Matura Practice 21.05.2020

1 Usłyszysz dwukrotnie rozmowę Andy'ego i Lauren na temat zdrowia. Odpowiedz na pytania 1–5 zgodnie z treścią nagrania. Zaznacz znakiem X odpowiednią rubrykę w tabeli (A – Andy lub L – Lauren).

	Which person	A	L
1	has a relative with a health problem?	X	X
2	is concerned about their future?	X	X
3	suggests having a treat occasionally?	X	X
4	believes that exercise has emotional benefits?	X	X
5	does not do enough physical activity?	X	X

2 Przeczytaj tekst. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu. Zakreśl literę A, B, C albo D.

How to lose a million pounds

When Mick Cornett was elected Mayor of Oklahoma City, things were improving for the city. It was a good place to get a job and, according to some magazines, the best city to start a business. There had also been plenty of development like new sports stadiums and arts centres designed to improve people's quality of life. However, Oklahoma City had a problem: its residents were some of the most obese in the USA.

So why were the citizens of Oklahoma City so overweight? Obviously, a poor diet was one cause, but another was the way the city was designed. Oklahoma City is a great place for drivers; there are wide roads and heavy traffic isn't really a problem even at rush hour. So residents were getting in their cars and driving everywhere. This meant that developers didn't have to build new pavements, so Oklahoma City had schools, libraries and sports centres, but no pavements to connect them.

In 2007, Mick came up with an ambitious plan for the city itself to go on a diet and, hopefully, lose a million pounds*. He set up a website and Oklahoma residents signed up. His message caught the attention of the media, and, more importantly, the city's residents. Every pound they lost through diet and exercise was added up on the website. The next step was to redesign the city for the people who lived there, rather than their cars. Hundreds of miles of new pavements were built along with new developments that were pedestrian-friendly. Oklahoma City was now somewhere you could walk around.

At the beginning of 2012, Oklahoma City residents lost their millionth pound, but Mick hasn't finished yet. He still believes that there's lots of work to do in his own city and in the rest of the world. In countries like the UK and the USA over one third of the population are obese and the problem is now spreading to countries like Australia and New Zealand, too. There is hope, though and walking might just be the answer. So why not leave the car at home today and walk to work instead? Remember – it's not about the destination, it's about the journey you take to get there.

*1 pound = 0.45 kilogram

1. Which sentence is TRUE about Oklahoma City? ☐
   - A People could find work easily there.
   - B It wasn't liked by some journalists.
   - C The people who lived there were unhappy.
   - D Its mayor before Mick hadn't helped the city.

2. One reason why Oklahoma City residents were obese was because ☐
   - A the city wasn't designed for cars.
   - B there was too much traffic on the roads.
   - C residents couldn't get around on foot.
   - D there weren't enough places to exercise.

3. The residents of Oklahoma City ☐
   - A raised awareness of the problem.
   - B were enthusiastic about Mick's plan.
   - C didn't want to walk around their city.
   - D didn't think they needed new pavements.

4. The writer suggests that people who prefer walking ☐
   - A exist in equal numbers around the world.
   - B are healthier than people who drive cars.
   - C do so because it's cheaper than using a car.
   - D have a pleasanter journey to their workplace.

5. In the text, the writer ☐
   - A promotes Oklahoma City as a tourist attraction.
   - B describes a campaign to improve people's health.
   - C presents the advantages and disadvantages of cars.
   - D shows how the Internet can affect people's health.

3 **Przeczytaj tekst. Z podanych odpowiedzi wybierz właściwą, tak aby otrzymać logiczny i gramatycznie poprawny tekst. Zakreśl literę A, B albo C.**

Keep Calm and Bake On

Some TV programmes have an amazing cultural influence. *The Great British Bake Off* is one such example. In the show, amateur bakers compete by baking cakes, bread and pies to be crowned the British Bake Off Champion. 1) ..... it began in 2010, this show has attracted a faithful audience and is credited with helping Britain rediscover 2) ..... baking tradition.

Recent statistics 3) ..... that the British baking industry is currently worth 3.4 billion pounds, with retailers reporting an increase in the 4) ..... of baking supplies such as icing bags and baking tins. Baking is helping the economy in other ways too, with an increase in the number of new bakers.

But baking isn't only about business – it's about happiness too. Research reveals that baking can lift depression and ease stress. All in all, baking has 5) ..... positive effects and with *The Great British Bake Off* entering a new series, the phenomenon looks set to continue.

1	A While	B Since	C When
2	A their	B our	C its
3	A appear	B show	C present
4	A deals	B shops	C sales
5	A many	B much	C more

4 **W zadaniach 1–5 wybierz wyraz, który poprawnie uzupełnia luki w obydwu zdaniach. Zakreśl literę A, B albo C.**

1 Would you like a ..... of cake?
Be careful not to ..... your finger when you chop the carrot.
A piece B slice C section

2 There is no known ..... for the common cold.
Doctors can ..... many more illnesses these days.
A fix B cure C heal

3 How did Callum ..... his ankle?
Try not to damage the yolk when you ..... the eggs.
A break B sprain C twist

4 Jeremy is not coming in today because he's feeling ..... the weather.
You should always lift weights ..... the supervision of a trainer.
A in B under C with

5 Some people .....at the sight of blood.
There was a ..... smell of burning coming from the kitchen.
A slight B collapse C faint

5 Wypowiedź pisemna

Rozpocząłeś/rozpoczęłaś kampanię promującą zdrowe odżywianie wśród nastolatków z Twojej szkoły. Na prowadzonym przez Ciebie blogu napisz **wiadomość** (80-130 słów). We wpisie:

- poinformuj, dlaczego zdecydowałeś/-aś się rozpocząć kampanię,
- napisz o korzyściach wynikających ze zdrowego odżywiania,
- opisz negatywne skutki spożywania potraw typu fast food,
- przedstaw plany zorganizowania imprez promujących zdrowe odżywianie.