Angol nyelv
emelt szint

Azonosító jel:

## Task 1

- **In the following article, the headings of the paragraphs have been removed.**
- **Your task is to write the letters of the titles (A-K) next to the appropriate numbers (1-6).**
- **There are <u>three extra headings</u> that you do not need.**
- **Write the letters in the white boxes as in the example *(0)*.**




### THE BENEFITS OF SCHOOL STARTING LATER

The vast majority of schools start before 8:30 a.m. But who says they have to and what would be the consequences of school starting later?

***(0)*** _____
With later school start times, students could accommodate their natural sleep-wake times – going to sleep past 11 p.m. and waking up around 8 or 9 a.m. –, which would give their body more time to repair itself.

**(1)** _____
A lack of sleep hurts brain function. Students who get more sleep have better learning capabilities and are better able to process what they learn. A 2018 study found that students in schools that pushed start times to 8:45 a.m. got slightly higher grades than before the change.

**(2)** _____
When running late in the mornings, breakfast is the first thing we skip. However, with this bad habit, students are left hungry. By school starting later, students would have the chance to have a proper breakfast.

**(3)** _____
Poor sleep leads to drowsiness, the cause of 1 in 10 car crashes, 27% of which involve teenage drivers. However, students with later school start times have more time to sleep sufficiently, thus are significantly more likely to drive more safely.

**(4)** _____
Teens experience mood swings as a common result of puberty; however, poor sleep only worsens their moods and may cause anxiety, stress, and irritability. When students sleep enough, they are more stable emotionally, and are less likely to have conflicts with their schoolmates.

**(5)** _____
Students with later school start times are more likely to be in better physical condition, because sleeping adequately decreases the likelihood of developing diabetes, obesity, or high blood pressure. It also allows their bodies to have enough time to repair at night.

**(6)** _____
Exhausted students may skip school to sleep more, but if altered school schedules permitted them to sleep longer, they'd be less likely to do so. A 2016 study found that in schools that started at 8:45 am, there was a 66% decrease in students arriving late or taking the day off.

LIVEWORKSHEETS

| *0)* | *C* |
|---|---|

**A)** Fewer student-teacher conflicts

**B)** Reduced risk of accidents

~~***C) Longer, better quality sleep***~~

**D)** Fewer behavioural problems

**E)** Time for a healthy meal

**F)** Fewer family conflicts

**G)** Improved academic performance

**H)** More extracurricular activities

**I)** Minimized lateness and absences

**K)** Improved health

| | | |
|---|---|---|
| 1) | | |
| 2) | | |
| 3) | | |
| 4) | | |
| 5) | | |
| 6) | | |

| | |
|---|---|
| 6 pont | |

LIVEWORKSHEETS

## Task 2

- **Read this article about teenagers' brain development.**
- **Some parts of sentences have been left out from the text.**
- **Your task is to reconstruct the text by filling in the gaps (7-15) from the list (A-M) below.**
- **Write the letters in the white boxes next to the numbers as in the example *(0)*.**
- **Remember that there are <u>two extra letters</u> that you do not need.**



### WHAT'S GOING ON IN THE TEENAGE BRAIN?

A child's body goes through physical changes that are obvious to all parents. Less obvious are the vital changes taking place in a child's brain, particularly as ***(0)*** _____ .

Teenagers confront challenges, stresses, and temptations with their brains not yet fully developed. It's not just that teenagers **(7)** _____ to acquire a wide sense of the world; quite simply, their brains just haven't physically matured yet.

Dealing with pressure and stress is no small challenge for a fully mature brain, and it's even harder for one that's **(8)** _____ and in transition from concrete to abstract thinking.

Not only that, but brain scans done on teenagers revealed that different parts of the brain mature at different rates. "In fact, some parts of the brain — such as the prefrontal cortex (PFC), which sits right behind the eyes — **(9)** _____ until 24 years old! Other parts of the brain, however, develop to be fully mature much earlier. Many neuroscientists think that this **(10)** _____ explains why adolescents are so emotional and impulsive," says Andrew Garner, member of the American Academy of Pediatrics Committee.

