

Частина «ЧИТАННЯ»

Reading

Task 1

Read the texts below. Match choices (A–II) to (1–5). There are three choices you do not need to use. Write your answers on the separate answer sheet.

A Sound Mind in a Sound Body

(1) _____

When you play, you might need some new protective gear, including modified shoes (such as those with inserts or arch supports or those designed for use in a particular sport), tapings (tape used to wrap a knee, for example, to provide extra support), knee and elbow braces, and mouth guards. These devices help support and protect your body parts from strains, direct blows, and possible injury. To help prevent injury, be sure to warm up adequately before practice and games. Also, know your limits. If any body part begins to hurt, stop immediately and rest. It's your body's way of telling you something is not right. So, play, but try to do the things that can help you avoid getting hurt.

(2) _____

Want to get your crew together? A game of hockey, a skating party, or an afternoon of sledding can be a nice change from hanging out at the mall. But before you email those invites, survey the gang. Choose an activity that everyone feels comfortable doing. And you'll have a good time together and be as fit as a fiddle.

(3) _____

Ahh, winter! Shorter days. Cold temperatures. Foul weather. Let's face it, spending the winter alternating between napping in bed and splaying across the couch sounds awfully good. But fight the temptation. Winter sports can help you burn calories, increase your cardiovascular fitness, and strengthen muscles. Activities that are weight-bearing (like cross-country skiing or skating) help build stronger and denser bones. Being outdoors and getting exercise are also great for your mental health. Exercise boosts mood and sunlight seems to help beat back the winter blues. So slap on some sunblock and go! If you need more convincing, remember this: staying in shape during the winter gets you physically ready for springtime activities (and wardrobes).

(4) _____

If you're into sports, you've seen it happen. You've probably even experienced it: football players shake hands after four quarters of knocking each other around. Tennis players leap over the net to shake hands with their opponents after a hard-fought match. Soccer players exchange jerseys after an intense 90 minutes' long game. Even boxers touch gloves at the beginning of each round, and then hug each other after beating each other into a pulp for 12 rounds. It seems like competitors in every event behave this way. What's going on? It's all part of sportsmanship, a great tradition in sports and competition that means playing clean and handling both victory and defeat with grace, style, and dignity.

(5)

Good sportsmanship means not having a “win at any cost” attitude. Most athletes who don’t have a “win at any cost” attitude are more likely to talk about how much they love their sport and how much personal satisfaction and enjoyment they get from participation. Most people won’t go on to play professional sports, and only a few will win scholarships to play at college. But many forget to have a good time during the years they *do* play because they’re so focused on winning. And, unfortunately, parents and coaches sometimes put too much pressure on athletes, emphasizing winning at all costs. So although it’s great to be a champion, it’s even better to take pleasure in trying to reach the top.

- A Engage others into sports
- B Respect your opponents
- C Win by fair means or foul
- D Struggle for victory
- E Enjoy the process
- F Lift your spirits doing sports
- G Do sports safely
- H Make fun of others

Task 2

Read the text below. For questions (6–10) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Some Ways to Improve Your Memory

A good memory is often seen as something that comes naturally, and a bad memory as something that cannot be changed, but actually there is a lot that you can do to improve your memory. However, it does mean taking responsibility and making an effort. Here are the experts’ top tips.

We all remember the things we are interested in and forget the ones that bore us. This no doubt explains the reason why schoolboys remember football results effortlessly but struggle with dates from their history lessons! Take an active interest in what you want to remember, and focus on it consciously. One way to make yourself more interested is to ask questions – the more the better.

Repeating things is the best way to remember things for a short time, e.g. remembering a phone number for a few seconds. Multiple numbers would be impossible for most of us to remember: 1492178919318483. But look at them in “chunks”, and it becomes much easier: 1492 1789 1931 8483.

