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ДЕРЖАВНИЙ УНІВЕРСИТЕТ «ЖИТОМИРСЬКА ПОЛІТЕХНІКА»

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Англійська мова

для студентів 2-го року навчання

English

for Second Year Students

НАВЧАЛЬНО-МЕТОДИЧНИЙ ПОСІБНИК



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Є корисним для широкого кола осіб, які мають різний рівень підготовки з англійської мови.

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Передмова

Знання однієї мови дозволяє ввійти в коридор життя,
знання двох мов – відкриває вам усі двері у цьому коридорі.
Франк Сміт

Знання іноземних мов – це ключ до успіху в сучасному світі, де спілкування іноземними мовами та обробка величезних обсягів інформації набуває все більшого значення. Інтерес до вивчення мов традиційно великий, адже, перефразовуючи відомий вислів, можна сміливо сказати, що той, хто володіє мовами, володіє світом. Загалом людина, яка володіє мовами, – різнобічно розвинута особистість, що має кращі здібності до вивчення нового, вільніша та більш упевнена у спілкуванні з людьми.

Стара приказка говорить: “Скільки мов ти знаєш, стільки разів ти людина”. Тобто чим більше мов на сьогодні ти знаєш, тим більше можливостей маєш для пізнання, відкриття нового.

Зокрема англійська мова – це офіційна мова міжнародного бізнесу та торгівлі, інтернету і техніки, науки і мистецтв. 80% ділового мовного простору займає саме вона. Кожен із нас все частіше спілкується нею із партнерами по роботі і на відпочинку. Англійська мова використовується для заповнення анкет, складання резюме, у діловому та приватному листуванні. Володіння англійською мовою – вже не дивовижна навичка, а необхідність. Наразі її навчають у дитячих садках, школах, закладах вищої освіти, не кажучи вже про численні курси та тренінги.

У зв’язку зі зростаючою необхідністю комунікативної компетенції в сучасному професійному суспільстві зросла роль іншомовної підготовки студентів вищих навчальних закладів. Тому відповідно до стандарту дисципліни “Англійська мова” в немовному вузі навчання іноземної мови має носити комунікативно-орієнтований та професійно-орієнтований характер. Метою дисципліни є опанування студентами технічних спеціальностей високого рівня комунікативної компетенції, який дає

можливість використовувати іноземну мову практично в професійній діяльності, а також із метою самоосвіти.

Кожний із розділів навчально-методичного посібника містить лексичний мінімум відповідної теми, оглядові лексичні завдання, граматичний блок з коротким поясненням та тренувальними вправами, а також комунікативні завдання та ситуації для усного та писемного мовлення. Структура кожного розділу (From Hi-Fi to Wi-Fi, Earth Watch, Sports and Health (Body Talk), Getting Ahead) має на меті допомогти студентам розширити, узагальнити й систематизувати знання з англійської мови. Перевага видання полягає в тому, що завдання можуть опрацьовуватися разом із викладачем на заняттях або самостійно у різних режимах роботи. Навчальний матеріал представлений тематично згідно з навчальною програмою дисципліни.

Лексичний матеріал має поступове нарощування обсягу і складності. Кожна тема містить огляд базової лексики у вигляді лексичних завдань, вправи комунікативної спрямованості (діалоги, що передбачають роботу в парах, малих групах, дискусії, рольові ігри), завдання на розвиток навичок письма (написання листів, есе), а також тематичні соціокультурні завдання для самостійного опрацювання (розробка презентацій).

Для сприяння розвитку комунікативних умінь та навичок авторами застосовуються різні комунікативні ситуації: ситуація-вправа, ситуація-ілюстрація, ситуація-оцінка, ситуація-запит інформації, ситуація-виклад, ситуація-проблема.

Матеріал навчально-методичного посібника пропонується для перевірки рівня знань з англійської мови, оскільки тематично містить завдання для здійснення різних видів і форм контролю знань студентів за кредитно-модульною системою: поточного, модульного та підсумкового.

Автентичні матеріали використано виключно з навчальною метою.