"The PFC plays an important role in regulating mood, attention, impulse control, and the ability to think abstractly — which includes the ability both **(11)** _____ and to see the consequences of one's actions," says Dr. Garner.

If you **(12)** _____ whether it is a good idea to get into a car with friends who are drunk, most will say 'no way.' This is because in calmer moments, the relatively slow PFC is able to think abstractly and see the potentially tragic consequences of **(13)** _____ . But, in the heat of the moment, thanks to the brain not being fully developed, there is a chance that the teen is going to **(14)** _____ .

That is why, suggests Dr. Garner, it is the job of parents and teachers to get teenagers to slow down and **(15)** _____ – and wait for the rest of their brains to develop.

LIVEWORKSHEETS

| 0) | C |
|---|---|

**A)** in dying their hair purple

**B)** to plan ahead

~~***C) they enter their teenage years***~~

**D)** help them think through what they are doing

**E)** haven't had the time and experience

**F)** mismatch in brain maturity

**G)** make the wrong decision

**H)** between childhood and adulthood

**I)** bungee jumping or getting a tattoo

**K)** do not appear fully mature

**L)** driving when drunk

**M)** ask a teenager

| | | |
|---|---|---|
| 7) | | |
| 8) | | |
| 9) | | |
| 10) | | |
| 11) | | |
| 12) | | |
| 13) | | |
| 14) | | |
| 15) | | |

| 9 pont | |
|---|---|

LIVEWORKSHEETS

## Task 3

- **Read the following text about cooking classes and then read the half sentences that follow the text.**
- **Your task is to match the half sentences based on the information in the text.**
- **Write the letters (A-K) in the white boxes next to the numbers (16-21) as in the example *(0)*.**
- **Remember that there are <u>three extra letters</u> that you will not need.**



### LEARN TO CREATE GREAT DISHES!

Whether you're looking to learn new recipes or improve your kitchen confidence, here are some of the best cooking classes to get you inspired.

Beautifully situated in Highland Perthshire and with spectacular views over the Tay Valley, *Ballintaggart Farm* has a reputation as a wonderful place to stay, eat and cook. Their cookery classes are suitable for individuals and small groups, and there is something for all abilities. The school even has rooms for those who want to stay overnight.

If you want to learn the secrets of authentic Indian cooking, then look no further than *The Indian Cook School*. Praveen Kumar and his wife, owners of the popular Tabla restaurant, share the delights of Indian food through their cookery lessons, which include six hours of hands-on teaching with a glass of wine and plenty to take home.

If your passion for food extends beyond cooking for friends, *The New Town Cookery School* runs a variety of professional courses for amateur chefs. These are specifically designed for people who are keen to perfect their skills with professional training and wish to become a professional cook.

*Kaleyard* is Glasgow's first non-profit cook school, and its mission statement is to "unite people through cooking and sharing food together". Using profits from its masterclasses and pop-up events, Kaleyard offers free cookery classes to different community groups.

The highly popular leisure cookery classes at *The School of Food & Wine* are aimed at the enthusiastic home chef who wants to improve their cooking skills for their own pleasure and that of their friends and family. You can opt for a grill course, where you will learn how to create delicious dishes outdoors.

*The Dining Room* is the best place to learn about bread and pastry. Besides the five-day bread making courses, the school schedule includes a polenta masterclass, and how to make an amazing layer cake or pork pie.

Award-winning *School of Wok* has an Asian focus and teaches students the fundamentals of oriental cookery. Classes at the School of Wok make an ideal present, or even a company team building day if you're looking to do something different with your colleagues. What is more, chef Lindsay will deliver one-to-one classes in the comfort of your own kitchen.