Another way to make something more memorable is to think about something visual associated with it. Design a mental picture and the stranger the picture the better you will remember it! If an English person studying Spanish wanted to remember the Spanish word for *duck*, “*pato*”, he/she could associate it with the English verb “*to pat*” and imagine a picture of someone patting a duck on the head.

To remember long lists, try inventing a story which includes all the items you want to remember. In experiments, people were asked to remember up to 120 words using this technique and when they were tested afterwards, on average they could remember ninety percent of them.

If we organize what we know in a logical way then when we learn more about that subject we understand that better, and so add to our knowledge more easily. Make well-organized notes. Be sure things are clear in your mind. If not, ask questions until you understand!

Many experts believe that listening to music helps people to organize their ideas more clearly and so improves their memory. Sadly, not all sorts of music have the same effect.

If you do not want to lose your memory as you get older you need to keep your brain fit, just like your body: “use it or lose it” is the experts’ advice. Logic puzzles, crosswords and mental arithmetic are all good “mental aerobics”.

Exercise is also important for your memory, because it increases your heart rate and sends more oxygen to your brain, and that makes your memory work better. Exercise also reduces stress which is very bad for the memory.

The old saying that “eating fish makes you brainy” may be true after all. Scientists have discovered that the fats found in fish like tuna, sardines and salmon – as well as in olive oil – help to improve the memory. Vitamins C and E (found in fruits like oranges, strawberries and red grapes) and vitamin B (found in lean meat and green vegetables) are all good “brain food”, too.

- 6 What is a good memory according to paragraph 1?
- A a “gift” of nature at birth
 - B something staying invariable
 - C a result of your self-perfection
 - D something easy to develop
- 7 Which of the following techniques for memorizing a lot of new words at a time is mentioned in the text?
- A asking people the meaning of these words
 - B drawing pictures of the meaning of the words
 - C writing lists of associations with other words
 - D creating compositions with the new words
- 8 According to the text, which of the following statements is **NOT TRUE**?
- A Stress reduction has a negative influence on memory.
 - B “Mental aerobics” includes all kinds of logic exercise.
 - C Understandable issues are remembered more easily.
 - D Mindful memorizing is essential for remembering items.
- 9 What is stated in the text?
- A Being in good shape means having a good memory.
 - B You can improve your memory by working out.
 - C You can boost your brain work with medicines.
 - D Listening to different music benefits your memory.
- 10 The author writes about the following ways of improving memory **EXCEPT** _____.
- A eating certain foods
 - B learning poems
 - C training it regularly
 - D doing sums

Task 3

Read the texts below. Match choices (A–H) to (11–16). There are two choices you do not need to use. Write your answers on the separate answer sheet.

11 Museum of Rocks and Minerals

Visit one of the top mineral exhibits in the nation. Exquisite minerals, crystals, fossils, meteorites, fluorescents and the “Best of the N.W.” are all here for you to enjoy. Just 15 minutes west of Portland on Hwy. 26, take exit 61 to the stop, turn right, go one block then left onto Groveland Drive, follow 1.3 miles to the Museum located on the right.

Admission: \$ 8.00, Seniors (60+) \$ 7.00, Students (5–17) \$ 6.00, Veterans and active Military \$ 5.00, 4 & under free.

Open: Monday through Friday from 9a.m. to 6 p.m.

12 History Museum

Explore Oregon's fascinating history at the Oregon Historical Society's History Museum, located on the historic Park Blocks in downtown Portland. The museum is home to many exhibits, including the award-winning exhibit *Oregon My Oregon*, and the brand new permanent exhibit, *Oregon Voices: Change and Challenge in Modern Oregon History*. Featuring the latest technology, visitors will create their own museum experience, exploring films, photographs, recordings, and digital documents using touch screens. The past and present come to life at the Oregon History Museum.

Open: Tuesday through Saturday from 10 a.m. to 5 p.m. and Sunday from 12 to 5 p.m.

