

1. Listen to the audio and complete the task:

1. I eat a lot trying to forget my problems.
2. I cannot lose weight as I combine exercising and eating unhealthy food.
3. I have gained weight after changing my habits.
4. I would like to lose weight without changing my habits radically.
5. I feel very unhappy because I cannot help eating unhealthy food.
6. I expected to gain weight but in fact I haven't.
7. I don't have any weight problems in spite of eating whatever I want.

A	B	C	D	E	F

2. Read the text and complete the task:

- | | |
|----------------------|-------------------------|
| 1. Places to stay in | 5. Different landscapes |
| 2. Arts and culture | 6. Transport system |
| 3. New country image | 7. National languages |
| 4. Going out | 8. Eating out |

A. Belgium has always had a lot more than the faceless administrative buildings that you can see in the outskirts of its capital, Brussels. A number of beautiful historic cities and Brussels itself offer impressive architecture, lively nightlife, first-rate restaurants and numerous other attractions for visitors. Today, the old-fashioned idea of 'boring Belgium' has been well and truly forgotten, as more and more people discover its very individual charms for themselves.

B. Nature in Belgium is varied. The rivers and hills of the Ardennes in the southeast contrast sharply with the rolling plains which make up much of the northern and western countryside. The most notable features are the great forest near the frontier with Germany and Luxembourg and the wide, sandy beaches of the northern coast.

C. It is easy both to enter and to travel around pocket- sized Belgium which is divided into the Dutchspeaking north and the French-speaking south. Officially the Belgians speak Dutch, French and German. Dutch is slightly more widely spoken than French, and German is spoken the least. The Belgians, living in the north, will often prefer to answer visitors in English rather than French, even if the visitor's French is good.

D. Belgium has a wide range of hotels from 5-star luxury to small family pensions and inns. In some regions of the country, farm holidays are available. There visitors can (for a small cost) participate in the daily work of the farm. There are plenty of opportunities to rent furnished villas, flats, rooms, or bungalows for a holiday period. These holiday houses and flats are comfortable and well-equipped.

E. The Belgian style of cooking is similar to French, based on meat and seafood. Each region in Belgium has its own special dish. Butter, cream, beer and wine are generously used in cooking. The Belgians are keen on their food, and the country is very well supplied with excellent restaurants to suit all budgets. The perfect evening out here involves a delicious meal, and the restaurants and cafes are busy at all times of the week.

F. As well as being one of the best cities in the world for eating out (both for its high quality and range), Brussels has a very active and varied nightlife. It has 10 theatres which produce plays in both Dutch and French. There are also dozens of cinemas, numerous discos and many night-time cafes in Brussels. Elsewhere, the nightlife choices depend on the size of the town, but there is no shortage of fun to be had in any of the major cities.

G. There is a good system of underground trains, trams and buses in all the major towns and cities. In addition, Belgium's waterways offer a pleasant way to enjoy the country. Visitors can take a one-hour cruise around the canals of Bruges (sometimes described as the Venice of the North) or an extended cruise along the rivers and canals linking the major cities of Belgium and the Netherlands.

A	B	C	D	E	F	G

3. Write a letter to your pen-friend:

You have received a letter from your English-speaking pen friend Mary who writes

... Summer is coming and I want to look my best: healthy, energetic and physically fit. So I'm trying to eat plain, simply cooked natural food, have enough sleep at night and I have recently joined our local fitness club. Do you do anything special to stay healthy? What makes people healthy and strong? What do you think about a healthy lifestyle?

By the way, I'm going to spend a month at the seaside this summer...

Write a letter to Mary. In your letter answer her questions, ask 3 questions about her coming summer holidays. Write 100-140 words. Remember the rules of letter writing.

Mayskiy, Russia
April, 15

Dear Mary,

Thank you for your letter. I'm sorry for not writing you for so long. I spent my time _____.

I hope that all your efforts will show a great result.

Anyway, _____.

?

I have got to go as my friend is asking me for help.

Write back soon.

Best wishes,

Past continuous

● Past continuous

Form	Утвердительная форма	Отрицательная форма	Вопросительная форма и краткий ответ
	I / he / she / it was playing .	I / he / she / it was not (wasn't) playing .	Was I / he / she / it playing? Yes, I / he / she / it was . No, I / he / she / it wasn't .
	You / we / they were playing .	You / we / they were not (weren't) playing .	Were you / we / they playing? Yes, you / we / they were . No, you / we / they weren't .

Употребляется для описания:

действий, которые происходили в определённый момент или период времени в прошлом
действий, которые происходили в прошлом одновременно

Примеры

What **were you doing** at four o'clock?
I **was having** a tennis lesson.
Dean **was playing** basketball at four o'clock.
I **was reading** a book while you **were doing** the washing up.
Some children **were swimming**, but the others **were sunbathing**.
While the music **was playing**, they **were dancing**.
Teresa **was kicking** the ball when she fell over.
The players **were training** when it began to rain.
Joe **was swimming**. His coach shouted to him.