LIVEWORKSHEETS

| 0) | C |
|---|---|

*0) Ballintaggart Farm …*

**16)** The Indian Cook School …

**17)** The New Town Cookery School …

**18)** Kaleyard …

**19)** The School of Food & Wine …

**20)** The Dining Room …

**21)** The School of Wok …

**A)** is for people who want a career in the food industry.

**B)** offers a variety of online courses.

~~**C)** *is a cook school with a stunning location.*~~

**D)** supports a local charity.

**E)** is run by a couple who also have a restaurant.

**F)** is a place to choose to improve baking skills.

**G)** has a course that teaches people how to barbecue.

**H)** has cookery classes for kids.

**I)** does not require payment for some of its courses.

**K)** offers tuition in the client's home.

| 16) | | |
|---|---|---|
| 17) | | |
| 18) | | |
| 19) | | |
| 20) | | |
| 21) | | |

| 6 pont | |
|---|---|

LIVEWORKSHEETS

## Task 4



- **In the following article, some parts have been removed.**
- **Your task is to write the letters of the paragraphs (A-I) next to the appropriate numbers (22-27) in the boxes on the right.**
- **There are <u>two extra paragraphs</u> that you do not need.**
- **Write the letters in the white boxes as in the example *(0)*.**

### WOMAN GRADUATES 71 YEARS AFTER STARTING COLLEGE

A 90-year-old woman will finally walk across the stage and receive her diploma 71 years after she first enrolled in college.

***(0)*** _____

But those plans changed when DeFauw met a special man at church who stole her heart. "I went to school for three and a half years, but decided to leave after I met him," DeFauw said.

**(22)** _____

DeFauw eventually got remarried to her late second husband, Roy DeFauw. Together they had six children. Throughout the years, her family grew, and she now has 17 grandchildren and 24 great-grandchildren.

**(23)** _____

"I guess I was upset that I didn't finish school and my grandchildren also encouraged me to go back," she said, so she enrolled back at Northern Illinois and began taking classes.

**(24)** _____

But this time around, things were much different for DeFauw. Instead of walking to campus, she attended classes from behind a computer screen her children gave her in her retirement home.

**(25)** _____

When the Covid-19 pandemic began in 2020, she was thankful for the computer. She was on her own during that time and could have no visitors.

**(26)** _____

Now, three years later, she'll put on the cap and gown and receive a Bachelor of General Studies degree from the university this weekend.

**(27)** _____

LIVEWORKSHEETS

**A)** In the end, she realized that having a study partner is helpful in many ways: not only did DeFauw and Vanessa revise together before an exam, they also became good friends despite the age difference.

| 0) | C |
|---|---|

**B)** DeFauw is thankful she had the opportunity to get to go back to school and get her degree. "It's nice to finish something you started," she said.

| 22) | | |
|---|---|---|

~~***C)** Joyce DeFauw started her freshman year at Northern Illinois University in 1951 with a plan to graduate with a degree in home economics.*~~

| 23) | | |
|---|---|---|

**D)** Flash forward to 2019, when DeFauw showed interest in the college education she left behind.

**E)** "At times I wanted to quit, because I was really lonely. But I didn't." DeFauw said. She said she had plenty of encouragement from family, friends and the school.

| 24) | | |
|---|---|---|

**F)** The special man was Don Freeman. The two got married in 1955, and had three children together before Freeman passed away, leaving her widowed for about five years.

| 25) | | |
|---|---|---|

**G)** "When we made calls to the school, they were shocked to hear we were asking about a student from the 50s," one of her granddaughters said.

| 26) | | |
|---|---|---|

**H)** She planned to write her thesis about getting a degree in old age. "Believe it or not, I'm not the only one," she says, laughing.

| 27) | | |
|---|---|---|

**I)** "It was my first computer," DeFauw said. "My children had to teach me how to use it."

**This is the end of this part of the exam.**

| 6 pont | |
|---|---|

LIVEWORKSHEETS