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викладач

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MODULE 5

FROM HI-FI TO WI-FI



Objectives: to activate students' background knowledge on the topic "Inventions"; to make students aware of Present Perfect and Past Simple usage peculiarities

Inventions

Progress is made by lazy men looking for easier ways to do things

Warming-up

Robert A. Heinlein

1. Look at the pictures.

- *What inventions can you see?*
- *Which one do you use every day?*
- *Which invention changed people's lives the most?*





Phrases to use:

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
inspiration (n)	to discover (v)	beneficial (adj)	to make smth up
curiosity (n)	to modify (v)	scientific (adj)	to switch on / off
suggestion (n)	to solve (v)	impressive (adj)	to find out

Phrases related to inventions
Re-invent the wheel – waste time doing smth that has already been done in an effective way)
As easy-as-pie / a piece of cake – something too simple or easy
Burn the midnight oil – study or work all night

2. Match the following words and phrases with the definitions.

Word/Phrase	*Meaning*
1.inspiration	a) to find a solution to a problem
2. curiosity	b) to create something imaginary or false
3. to discover	c) to change something to make it better
4. beneficial	d) the desire to learn or know more
5. to make smth up	e) an idea that motivates creativity
6. to modify	f) to learn something for the first time
7. to solve	g) helpful or good for someone/something
8. impressive	h) causing admiration or respect
9. to find out	i) based on or characterized by the methods and principles of science
10. scientific	j) discover a fact or piece of information.

3. Complete the sentences with words/phrases from the box.

- Her _____ for space made her study astronomy.
- Edison's invention of the light bulb was truly _____.
- We can't _____ this problem until we understand its cause.
- It's _____ to drink more water and get enough sleep.
- The teacher asked him not _____ a story about his achievements.
- You can _____ the computer when you finish your work.
- He tried to _____ how the old machine worked.
- The designer decided _____ the logo slightly.
- The student had to _____ to meet the deadline.
- Don't _____ — this experiment already exists!

(phrases to use: *to switch off, to modify, impressive, beneficial, to discover, to solve, to make up, curiosity, burn the midnight oil, re-invent the wheel*)

4. Rewrite each sentence using the correct form of words/phrases in brackets.

- The idea motivated him to write a book. (**inspiration**)
- She's always eager to learn new things. (**curiosity**)

- They finally found the answer to the problem. (**solve**)
- He lied about his achievements. (**make up**)
- It's very easy to learn to use this app. (**as easy as pie**)
- He stayed up all night to finish his report. (**burn the midnight oil**)
- Don't waste time trying to create something that already exists. (**re-invent the wheel**)

5. Translate using essential vocabulary items.

Джерело натхнення, велика цікавість до науки, зробити важливе відкриття, корисний для здоров'я, вигадати історію, трохи змінити план, вирішити складну проблему, вражаючий результат, дізнатися більше інформації, наукове дослідження, знайти натхнення для нового проєкту, природна цікавість до того, як працюють речі, відкрити щось нове завдяки дослідженню, мати корисний вплив на навколишнє середовище, вигадати пояснення ситуації, значно змінити початкову ідею, знайти спосіб вирішити проблему, справити враження своїм виступом, намагатися дізнатися правду, проводити наукові експерименти.

Reading

6. Read the text and choose the best title to it.

a) Inventions throughout Time;

b) Inventions that Changed the Modern World.

c) Life Back and Now.

Word focus

Arduous: difficult and tiring;
Tedious: too long, slow, monotonous;

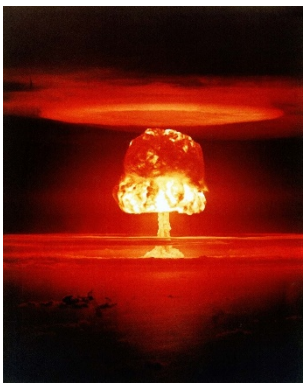
Just a few hundred years ago, life was far different than **it** is today.

When people wanted to travel or communicate, they had to go on foot or horseback. A journey of just a few miles by this method could be a long, arduous process; it certainly wasn't **as easy-as-pie.** Whatever people owned – from clothing to tools – had to be made by hand. Work was manual, laborious, and often tedious. Illness was a constant threat; diseases rapidly spread through unsanitary conditions and were difficult to treat with the rudimentary medicines available.



Life has been transformed over the years through the efforts of the men and women **who** had the brilliance, diligence, and **curiosity to discover** new and better ways of doing things. Alexander Graham Bell was **inspired by** the idea of transmitting sound through a wire from the speaker to the listener. The realization of this idea gave birth to the telephone, which ultimately led to the cell phone, fax machine, modem, and a communication system that now links the entire globe.

