RNE Training

Reading Task 1401

10. *Установите соответствие* ***тем 1 - 8 текстам A- G.*** *Занесите свои ответы в таблицу. Используйте каждую* ***ЦИФРУ только один раз. В задании одна тема лишняя. Запишите <u>цифры</u> в клетки задания 10***

1. Sleep and obesity
2. Lack of sleep
3. Emotions and sleep
4. How long to sleep
5. Different terms
6. Reasons to be active
7. The importance of sleep
8. What is obesity

A. When a person has excess weight or body fat, this might affect their health. It is usually caused by the consumption of more calories than the body can use. The excess calories are stored as fat. Obesity is a medical condition. It was first recognized as a disease in 1948 by the World Health Organisation (WHO). Obese people suffer from a large number of diseases. In most people, obesity is caused by eating too much and moving too little. There are different types of obesity.

B. It's never too late to become more physically active. Physical activity refers to any movement of the body that uses energy. It can include housework, walking and gardening. Exercise is a kind of physical activity. It is planned and repetitive. Examples of exercise are going to the gym and running on a treadmill. If you are interested in maintaining good health, physical activity can be a great place to start. If you want to achieve fitness goals, you will need to incorporate structured exercise into your routine.

C. Exercising regularly is one of the most important things you can do for your health. In the short term, exercise helps to control appetite, boost mood and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia and depression. Exercise plays a vital role in building and maintaining strong muscles and bones. Regular exercise also increases your chances of living longer. There are many types of physical activity, including swimming, running, jogging, walking and dancing.

D. Sleep plays an essential role in your health and well-being. Getting enough good quality sleep has many benefits. It protects your physical and mental health, quality of life and personal safety. When we sleep, our brain lays down memory, restores daytime mental functioning and carries out processes that lead to physical growth. Poor sleep is strongly linked to weight gain. People with short sleep duration tend to weigh significantly more than those who get adequate sleep. Mental health issues are strongly linked to poor sleep quality.

E. Sleep is a vital indicator of overall health and well-being. On average, adults should optimally receive between seven and nine hours of sleep each night, but those needs vary individually. For example, some people feel best with eight consecutive hours of sleep, while others do well with six to seven hours at night and daytime napping. Some people feel okay when their sleep schedule changes, while others feel strongly affected by a new schedule or even one night of insufficient sleep.

F. Obesity develops when energy intake is greater than expenditure. Diet and physical activity play an important part in this. However, an additional factor may be inadequate sleep. A growing body of research suggests that there's a link between how much people sleep and how much they weigh. In general, children and adults who get too little sleep tend to weigh more than those who get enough sleep. People who don't get enough sleep may take in more calories than those who do, simply because they are awake longer and have more opportunities to eat.

G. People find it harder to fall asleep when they are anxious and sad. The relationship between mood disorders and quality sleep is a complex, two-way street. Just as negative mood states can make getting a good night's sleep a virtual impossibility, insufficient sleep can lead to depression. Regardless of which comes first, the end result is that a blue mood and poor sleep go hand-in-hand. The amount and quality of our sleep can play a huge role in our mental health including how we feel and how we act toward other people.

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A	B	C	D	E	F	G

11. *Прочитайте текст и заполните* ***пропуски A — F*** *частями предложений, обозначенными* ***цифрами 1 — 7.*** ***Одна из частей в списке 1 — 7 лишняя****. Занесите* ***цифры****, обозначающие соответствующие части предложения, в клетки задания* ***11 без пробелов и знаков препинания****.*

'Second Stonehenge' discovered near original

Archaeologists have discovered evidence of what they believe was a second Stonehenge located a little more than a mile away from the world-famous prehistoric monument.

The new find on the west bank of the river Avon has been called "Bluestonehenge", after the colour of the 25 Welsh stones of **A**_____.

Excavations at the site have suggested there was once a stone circle 10 metres in diameter and surrounded by a henge — a ditch with an external bank, according to the project director, Professor Mike Parker Pearson, of the University of Sheffield.

The stones at the site were removed thousands of years ago but the sizes of the holes in **B** _____ indicate that this was a circle of bluestones, brought from the Preseli mountains of Wales, 150 miles away.

The standing stones marked the end of the avenue **C** _____, a 1¾-mile long processional route constructed at the end of the Stone Age. The outer henge around the stones was built about 2400BC but arrowheads found in the stone circle indicate the stones were put up as much as 500 years earlier.

Parker Pearson said his team was waiting for results of radiocarbon dating **D** _____ whether stones currently in the inner circle of Stonehenge were originally located at the other riverside construction.

Pearson said: "The big, big question is when these stones were erected and when they were removed — and when we get the dating evidence, we can answer both those questions."

He added: "We speculated in the past **E** _____ at the end of the avenue near the river. But we were completely unprepared to discover that there was an entire stone circle. Another team member, Professor Julian Thomas, said the discovery indicated **F**_____ was central to the religious lives of the people who built Stonehenge. "Old theories about Stonehenge that do not explain the evident significance of the river will have to be rethought," he said. Dr Josh Pollard, project co-director from the University of Bristol, described the discovery as "incredible".

