RNE Training

Reading Task 1412

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 цифры в клетки задания 10***

1. A long-term treatment
2. Where to get a pet
3. Friends in need
4. Having fun together
5. A global problem and its solution
6. Reading dog stories
7. Different pets, different characters
8. Pets can teach

A. It has become clear that stress affects our mental and physical health and, sadly, our world has become more stressful than ever. We live in the environment that can easily wear us out. Luckily, there are certain methods to reduce stress and have control. One of the best is to own a pet. Pets require attention and dedication, but those are small prices to pay for the amount of benefits they bring into our lives.

B. Pets provide support because they are always available to listen (without any judgment) or rub up against your hand, which can help you relax after a hectic day. They can help you see the situation differently and let out some steam. Moreover, when you are feeling under the weather, there is nothing like a sweet pair of eyes that immediately get your mind off thoughts that are making you sad and depressed.

C. Companionship with a loving pet is a real source of entertainment. Pets are constantly giving off love and gratitude, and they are happy to be in your presence. You can be yourself around pets. You can dance silly or talk silly, and they will not criticize you. In fact, they will love the silliness and get silly themselves. Cats and dogs are fantastic companions to sit down and watch TV at night.

D. Studies have shown that communicating with a pet boosts the immune system, improves heart health, reduces physical pain, and improves mental health as well. One man with tuberculosis says that the cat he received after his diagnosis kept him going for 21 years with little pain and very few physical issues. He talked to his cat which helped him walk through his troubles. That proves the power of true love that animals have.

E. Pets are living creatures that have habits and personalities. They can surprise you. Dogs, cats, and birds are probably most known for having distinct personalities. However, one snake owner says that her snake had his own unique personality. He got excited when she came into the room, and she would often put him in the bathtub where he would do all sorts of funny tricks while splashing around.

F. No matter what type of pet you get, it will require you to take care of it. Being responsible for another living being can help you be more responsible in the rest of your life too. This is especially true for kids who are learning the value of good habits. However, adults can benefit from the consistent responsibility as well. Responsible pet owners are kind to pets and remember they are their pets' world.

G. With millions of cats and dogs killed in shelters in the United States every year, adopting a pet instead of buying one saves at least one animal's life. Adoption saves not only the animal you adopt, but also the new animal the shelter can take in. Adopting from a shelter helps both ends of the problem: fewer animals will be bred, and more animals can go to a good home.

A	B	C	D	E	F	G

LIVEWORKSHEETS

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****.*

The Brave Queen

There are many true stories about Queen Victoria that break the usual stereotypes about 19th century royalty. Having married for love at the age of 20 and dearly loving her husband, Prince Albert, Queen Victoria once managed to save his life in most dire circumstances. It happened on February 9, 1841, only a day before their first wedding anniversary – a date **A**_____ for the christening of the first-born child Princess Vicky.

On that day the young royal couple went for a walk on the freezing grounds of Buckingham palace. They were accompanied by only one maid of honour. Earlier that year, Queen Victoria had a pair of ice skates made for Prince Albert as a gift, for he loved skating and was good at it. When they reached the frozen lake, Prince Albert strapped on his skates and headed out onto the ice, **B**_____ skate from the shore. The prince made a circle of the lake and was returning to the spot where the Queen was standing, **C**_____ and he was immersed in the icy water.

Queens, **D**_____, are not normally prepared to act decisively in life-threatening situations. Yet, Albert was in mortal danger, and there was no one else to help. Victoria acted quickly and resolutely. Victoria quickly calmed down the terrified maid of honour and had her grasp her Queen's left hand in both of hers, while reaching out over the lake **E**_____ with the right hand. After some time, **F**_____, Victoria managed to grasp Albert's hand and pull him towards the shore. Although Albert had a cut on his chin and was on the verge of hypothermia, Victoria's courage had saved his life.

1. which had also been chosen
2. as the Queen of England
3. while his wife watched him
4. who are constantly taken care of
5. with tremendous effort
6. when the ice suddenly broke
7. as far as she could

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.*

Dreaming

When you fall asleep, you enter a strange and magical world. This is the world of dreams.

In Greek and Roman times, it was believed that gods communicated with people through dreams and that dreams could predict the future. Often these dreams were difficult to understand, so a person known as an oracle would be consulted to interpret the dream. The oracles that could correctly understand the dreams were highly valued since they advised what needed to be done or avoided in the future.

In the 20th century psychologists such as Sigmund Freud developed the theory that dreams express our deepest fears and desires. Therefore, common dreams such as failing a test or being late may simply be an expression of what you are afraid of, while dreams of becoming a millionaire may just express what we wish. However, some dreams might not be so obvious and can be cloaked in symbols that only a trained specialist can interpret. This is actually similar to the oracle mentioned above, only instead of predicting the future the psychoanalyst explained the psychological meaning of a dream.

According to the latest scientific research, dreams are simply random signals that are interpreted by the brain. When we sleep, some parts of the brain are activated, such as the visual centres of the brain, while other parts are deactivated, like those that are responsible for logic, which is why even though dreams are so strange, we don't question them or understand that we

LIVEWORKSHEETS

are dreaming. A consequence of this theory is that dreams are simply mixed up memories, fears and worries and therefore don't need to be interpreted to be understood.

Some people claim that they don't dream at all. Scientific research has proven this false. When we dream, our eyes move rapidly beneath our closed eyelids. This is known as Rapid Eye Movement or REM. Even animals dream, some even more than humans. Dolphins dream the least, while opossums dream the most. The reason some people don't remember that they were dreaming is that following REM sleep is another stage called deep sleep, where we don't dream. During this stage dreams are forgotten. If people wake up during REM sleep, they remember having dreamt. If they wake up during the stage of deep sleep, they may have the illusion that they did not dream at all.

A new kind of dreaming that has recently been studied is called lucid dreaming. This is a dream where you understand that you are dreaming and can control it. Normally when you are dreaming, the part of the brain responsible for logic is turned off. Somehow during a lucid dream, these logical centres are activated and a person is half-awake and half-dreaming. One of the benefits of lucid dreaming is being able to avoid a nightmare by realizing that it is just a dream. Another positive outcome of lucid dreams is that they are very fun. One of the first things people usually try in a lucid dream is flying, and the thrill of exploring a dream and being able to control it is an unforgettable experience.

12. Ancient Greeks and Romans believed that oracles____

1) were difficult to understand.
2) put hidden messages into dreams.
3) could tell you what your dreams meant.
4) avoided having dreams about the future.

13. The 20th century psychologists thought that dreams____

1) could predict the future.
2) contained meaningless symbols.
3) could be interpreted by anyone.
4) reflected a person's inner feelings.

14. Modern science tells us that dreams____

1) have their own special logic.
2) don't have any important meaning.
3) don't allow the brain to rest at night.
4) activate a person's abstract thinking.

15. People who say that they never have any dreams, ____

1) simply don't remember them.
2) have problems with their eyes.
3) do not get enough sleep.
4) are similar to dolphins.

16. According to the article, animals____

1) have dreams more often than humans.
2) have the same stages of sleep as humans.
3) like opossums have a longer deep sleep stage.
4) differ in the amount of dreams they experience.

17. Lucid dreaming happens____

1) when a person is at the "deep sleep" stage.
2) during the "Rapid Eye Movement" stage.
3) when a person is not completely asleep.
4) when a person is having a nightmare.

18.People who have lucid dreams like them because lucid dreaming

1) enables you to get well rested from sleeping.
2) allows you to have a good time.
3) turns off the part of the brain responsible for logic.
4) can be used for therapeutic purposes.

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