These inventions, like many others, have clearly been **beneficial** by keeping people healthier, helping them to communicate and work more efficiently, and allowing them to travel farther. X-rays allowed doctors to look inside the human body to treat disease and injury. The electric light illuminated the darkness so people could **burn the midnight oil**. Braille made it possible for blind people to read.



Other inventions were controversial because of their potential for destruction. Edward Teller, father of the hydrogen bomb, was described by one scientist as being one of the "most thoughtful statesmen of science." However, another **scientific** person referred to Teller as "a danger to all that's important," and claimed that the world would have been better off without **him**.

Even the most **impressive,** groundbreaking and world-changing

inventions were not always recognized as such when they were introduced to the public. When Rutherford B. Hayes saw a demonstration of Alexander Graham Bell's telephone in 1876, the president's response was less than enthusiastic. "*That's an amazing invention, but who would ever want to use one of them?"* he scoffed.

Sometimes it was the inventor's own necessity **that** gave birth to invention. The old saying, "Necessity is the mother of invention," couldn't be more true.

7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) Alexander Graham Bell invented X-rays.

2) X-rays enabled doctors to operate inside the human body.

3) When first demonstrated to the public, Alexander Graham Bell's was highly praised.

4) The electric light illuminated the darkness so people couldn't work at night.

5) Braille made it possible for blind people to write.

8. Answer the questions after the text.

1) Explain the adage: "Necessity is the mother of invention".

2) Why did some inventions create controversy?

3) How does the author describe the men and women who changed our lives?

4) What was Rutherford B. Hayes reaction to Bell's invention?

5) How was the Father of the H-bomb regarded by scientists of his time?

9. Match the phrases in bold from the text with definitions given below.

a. to work or study very late at night
b. something that is very easy to do
c. a strong desire to know or learn something
d. to find something new or learn about it for the first time

e. to feel motivated or influenced by something or someone

f. helpful or good for you

g. related to science or based on science

h. something that makes you feel admiration or respect

10. Find in the text synonyms to:

a) trip (1§); b) possessed (1§); c) perseverance (2§); d) need (6§).

11. Find in the text antonyms to:

b) similar (1§); b) easy (1§); c) light (3§); d) complex (1§).

Grammar Focus

In this unit, we use **Past Simple** and **Present Perfect** to talk about inventions and how they have changed people's lives.

1. Past Simple

We use **Past Simple** to talk about:

- actions that **happened at a definite time in the past**
- situations that are **finished**
- events often connected with words like *ago, in 1876, hundreds of years ago*

Examples from the text:

- *People **travelled** on foot or horseback.*
- *Work **was** manual and difficult.*
- *Rutherford B. Hayes **saw** a demonstration of the telephone in 1876.*
- *The president **scoffed** at the invention.*

2. Present Perfect

We use **Present Perfect** to talk about:

- actions that **started in the past and are important now**

- changes over time
- experiences when the **exact time is not mentioned or not important**

Examples:

- *These inventions **have been** beneficial for society.*
- *Technology **has changed** the way people communicate.*
- *These inventions **have transformed** the life of society*

Summary

- **Past Simple** → finished actions in the past
- **Present Perfect** → past actions with a result now

These tenses help us describe how inventions were created in the past and how they still influence our lives today.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

12. Put the verbs in brackets into the Past Simple form.

1. Yesterday I _____ (visit) my friend in the hospital.
2. She _____ (finish) her homework two hours ago.
3. We _____ (watch) an interesting documentary last night.
4. He _____ (not understand) the question.
5. They _____ (build) this house in 2010.
6. I _____ (buy) a new phone last week.
7. She _____ (write) a letter to her teacher yesterday.
8. We _____ (go) to the cinema last weekend.
9. He _____ (take) a taxi to the airport.

10. They _____ (not like) the movie.
11. I _____ (meet) him at the conference last year.
12. She _____ (read) that book in one day.
13. We _____ (have) a great time at the party.
14. He _____ (lose) his keys yesterday.
15. They _____ (start) the project last month.
16. I _____ (see) her in the park two days ago.
17. She _____ (not come) to class yesterday.
18. We _____ (learn) a lot during the lesson.
19. He _____ (make) a mistake in the test.
20. They _____ (drive) to another city last weekend.

