

# ТРЕНАУВАЛЬНИЙ ТЕСТ У ФОРМАТИ НМТ

## Reading

### Task 1

Read the texts below. Match choices (A–H) to (1–5). There are three choices you do not need to use.

1

Paris, France

**The Cradle of French Charm**

2 people / 21 June, Fri — 23 June, Sun (2 nights) / Visa not required £493 (Price for 2 people Flight + Hotel)  
Direct flight (British Airways)  
3 Star Hotel ★★★

2

**FLASH SALE**

**All Inclusive**

**Melia Marina Varadero ★★★★**  
Flights & 7 nights, departing 9th November  
Flights with Virgin Atlantic from £999 per person

3

**El Camino de la Muerte and the Madidi National Park Trek Bolivia Package**

Route: La Paz to La Paz / Days: 6 /  
From: €899 pp

**Accommodation:** 2 nights in hotels, 3 nights in campsites on the trek  
**Excursions & Activities:** a guided tour to the ancient ruins of Tiwanaku / a bike ride down El Camino de la Muerte / a swim with piranha in the Yacuma River

4

**Green Golf Villas**  
**Canary Islands**

**Playa de Las Americas, Tenerife, Spain**  
Property details: 2 twin bedrooms, 1 bathroom, 1 en suite shower, lounge, dining room, kitchen, a spacious pool  
1.3 km to the beach  
children / pets are allowed  
Minimum price per week £750

5

**Kariega River Lodge ★★★★**

**South Africa, Kariega Game Reserve**

**Accommodation:** 21 log chalets  
**Transfers:** 2 hours from the airport  
**Activities:** scheduled game drives / cruising down the Kariega River / guided nature walks / stargazing and bird-spotting  
**Price** from £1010 pp

Which advertisement is about \_\_\_\_\_?

- A a backpacking holiday
- B a self-catering holiday
- C a package holiday
- D a cultural holiday
- E an adventure holiday
- F a weekend city break
- G a homestay
- H a safari

## Task 2

Read the text below. For questions (6–10) choose the correct answer (A, B, C or D).

### The Age of Road Rage

According to scientists, nine out of ten drivers surveyed have admitted to exhibiting angry or aggressive behavior towards other drivers at some time. It ranged from rude gestures and verbal insults to attacking other drivers or dangerous driving. Road rage poses a serious threat as it endangers public safety and is on the increase in many developed countries. This may be due to three main factors.

First, the number of vehicles is increasing every year thus leaving less and less road space. A person caught in a traffic jam with a time deadline to meet gets frustrated. The effort to release this frustration may result in a reckless competition for road space and a subsequent outburst of road rage.

A second factor may be the driver's poor stress coping abilities. Any time a person gets behind the wheel he faces stress because of high speeds and the necessity to make instantaneous decisions. The natural responses to stress evolved in the brain make the person exposed to stress fight, flight, or freeze. Of all the responses available to the driver caught in a jam or behind a *dawdler* on a speedway the majority prefer fight. The direct confrontation strategies used in this case might include pounding on the car horn, swerving, tangling, cutting in, and even fighting the other driver.

The third reason may lie in the changed mode of our daily behavior that leaves very little space for politeness. A person worried about being late for work, having to pick up kids from a squash class, or keeping an appointment with a lawyer seems to forget how to be courteous. He starts to regard other drivers as enemies and his car as a weapon to fight his way through the traffic congestion to his immediate goal.

Since nowadays using a car is becoming an increased necessity, drivers will have to reconsider their attitude to the problem. Understanding that an attack of road rage will not get them any farther on the speedway but provoke other drivers' violent behavior may help them avoid serious physical injuries or even death.

6 What problem is considered in the text?

- A types of the drivers' aggressive behavior
- B reasons of the *road rage* increase
- C statistics on road rage
- D cases of road rage

7 What does the word '*dawdler*' in **PARAGRAPH 3** mean?

- A a dangerously driving person
- B an aggressive person
- C a slow driving person
- D a woman-driver

8 According to the author, which is **NOT** the reason of road rage?

- A a decrease in road space
- B low stress coping abilities
- C lack of courtesy
- D the natural reactions of the brain

9 According to the author, what should drivers do to cope with road rage?

- A look at the problem in a different light
- B stop provoking other drivers
- C try to avoid serious injuries
- D use cars less

10 According to the text, which of the following is **NOT** a case of road rage?

- A rude words
- B aggressive driving
- C stress and frustration
- D physical insults

## Task 3

Read the texts below. Match choices (A–H) to (11–16). There are two choices you do not need to use.

### 11 The South beach diet

Originally designed by cardiologist Arthur Agaston and dietician Marie Almon, the South beach diet replaces bad carbs (sugary, processed foods such as breads, cakes) and bad fats (trans fats, fried foods) with good carbs (whole grains) and good fats (lean meat, nuts). This diet also reduces the risk for cancer and osteoporosis.