действий, которые происходили в прошлом и были прерваны другим действием в прошлом

● Helpful hints

Past continuous обычно употребляется с:

- at that moment
- at one / two o'clock и т.д.

Watch out!

Past simple и past continuous часто используются вместе, когда нужно показать, что одно действие произошло в процессе совершения другого действия:

✓ Our pizza **arrived** while we **were watching** the game on TV.

В таких предложениях часто используются:

- when
- while
- as

Teresa was playing football **when** she broke her leg.

While the players were training, it began to rain.

As Joe was swimming, his coach shouted to him.

● Helpful hints

Past continuous никогда не используется для описания законченных или повторяющихся действий в прошлом. Для описания этих действий употребляется past simple:

✗ Peter **was falling** off his bicycle three times last month.

✓ Peter **fell** off his bicycle three times last month.

Формы неправильных глаголов приведены на с. 183.

A Обведите правильный вариант ответа.

- I was **playing** / **play** tennis yesterday when it started to rain.
- Was training Ivan** / **Was Ivan training** every day last month?
- Were you swimming** / **You were swimming** when you saw the shark?
- Katrina and George **were riding** / **was riding** their bikes when they found the lost puppy.
- Diane **wasn't** / **didn't** watching the basketball match at three o'clock.
- Wendy **was listen** / **was listening** to the coach very carefully, but the other players weren't.
- What **you were** / **were you** doing when you heard the news?
- While Darren and I **was** / **were** playing a chess match, the lights went off.

B Выберите правильный вариант ответа.

- Where _____ when I saw you yesterday morning?
A you going B were you go C were you going
- The children _____ a game online when their parents came back.
A were playing B was playing C playing
- Some players _____ to the coach, but others were playing with a ball.
A listen B were listening C was listening
- Who was that woman you _____ to?
A was talking B talks C were talking
- Why _____ last night?
A was the baby crying B the baby was crying C was crying the baby
- While David _____ attention, someone took his tablet.
A didn't pay B wasn't paying C not paying
- The team scored the goal while I _____ at the TV.
A wasn't looking B not looking C weren't looking
- The footballers _____ after the ball when the referee stopped the match.
A was running B were run C were running

C Раскройте скобки, поставив глаголы в *past continuous*.

- Marina _____ (**talk**) to her friend when the teacher came into the class.
- Jerry and Ben _____ (**run**) around the track while the rest of the class were playing volleyball.
- Jill and I _____ (**not / pay**) attention to the coach and she got angry with us.
- Why _____ (**you / wear**) your trainers when I saw you yesterday evening?
- Some children _____ (**read**) books, while others were doing their homework.
- Which match _____ (**Nick / watch**) on TV when his parents got back home?
- William and Mary _____ (**not / practise**) their ice-skating figures when their coach arrived.
- I _____ (**listen**) to my favourite song when the teacher saw me.

D Заполните пропуски, используя *when*, *while* или *as*.
В некоторых случаях возможны два правильных ответа.

- _____ Danny was jogging, he saw a kitten in the park.
- Marek and Vladimir were training for the match _____ their coach asked them a question.
- What was your brother doing _____ you asked him to help you?
- The children were playing basketball in the garden _____ their parents were making lunch.
- _____ I was coming home from the gym, I found a wallet in the street.
- Daniela was riding her bike _____ she met an old friend.
- Kevin and Jim were watching a match on TV _____ their dog started barking.
- Where were you going _____ I met you?

E Составьте предложения, используя глаголы в соответствующей форме.

- Ron / sleep / when / he / hear / a loud noise.

- What / you / do / when / I / phone / you?

- Jenny / not do / her homework / when / Nick / arrive.

- Maria and Paul / play chess / when / their parents / come home.

- Sam and Kevin / visit / Barcelona's stadium / when they / see/Messi.

- While I / cook / dinner / for my parents, / my friend phone / me.

- While I / look / out of the window, / my cat / steal / my food from the plate.

- Where / the athletes / run / when / you / see / them?

F Раскройте скобки, поставив глаголы в *past simple* или *past continuous*.

Something fantastic (1) _____ (happen) last week! While I (2) _____ (come) home from volleyball practice last Monday, I (3) _____ (see) something very strange. My friends, Dana and Ben and I (4) _____ (walk) down the street and we (5) _____ (talk) about our volleyball game, when we (6) _____ (hear) a small noise. We (7) _____ (start) looking to see where it (8) _____ (come) from but we couldn't see anything. As we (9) _____ (look), Dana noticed a small, white cat. It (10) _____ (cry) and it looked hungry. I (11) _____ (decide) to take it home with me and give it some food. When I (12) _____ (arrive) home, my mother (13) _____ (cook) lunch. So I took the kitten to my room without telling her anything. Later, when she saw the kitten, she (14) _____ (not / be) happy at first, but finally she let me keep her. Now, we call her Snowy and she sleeps in my room!