13. Put the verbs in brackets into the Present Perfect form.

1. I _____ already _____ (finish) my homework.
2. She _____ (visit) London three times.
3. We _____ never _____(try) this food before.
4. He _____ just _____(arrive) at the station.
5. They _____ (not see) this film yet.
6. I _____ (lose) my keys. I can't find them.
7. She _____ (write) five emails today.
8. We _____ (be) to this place before.
9. He _____ (break) his phone.
10. They _____ (not finish) the project yet.
11. I _____ (read) this book recently.
12. She _____ (learn) a lot this year.
13. We _____ (already eat), so we are not hungry.
14. He _____ (never travel) abroad.
15. They _____ (build) a new house recently.
16. I _____ just _____(speak) to my teacher.
17. She _____ (not do) her homework yet.
18. We _____ (see) this actor in many films.
19. He _____ already _____(take) the test.
20. They _____ (visit) many countries in their lives.

Use of English

14. Read the text and put the words in bold into correct grammar form.

The story of jeans **1.go** back to 19th century when sailors from Genoa, Italy, **2.wear** durable cotton and wool denim trousers. Then, in 1853, 24-year-old Levi Strauss **3**.**travel** to San Francisco from Germany and decided **4.design** trousers for manual workers from this material. They **5.be** a big hit, and by the 1950s, jeans **6.become** very popular with a whole generation of young people. At first,

many places such as theatres and restaurants **7.ban** them. Nowadays, jeans **8.be** a staple item of clothing in everyone's wardrobe.

Potato Chips

In 1853, George Crum **9.work** as a chef at a restaurant in New-York. One day, a customer **10.send** Crum's French fries back to the kitchen, saying they were too thick. Crum **11.get** very angry and **12.decide** to take revenge on the fussy eater; he **14.make** a new batch of fries so thin and crispy that the customer **15. can/not** eat them with a fork! To George's surprise, he guest was **16.thrill** with them and other diners **17.begin** asking for them, too. Fast-forward to 21th century and, in the US alone, sales of potato chips **18.increase** to over 6$ billion per year.

Coca-Cola

Jon Pemberton, a pharmacist from Georgia, **19.invent** the original Coca-Cola formula in a three-legged brass kettle in his back yard! The soft drink **20.sell** first as a medicine in a chemist's on the 8th May, 1886.

Dr Pemberton **21.sell** about 9 servings each day. He made about $50 in the first year, but unfortunately it **22.cost** him about $70 to make the cola! In 1887, a businessman **23.buy** the formula and by 1900 sales, **24.rise** by over 4000%. Coca-Cola **25.remain** the most famous soft drink in the world, but its exact ingredients are still a trade secret!

15. Read again. Which product or products:

- was/were originally homemade?
- was/were invented by someone in a bad mood?
- was/were a surprise with the public?
- became successful a year later?
- was/were originally designed for another purpose?
- wasn't/weren't allowed in some locations?

16. Match the words /phrases in bold in the text with their meanings:

- difficult-to-please;
- very pleased;
- forbade;
- popular;

- portions of food/drinks;
- punish;
- not thin;
- recipe;
- crunchy;
- basic.

Writing

17. Write 80–100 words.

Topic: *An invention I can't live without*

Plan:

- Name the invention
- Say when people invented it
- Explain why it is important for you

Speaking

18. Complete the sentences:

1. One important invention is _____.
2. It helps people to _____.
3. People invented it to solve _____.
4. I use this invention every _____.
5. It makes my life more _____.
6. Without it, life would be more _____.
7. Students use it for _____.
8. This invention is popular because _____.
9. It was invented in the _____ century.
10. I think this invention is _____.

19. Complete the sentences with your own thoughts:

1. Life has changed because _____.
2. One invention that has been beneficial is _____.
3. In the past, people travelled _____.
4. Today, communication has become _____.
5. An invention that was not accepted at first was _____.
6. Technology has helped people to _____.
7. One problem that inventions have solved is _____.
8. Life was more difficult when _____.
9. Many inventions have been created because _____.
10. I think life has become _____ thanks to inventions.

20. Think about your answers to these questions.

1) Which modern invention could you not live without? Explain your choice. How has technology improved our daily lives? Give

examples and explain the advantages of technological advances.

2) What things should never have been invented? Why? Can you think of any disadvantages of technology?