### 12 Packaged meals

A weight loss solution developed especially for people who have no time to shop and prepare nutritious, healthy food, yet want to lose weight, packaged meals are available in most major cities. Menus can be selected from an online range, and the programme is started with a consultation with a dietician to help customize the menu plan most suited to your age, weight, tastes, and lifestyle.

### 13 Raw food

Possibly one of the most difficult diet plans to follow, the raw food diet is about consuming unprocessed, uncooked food, which is preferably organic. While it is low in calories, the diet can also be low in zinc, iron, vitamin, and proteins, and hence is suitable for grown-ups only. Moreover, food poisoning from uncooked food is a very real risk.

### 14 Dr Eades six-week programme

Formulated by the husband-and-wife team of Dr Mary Dan Eades and Dr Michael Eades, this six-week dieting plan burns off belly fat. The Eades argue that a middle age spread is often caused by a “fatty liver” and excess sugar in the diet. By cutting off sugar and starch and eating high-quality protein, the liver can once again start performing at its optimal best.

### 15 The Green Faces diet

The Green Faces diet allows you to eat anything that is green or had a face. Made famous by fitness expert Alwyn Cosgrove, the diet eliminates grains and diary, and any vegetables that are not green. People with undiagnosed food sensitivities report feeling better on this diet since the digestive system is given time to heal and nutrients are absorbed far better.

### 16 Weight Watchers

Running over 40 years, it has helped millions of people to lose weight. The programme is operated globally through a network of WW organizations. Members receive group support and learn about healthy eating patterns at weekly meetings. It also offers online support through subscription weight management product over the Internet.

Which of the dieting plans \_\_\_\_\_ ?

- A targets people over 40
- B was at first designed to promote cardio health
- C requires membership
- D is ideal for working people
- E is not recommended to growing children
- F results in permanent weight loss
- G was designed by a fitness expert
- H is good for people with food allergies

## 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.

### Tornadoes

The tornado is one of the most unpredictable and dangerous windstorms (17) \_\_\_\_\_. Though tornadoes are caused by powerful thunderstorms, they form on land. They appear as powerfully rotating columns of winds and clouds (18) \_\_\_\_\_.

Although tornadoes are usually preceded by severe storms, (19) \_\_\_\_\_, quite often they form very fast and unexpectedly, (20) \_\_\_\_\_. They can travel as long as several kilometers before dissipating.

The strongest tornadoes can cause huge damage with wind speeds of up to 320 kph. They can uproot huge trees, tear large buildings to pieces, and smash vehicles, (21) \_\_\_\_\_. The center of the tornado, (22) \_\_\_\_\_, flattens everything in its path.

- A which is usually its most dangerous part
- B leaving little time to issue a tornado warning
- C that destroys everything in its path
- D that has no severe consequences
- E which may be accompanied by strong winds, lightning, and even hail
- F that reach down from a storm and touch the ground
- G which serve as the primary method of detecting tornadoes
- H leaving damage paths of up to 80 miles long

## Use of English

### Task 5

Read the text below. For questions (23–27) choose the correct answer (A, B, C or D).

#### Bananas

Bananas are the most popular fruit in the world. They were first (23) \_\_\_\_\_ by Portuguese sailors navigating down the (24) \_\_\_\_\_ of Africa and brought to the New World. Bananas grow like trees but they are (25) \_\_\_\_\_ plants. In warm tropical climate with (26) \_\_\_\_\_ rainfall they can grow up to 6 meters in height. Bananas belong to the healthiest foods in the world. They contain a lot of vitamins and proteins that give you energy and prevent heart (27) \_\_\_\_\_.

23	A	opened	B	revealed	C	discovered	D	invented
24	A	coast	B	beach	C	shore	D	bank
25	A	really	B	actually	C	truly	D	indeed
26	A	insufficient	B	numerous	C	many	D	enough
27	A	hurts	B	attacks	C	injuries	D	aches

### Task 6

Read the text below. For questions (28–32) choose the correct answer (A, B, C or D).

#### Bali

Bali is one of (28) \_\_\_\_\_ fascinating tourist destinations in the Southern hemisphere. A variety of tourist attractions (29) \_\_\_\_\_ sandy beaches, ancient temples, national cuisine, and wildlife parks with exotic (30) \_\_\_\_\_ of animals and colourful birds (31) \_\_\_\_\_ the main reason of its worldwide popularity. However, a visit to Bali (32) \_\_\_\_\_ be incomplete without indulging in shopping. Souvenir shops offer numerous items related to traditional handicrafts, paintings, and leatherwork.

28	A	the most	B	the more	C	a most	D	most
29	A	included	B	include	C	including	D	includes
30	A	specieses	B	species	C	specys	D	speciess
31	A	are	B	are being	C	is being	D	is
32	A	should be	B	to be	C	would be	D	were