

Аудирование

Вы услышите интервью о здоровом сбалансированном питании. Обведите цифру 1,2 или 3, соответствующую выбранному вами варианту ответа. Вы услышите запись дважды.

1. The lecture is on
 - 1) going on a diet.
 - 2) sensible eating.
 - 3) saving money while buying food.
2. The best way to ensure that you take all the vitamins is
 - 1) to take pills.
 - 2) to cook meals yourself.
 - 3) to eat the right food.
3. To establish new eating habits means
 - 1) to eat different kinds of food.
 - 2) to store vegetables properly.
 - 3) to buy plenty of fruit.
4. To stay healthy you shouldn't eat too much
 - 1) sugar.
 - 2) eggs, meat and fish.
 - 3) bread, vegetables and fruit.

Чтение

Прочитайте текст. Определите, какие из приведенных утверждений 5-10 соответствует содержанию текста (1-True), какие не соответствуют (2-False) и о чем в тексте не сказано, то есть на основании текста нельзя дать ни положительного, ни отрицательного ответа (3-Not stated). Обведите номер выбранного вами варианта ответа.

The secret of a long and healthy life could lie in a daily glass of milk.

Yukichi Chuganji, who was the world's oldest man when he died, aged 114, at his home on the island of Kyushu in south-west Japan on Sunday 28th October 2003, never touched alcohol, preferring a daily glass of milk, hard toffee, and the occasional apple juice.

The former silkworm breeder was born in a farming village on Kyushu on March 23 1889. He later worked in a bank and as a community welfare officer. He married in 1914 and had four sons and a daughter, seven grandchildren, and 12 great-grandchildren.

He was recognized as the world's oldest man by the Guinness Book of Records in January 2002 but the record was challenged by several claims by the Russian authorities.

In recent years he rarely ventured from his bed, mainly because of failing eyesight. But he was mentally alert and able to chew toffee with his own full set of teeth. And it was in his bed that he died, just hours after uttering his final words, thanking his daughter Kyoko, aged 72, for a glass of homemade apple juice.

The oldest person in the world, 116-year-old Kamato Hongo, lives on the southern tip of Kyushu in Japan. There are an estimated 20,000 Japanese centenarians, and about 80% of these, like Kamato, are women. In a country with the longest life expectancy in the world – 85 years for women and 78 for men – about one person in five is over 65.

The figures are often cited as proof of the life-giving qualities of the traditional low-fat Japanese diet of fish, vegetables, and rice. But they also point to a future population crisis for Japan. By 2025 there will be one person over 65 for every two of working age, making Japan the greyest society on earth.

Mr Chugahji's predecessor as the world's oldest man was an Italian, Antonio Todde, who swore that the secret of longevity was a daily glass of red wine. He died aged 112 in Sardinia in January 2002. According to their families, the two men had one thing in common: a stress-free life.

5. Yukichi Chuganji had a glass of apple juice every day.

- 1) True 2) False 3) Not stated

6. He had several different jobs.

- 1) True 2) False 3) Not stated

7. Chuganji's grandchildren are all boys.

- 1) True 2) False 3) Not stated

8. Yukichi Chuganji was universally recognized to be the oldest man in the world.

- 1) True 2) False 3) Not stated

9. Kamato Hongo is a woman.

- 1) True 2) False 3) Not stated

10. By 2025 Japan may be considered the oldest nation in the world.

- 1) True 2) False 3) Not stated

Грамматика и лексика

Прочитайте приведенный ниже текст. Преобразуйте слова, напечатанные заглавными буквами в конце строк, обозначенных номерами 11-15, так, чтобы они грамматически соответствовали содержанию текста. Заполните пропуски полученными словами. Каждый пропуск соответствует отдельному заданию 11-15.

Three men came to New York for the first time and took a room in

- 11 a hotel. In the evening they went out sightseeing and _____ back NOT/COME

till nearly three in the morning. Their room was on the 43th floor.

“I am terribly sorry,” said the porter, “but the elevator is broken,

- 12 there is something wrong with it. You _____ to walk up to your HAVE

room.” This was too bad. But the men agreed to tell stories on the way up in order to while away the time.

When the first man finished his story they climbed up to the 14th floor.

- 13 The next story _____ them amused till they reached the 13th floor. KEEP

- 14 At last it was time for the _____ man to tell the story, but he refused. THREE

He said that his story was so terrible that he simply couldn't tell it.

They continued climbing and all the time the two asked him to begin.

At last they stopped and refused to go unless he told them his terrible

- 15 story. “The story I have to tell you is a short one,” he said, “we _____ LEAVE

the key to our room downstairs with the porter.”

****Письмо**

You have received a letter from your English-speaking friend Max.

... Last weekend all our family gathered together to have a barbeque party. We had a lot of fun: played games, talked to each other, sang songs, and my cousin played the guitar!

How does your family usually spend free time? Do you do anything special? What did you do last weekend?

Write him a letter and answer his questions.

Write 90-100 words. Remember the rules of letter writing.