3) What could never be replaced by technology? Explain why not.

4) What would you like to see invented in the future? Explain why.

5) In your opinion, which invention has had the greatest impact on society in the last 100 years? Explain your choice.

21. These are real inventions. (Whether or not you believe it!). Which one is the craziest? Which one is the most useful? Share your thoughts

An umbrella for dogs 	A microphone-shape sponge 
Windshield wipers for glasses 	Hug-me pillow 
Toilet landing lights	Diaper wetness sensor





A baby stroller and scooter

Piano doorbell





22. Describe an important invention that you think has positively influenced the human race. You should say:

- what the invention is;
- who invented it;
- what changes it brought;

and explain how it has positively influenced the human race.

Home work

23. Real-life task.

Write a short **online post** (120–150 words):

"An invention I use every day"

Include:

- what the invention is
- how often you use it
- 3 advantages

- 1 disadvantage

- Use at least 5 words from the vocabulary of this unit.

Objectives: to activate students' background knowledge on the topic "Transport"; to make students aware of Past Simple Active and Passive voice structures usage

Transport

Life is like riding a bicycle.

To keep your balance you must keep moving

Albert Einstein

Warming-up

1. *Look at the pictures. Answer the questions.*

- *What means of transport can you see?*
- *Which of them do you use most often?*
- *Which is the fastest / cheapest / most comfortable?*





Phrases to use:

In both of these pictures there are …
The main difference is …
It looks like… / I suppose they are …
If I were …

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
traffic jam	to push	annoying	to hold up
public transport		exhausting	
queue	to suffer	waiting	to get on / off
rush hour	to improve	safe	to pick up
Phrases related to transport			

To miss (a bus / train)	To go on foot
To drive a car	To be in the same boat
To take a train	To stop a taxi (hail a cab)

2. Match the words with the definitions.

Word/Phrase	*Meaning*
1. transport	a) a person who drives a car or bus
2. public transport	b) a person travelling in a vehicle
3. journey	c) cars, buses and other vehicles on the road
4. passenger	d) a car, bus, train, etc.
5. accident	e) a crash involving vehicles
6. vehicle	f) a system of buses, trains, trams used by many people
7. traffic	g) a trip from one place to another
8. destination	h) something that provides energy for vehicles
9. driver	i.) a place where you are going
10. fuel	j) a way of moving people or goods

3. Choose the correct word.

1. Many students prefer using (**public transport / traffic**) because it is cheaper and more environmentally friendly than driving a car.
2. A car is considered a private (**vehicle / journey**) that offers more comfort but also requires higher expenses.
3. The (**destination / passenger**) was so far away that they had to travel overnight to reach it.
4. This modern bus runs on electric (**fuel / traffic**), which helps reduce air pollution in the city.
5. The (**driver / passenger**) suddenly stopped the bus when he noticed a problem on the road.
6. There was a serious road (**accident / journey**) that caused long delays during the morning rush hour.
7. Trains are often faster than road (**transport / fuel**), especially when traveling between large cities.
8. Heavy (**traffic / destination**) during peak hours can make even short trips much longer than expected.
9. The (**journey / vehicle**) took three hours because of bad weather and road conditions.
10. It is always a good idea to plan your route carefully before you reach your (**destination / traffic**), especially in an unfamiliar city.

4. Complete the sentences with vocabulary items or your own ideas.

1. Public transport is generally cheaper than owning a private _____, especially in large cities.

2. Many people prefer to travel to work by _____ in order to avoid traffic jams and parking problems.
3. The journey was so long and _____ that we had to stop several times to rest.
4. The bus was completely full of _____, so some people had to stand during the trip.
5. Electric cars use _____, which helps reduce environmental pollution.
6. Traffic is usually very heavy during _____ hours, particularly in the morning and evening.
7. After several hours of travel, the train finally arrived at its final _____.
8. Driving in the city can be quite _____ due to heavy traffic and impatient drivers.
9. It is important to plan your _____ carefully before travelling to an unfamiliar place.
10. Air transport is usually the _____ way to travel long distances, although it can be expensive.