13 Desert Museum

Explore the nature, culture and spirit of the High Desert through fun, indoor and outdoor exhibits with special programs for all ages. Meet a bobcat, lynx, owls, eagles, porcupines, reptiles, others and more animals close-up inside the more than 100, 000-square-foot museum and scenic, forested trails. Experience the Spirit of the West through our immersive walk through time exploring the history of the High Desert through scenes of Native Americans, explorers, pioneers, miners and other people of the West. With a café and Museum store too. See website for rates and hours.

14 Children's Museum

Portland Children's Museum is the museum that doesn't act like a museum. You won't find any velvet ropes inside, and playing with our exhibits is strongly encouraged. Every activity is designed to encourage children to play and wonder. Make a splash in *Water Works*; explore *Twilight Trail*; care for a furry friend in *Pet Hospital*; shop and cook in *Grasshopper Grocery* and *Butterfly Bistro*; sculpt a creation in *Clay Studio* and so much more. Special exhibits will include Dinosaurs: Land of Fire and Ice and Outdoor Adventure.

Admission: \$ 6; Sat–Sun \$ 8

Open every day except Thanksgiving, Christmas and July, 4

15 Museum of Science and Industry

Founded in 1944, the Oregon Museum of Science and Industry (OMSI) is one of the nation's leading science museums, a world-class tourist attraction, and an award-winning educational resource. Offering 219,000 square feet of brain-powered fun, five enormous halls bring science to life with hundreds of exhibits and displays. Guests are invited to experience an earthquake, watch lab demos, enjoy a film in five-story OMNIMAX Dome Theatre, explore the universe in the Northwest's largest planetarium, and even tour a real submarine! The OMSI also illuminates the science of food! Phone to order presentations for groups 0541 39 45 39.

16 Evergreen Aviation and Space Museum

The Evergreen Museum Campus strives to inspire and educate students of all ages, while also preserving aerospace history and honouring the patriotic service of our veterans. The Campus includes an aviation and space museum with more than 250 aircraft and artifacts, a digital 3D theatre, and a waterpark. *The Wings & Waves Waterpark* has 10 waterslides, a wave pool, and *the H₂O Science Centre* dedicated to teaching students about the power of water. The facility features nearly 70,000-square-feet of educational fun, highlighted by a massive Boeing 747 that rests on the top of the building.
Open daily.

Which museum _____?

- A** provides an opportunity to have a snack
- B** receives visitors on high days and holidays
- C** offers discount prices for different age groups
- D** allows visitors to touch the exhibits
- E** ensures an opportunity to shoot a film
- F** requires an advance reservation for a collective visit
- G** gives a chance to participate in scientific experiments
- H** welcomes visitors six days a week

Task 4

Read the text below. Choose from (A–H) the one which best fits each space (17–22). There are two choices you do not need to use. Write your answers on the separate answer sheet.

Get Your Brain in the Game

We all know that athletes have to be fast and strong. But what about smart? The famous baseball player Yogi Berra once said, “You can’t think and hit the ball at the same time.” A professional player (17) _____ may not be thinking very much, but he (or she) is using his brain in a very focused and expert manner. The player’s brain likely builds a mental model of the game, called a “forward model,” so (18) _____.

Let’s say a soccer goalkeeper is watching a forward approach with the ball. His brain is already building on previous experience to predict whether (19) _____. Mirror neurons likely help sports players make these predictions. When you watch someone else do something, like kick a ball, your mirror neurons fire as if (20) _____, even if you’re standing still.

Salvatore Aglioti of Sapienza University of Rome thinks that professional athletes use mirror neurons to track their opponents’ actions, and anticipate what will happen next. In a study, Aglioti asked professional basketball players, novices, and sports scouts to watch the body motion of a player taking a shot, (21) _____. Could they figure out if it did? “Compared to novices and sports scouts, elite athletes were better at predicting the outcome of a shot after watching the body motion of basketball players,” Aglioti told *Science News*.

Can you predict a shot in basketball just (22) _____? That seems incredible!

