.

— This advice is not easy to follow! What about fruit? (5) \_\_\_\_

- We should eat 3—4 servings of fruit a day. Fresh fruits like apples and oranges are the best.
- That's nice. And is eating meat important for our diet? (6)\_\_\_\_\_
- Yes, sure! Low-fat meats like turkey and chicken are good to eat.
- And now a silly question. (7)\_\_\_\_\_
- No, sweets are bad for our health.
- Of course!
- Avoid eating too many sweets. Buy a juicer and make fresh juice instead.
- Thank you, Mr Allan!