5. Translate using essential vocabulary items.

Потрапити в затор, стояти в довгій черзі, година пік у місті, штовхати людей у натовпі, страждати від затримок транспорту, покращити систему громадського транспорту, безпечна поїздка додому, роздратований через затримку, чекати на автобус, затримати рух транспорту, сісти в автобус, вийти з поїзда, підвезти друга додому, пропустити свій поїзд, йти пішки до університету, керувати автомобілем у місті, бути в однаковій ситуації, сісти на поїзд до Києва, зупинити таксі на вулиці, стояти в черзі на автобус.

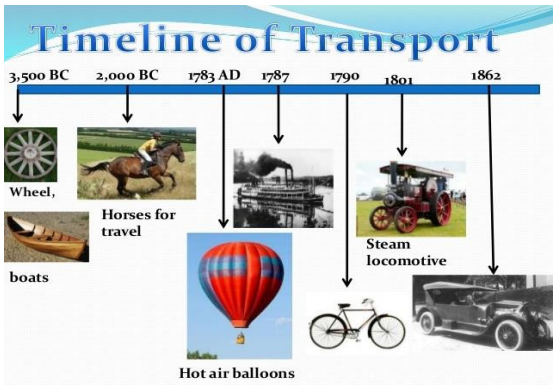
Reading

6. Read the text and give the title to it.

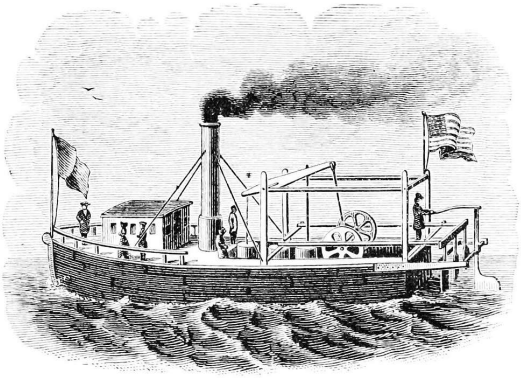
Word focus

Locomotion: movement or the ability to move from one place to another;
Wheel: a circular object connected at the centre to a bar, used for making vehicles;
Axle: a bar connected to the centre of a circular object such as a wheel that allows or causes it to turn;
*Pulley :*a piece of equipment for moving heavy objects up or down, consisting of a small wheel over which a rope or chain attached to the object can be easily raised or lowered

Since the beginning of time, people have been interested in *locomotion* and how to **transport** human beings and goods from place to place. Transportation has been a fascinating subject since the invention of the *wheel* about 5,000 years ago. Consider some of the inventions of ancient civilizations (*axle, pulley*, *wheel*). Americans, too, have made great *contributions* in the transportation field.



Native Americans used canoes formed by hollowing out logs. These canoes were heavy and slow. In 1787, a man named John Fitch built a steamboat. His boat had large paddles on the sides and moved by a steam engine. He transported people on the Delaware River, but because the engine was so large, there wasn't room for many people. As a result, his business *failed*.



In 1804, another American named John Stevens invented a steamboat that was able to go the speed of eight knots. His Phoenix became the first steamboat to take a sea voyage from New York to Philadelphia. In 1807, Robert Fulton had the first successful steamboat service on the Hudson River. His boat, the Clermont, could carry 24 people at a time, and goods. This steamboat had a paddlewheel instead of individual paddles. By 1846, there were approximately 1,200 steamboats on the rivers, transporting people and materials. River commerce became very important to the United States.

In 1830, the Baltimore and Ohio Railroad began the first steam-operated railway service to carry **passengers** in the United States. The first train car was actually a "car" pulled by a horse. The railroad began in Baltimore. Service did not get to Ohio until 1863. Charleston, South Carolina, had the first railway service using steam locomotives. The engineering faculty at the United States Military Academy in West Point,



New York, was instrumental in building this locomotive, or steamengine car. The Best Friend of Charleston was shipped to Charleston. There, in 1830, it pulled a train of cars for six miles.

Railroads linked the two oceans in the United States, the Atlantic and Pacific. Modern locomotives are diesel-electric and are used mostly to transport goods instead of human beings.

There is a lot of confusion over the invention of the "horseless carriage," known as the automobile in the United States. George B. Selden got a patent for the automobile in 1879. He kept it pending for 16 years, disallowing others from claiming the invention. Some say that Charles and Frank Duryea were responsible for the first gasoline automobiles in the United States. In 1895, Frank Duryea won the first car race with more than two participating cars. Others say that John William Lambert of Ohio invented the first gaspowered, single-cylinder car.

