Частина «ЧИТАННЯ»

Reading

Task 1

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

5 Proven Benefits of Country Living

Science shows that living in the country is beneficial in many respects.

1 _____

The further out into the country you get, the more air quality improves, including less pollution and greater abundance of trees and grass. Pollution in more heavily-populated areas comes not only from a lack of greenery, but also from tiny yet harmful particles released into the air from trucks, buses, cars, factories, and other mainstays of urban environments. These particles travel into the lungs and increase the risk of a serious illness.

2 _____

Residents in rural areas are less likely to be victims of a wide range of crimes versus those who live in the city or suburbs. Part of the reason for this is just there are fewer people in the country, thus less opportunity for crime to occur. There's also a higher percentage of police officers per capita. Crime can happen anywhere, and the country certainly isn't guaranteed to be completely free of it. Still, if you're looking to live somewhere where you can feel more comfortable letting your kids ride their bikes alone to school or leaving your windows open for a cool breeze while you sleep, statistically the country is going to be your best bet.

3 _____

Your brain actually functions differently in the country. Living in an urban environment overstimulates two key regions of the brain: the areas that regulate emotion and anxiety. Scientists believe this is the reason they see higher rates of mental problems in cities than in non-urban areas. In the country, the brain is less likely to experience this kind of overstimulation. The benefits are a lower risk of anxiety disorders and mood disorders.

4 _____

Cities are expensive to live in. It's already well-established that dwelling in the suburbs is cheaper than in the city. A study has found that those in the country pay less for everything from groceries to health care to transportation, with the greatest price differentiation having to do with housing costs. Of course, what you pay to reside somewhere – and what you get for that money – is going to differ depending on your exact locality. But if you're looking for somewhere to spend less and get more, the first place you should start your search is in the country.

5 _____

Out in my own country paradise, I don't have a Whole Foods shop within 30 miles of me but I do have multiple farms, all within a ten-minute drive, where I can buy fresh eggs, fruits, and veggies right from the source. The type of food that our bodies really need is in abundance out in the country, as is available land if you want to start growing your own. In the city, the selection of unprocessed fresh foods is not quite so extensive.

A Easy access to healthy food

B Plenty of outdoor entertainments

C Increased rate of safety

D Great opportunities for doing sports

E Favourable climate for psychological health

F Low cost of living

G Hospitality of local farmers

H Ideal conditions for breathing

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.

Young Chef

A Warwick, Rhode Island, teenager Catherine Amoriggi gives back to her community, using her love of cooking to fill plates across the state.

Catherine's mother says: "Food has always been a huge part of our family. Even when she was a baby, she would stand up on a chair and watch me breading the chicken cutlets. She said it was her cooking chair." Moreover, when Catherine was 5 years old, she liked to pretend that she was the host of her own TV cooking show. She made up a voice and would tell "her viewers" to gently fold in the ingredients, sample the food, and experiment with the ingredients.

As a high school freshman, Catherine learned about people in her community who did not have enough to eat. She was inspired to find a way to share her passion for cooking that would do more than simply satisfy tastes. The teenager catered a dinner party for more than 80 people and asked that each guest give at least $20, with all the money going to the Rhode Island Community Food Bank. They raised over $3,000.

In 2013, her junior year, Catherine created *the 365 Food Calendar*, which raised $9,000 for the food bank. The calendar included facts about hunger and featured recipes she developed, such as the Bourbon Maple Mousse for November.

When she was 18 years old, Catherine and her recipe for Pancetta Sweet Pea Fritters were featured in the book *Future Chefs: Recipes by Tomorrow's Cooks Across the Nation and the World*. She participated in the *Food Networks Chopped Teen Tournament* show. "I didn't get picked," she says, "but that's OK – I don't have a competitive edge." That acknowledgement is another example of how Catherine Amoriggi's love of food is substituted only by her deep concern for others. "Food is the greatest bond. It can start a conversation, heal the sick, or feed a soul," she says, "No matter what I do in my life, food and helping people will always be part of who I am."

6 What did Catherine Amoriggi do at the age of five?

A She participated in a TV cooking show.
B She displayed a keen interest in culinary.
C She helped her parents with chickens.
D She experimented with simple recipes.

7 What did Catherine Amoriggi do when she was in high school?

A She studied teenagers' tastes in food.
B She inspired freshmen to cook.
C She organized a special event.
D She borrowed money from a bank.

8 What can be found in *the 365 Food Calendar*?

A recipes for various dishes
B advice on raising money
C tips on a balanced diet
D facts about the food bank

9 Which of the following is **TRUE** of Catherine?

A She hosts her own show.
B She contributes to charity.
C She has written a cook book.
D She has won a cooking contest.

10 What is important for Catherine, according to the text?

A to promote healthy eating habits
B to achieve worldwide recognition
C to preserve her family's culinary traditions
D to combine care for people with her hobby