1. that leads from the river Avon to Stonehenge
2. which they stood
3. that there might have been something
4. which it was once made up
5. that it should be considered as integral part
6. that this stretch of the river Avon
7. which could reveal

A	B	C	D	E	F

12-18 *Прочитайте текст и выполните задания* ***12-18*** *отметьте на карточке вариант, соответствующий номеру выбранного вами варианта ответа.*

British food

Foreigners often laugh at the British. They say, "In Britain you get hot chips with everything!" But even the British don't eat chips with their meals. To prove that, we decided to let you read an extract from a letter written by Pete Phrase, the chief cook at Daphne's in London, to his foreign friends.

"...I am always both amused and annoyed when I hear foreign people criticise British food. "It's unimaginative," they say. "It's boring, it's tasteless with totally overcooked vegetables." I have a theory about British cooking, and I was interested to read that several famous cookery writers

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agree with me. My theory is this. Our basic ingredients, when fresh, are so full of flavour that we haven't had to invent sauces and complex recipes to disguise their natural taste. What can compare with fresh peas or new potatoes just boiled (not overboiled) and served with butter? Why drown spring lamb in wine or cream or yoghurt and spices, when with just one or two herbs it is absolutely delicious?

If you ask foreigners to name some typically English dishes, they will probably say "fish and chips" and then stop. It is disappointing, but true, that there is no tradition in Britain of eating in restaurants, because our food doesn't lend itself to such preparation. British cooking is found in the home, where it is possible to time the dishes to perfection. So, it is difficult to find a good English restaurant with reasonable prices.

It is for these reasons that we haven't exported our dishes, but we have imported a surprising variety of cuisines from all over the world. In most cities in Britain, you'll also find Indian, Chinese, French and Italian restaurants. In London you'll also find Indonesian, Lebanese, German, Spanish, Mexican, Greek... Cynics will say that ***this*** is because we have no "cuisine" ourselves, but, well, you know what I think!"

Traditional British food is usually described as plain, conservative and unvaried. There are many popular jokes about it. "The British Empire was created as a by-product of generations of desperate Englishmen roaming the world in search of a decent meal," remarks American journalist Bill Marsano.

Indeed, classic British dishes are not too dainty, but they are nourishing, natural and tasty, a lot of attention here is paid to the food quality. Residents of Great Britain prefer local food to imported products, so nearly all fish, milk and meat products are produced within the country and vegetables are grown by local farmers.

Meals during a day in Britain traditionally include breakfast, lunch, dinner and supper. Dinner is always the most ***substantial*** meal during the day. For dinner the British often have soup and then the main course, such as meat, poultry or fish with vegetables or mashed potatoes. It is followed by a dessert, for example, the most ubiquitous apple pie. Meat dishes are presented in British cuisine in a large variety. Probably, the most delicious of them is succulent roast beef, which is grilled and served with vegetables, roast potatoes or Yorkshire pudding. Apart from beef, the British cook steaks of pork, lamb and sometimes turkey or chicken.

Supper in Britain is the last meal of the day, and usually it consists of something light, for example, a bowl of cream soup, naturally, often skipped.

As for drinks, it's impossible to imagine British cuisine without tea. Contrary to popular belief, tea is not always served with milk. The British drink tea with and without sugar, with lemon, cinnamon, honey and so on. But tea and milk is a classic combination, not a favourite of mine, though."

12. It often seems to foreigners that British food _____

1) hasn't been cooked long enough.
2) often tastes too hot and spicy.
3) doesn't include raw vegetables.
4) is lacking in variety of dishes.

13. According to Pete Phrase, the British haven't invented complex recipes because they ____

1) appreciate the original taste of the products.
2) use a variety of sauces and spices for flavour.
3) prefer to use mainly basic ingredients.
4) always choose only fresh components.

14. Which statement is NOT true according to Pete Phrase?

1) The English are good at cooking.
2) The English prefer home cooked dishes.
3) Foreigners know few English dishes.
4) Prices in English restaurants are low.

15. The word *this* in Paragraph 4 ("... this is because we have no "cuisine" ourselves ...") refers to the fact that _____

1) the British share their dishes with the world.
2) all the best food in Britain is foreign.
3) various foreign food is available in London.
4) there are a lot of immigrants in Britain.

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16. American journalist Bill Marsano implies that _____

1) while travelling the British suffered from hunger.
2) the life of the British at home used to be very hard.
3) the British initially conquered lands to get better food.
4) the creation of the British empire was a long process..

17. The word *substantial* ("Dinner is always the most substantial meal ...") in Paragraph 7 is synonymous to _____

1) nourishing.
2) delicious.
3) balanced.
4) fattening.

18. The main aim of the text is to _____

1) give food for thought.
2) advertise British food.
3) criticise foreign cuisines.
4) disprove stereotypes.

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