- A his brain can stay one step ahead of the action
- B you were the one kicking the ball
- C you’re playing basketball and make three shots in a row
- D from watching someone’s arms when they throw
- E hoping that your winning streak will continue
- F about to take a shot in basketball or a swing in baseball
- G without seeing if the ball went in the net
- H the forward will kick the ball to the left or the right

Task 5

Read the text below. For questions (23–32) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

A couple with the same name who found each other (23) _____ social networking website Facebook got married.

Kelly Katrina Hildebrandt, 20, was bored one evening last year when she (24) _____ her name into the search engine and (25) _____ Kelly Carl Hildebrandt, 24. She sent the only other Kelly Hildebrandt, of Lubbock, Texas, a message and they became friends.

Ms. Hildebrandt, a student from Miami, Florida, said she believed the (26) _____ of events was “all God’s timing”. Her bridegroom described her first message to him, in April last year, as reading: “Hi. We have the same name. I think it is cool,” (27) _____ the Associated Press news agency.

Mr. Hildebrandt admitted, however, that he had worried they might be related. Nevertheless, the two were soon in daily contact (28) _____ phone and e-mail and he “fell head over heels in love” after (29) _____ her in Florida.

In December, she found a diamond engagement ring he had (30) _____ in a treasure box on a beach.

“I thought it was fun. I had no idea it would (31) _____ to this,” Mr. Hildebrandt said. The couple plan to get married in October and have confirmed that they do not plan to (32) _____ their first names to any future descendant.

23	A	across	B	over	C	through	D	in
24	A	gave	B	put	C	signed	D	took
25	A	came forward	B	came across	C	came through	D	came after
26	A	rank	B	list	C	range	D	chain
27	A	reports	B	promotes	C	advertises	D	notifies
28	A	on	B	with	C	in	D	by
29	A	noticing	B	travelling	C	looking	D	visiting
30	A	hidden	B	thrown	C	covered	D	given
31	A	prompt	B	lead	C	guide	D	follow
32	A	pass on	B	pass up	C	pass in	D	pass off

Task 6

Read the texts below. For questions (33–42) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Ancient Olympic Events

The ancient Olympics were rather different from the modern Games. There were (33) _____ events, and only free men who (34) _____ Greek could compete, instead of athletes from any country. Also, the games were always held at Olympia instead of moving around to different sites every time.

Like our Olympics, though, winning athletes were heroes who made their (35) _____ towns proud. One young Athenian nobleman defended his political reputation by (36) _____ how he entered seven chariots in the Olympic chariot-race. This high number of entries made both the aristocrat and Athens (37) _____ very wealthy and powerful.

33	A	the least	B	little	C	the fewest	D	few
34	A	spoke	B	speak	C	speaking	D	speaks
35	A	home's	B	homes	C	homes'	D	home
36	A	mentions	B	mentioned	C	mentioning	D	mention
37	A	looks	B	looked	C	look	D	looking

Debut American Performance

It was arguably (38) _____ gig of her career so far, and Susan Boyle didn't miss a beat. The Scottish singing sensation got a standing ovation during her first ever US performance, which (39) _____ by an audience of 25 million.

Forty-eight-year-old Susan sang *I Dreamed a Dream* – the song which rocketed her to fame – and her new single, a cover of the Rolling Stones' song *Wild Horses*. (40) _____ a simple elegant black dress, and accompanied by a full orchestra, the former church volunteer belted out the track.

An audience member said, "People were crying and cheering her after her performance." Music critics lauded her performance, predicting a number one album and success in the US – the country which numerous British-based acts (41) _____ it difficult to crack.

A prerecorded interview with Susan revealed her new, positive attitude to singing after a (42) _____ relationship with the new-found celebrity.

38	A	biggest	B	big	C	the bigger	D	the biggest
39	A	were watched	B	was watched	C	watched	D	is watched
40	A	Wear	B	Wore	C	Wears	D	Wearing
41	A	have found	B	is found	C	has found	D	was found
42	A	noisy	B	noise	C	noisily	D	noisiness