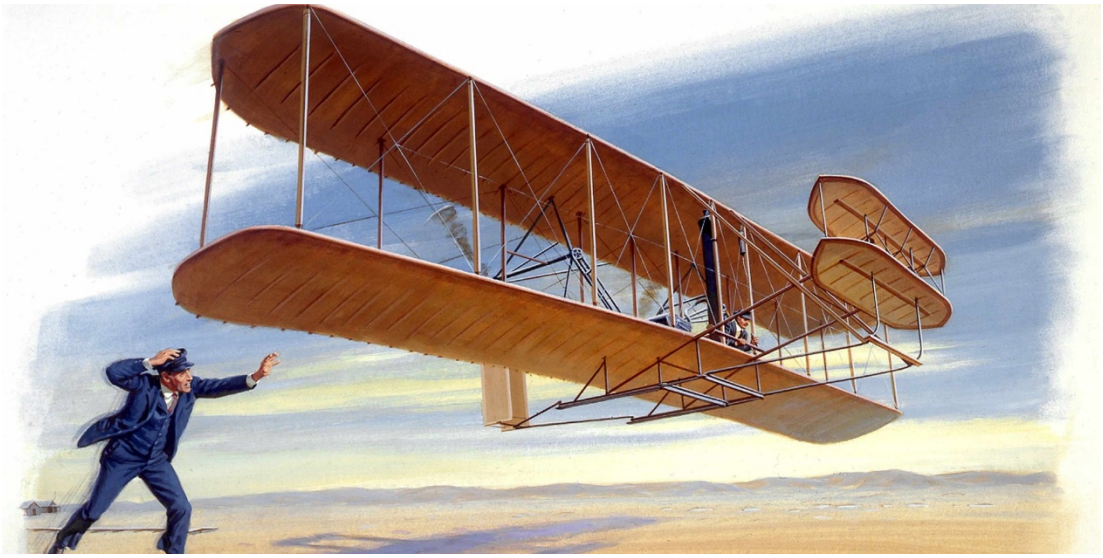
Automobiles were not well received initially because they were very loud and the noise scared horses and people. Also, they were a threat to the railroad and stagecoach businesses. Automobiles were essentially made only for the rich until Henry Ford started mass-producing Model T's in 1908. He put workers on an assembly line. Each person had one specific job to do in creating the car. Cars were made more cheaply and quickly after this. Road mileage first became greater than rail mileage in 1915, and the difference has continued to grow.



Wilbur and Orville Wright were not engineers. They didn't even complete high school. They owned a bicycle shop in Dayton, Ohio. They became interested in flying. They left Dayton during the bicycle shop off-season and set up a tent at Kitty Hawk, North Carolina. They were told by

the weather bureau that Kitty Hawk was a very windy location and had high sand dunes.

On December 17, 1903, Orville Wright became the first man to take an airplane ride on the Flyer. The plane was made of wood, wire, and cloth. The plane had a gasoline engine. The pilot had to lie down in the middle and as he moved his hips, a wire attached from his waist to the wings would control the balance of the wings. Very little news came out about this flight, and at the time people did not seem to be interested.



Air travel has since become the fastest means of transportation in the world.

7. *Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?*

1) Japanese, too, have made great contributions in the transportation field.

2) Native Americans used cars formed by hollowing out logs.

3) In 1877, a man named John Fitch built a steamboat.

4) In 1807, Robert Fulton had the third successful steamboat service on the Hudson River.

5) Railroads didn't link the two oceans in the United States, the Atlantic and Pacific.

8. *Answer the questions after the text.*

1) What are some of the inventions of ancient civilizations mentioned in the text?

2) Who built steamboat in 1787?

3) Where was the first railway service using steam

locomotives presented?

4) Who became the first man to take an airplane ride on the Flyer?

5) What is the fastest means of transportation in the world?

9. Put the events in the correct historical order (1-10).

☐ The Wright brothers flew an airplane.

☐ The wheel was invented.

☐ Steamboats transported people on rivers.

☐ Railroads began carrying passengers.

☐ Automobiles were mass-produced.

☐ Canoes were used by Native Americans.

☐ Steam locomotives were built.

☐ The Model T was produced.

☐ Air travel became common.

☐ River commerce became important.

10. Find in the text synonyms to:

a) relatively; b) were in charge of; c) prosperous; d) finish; e) unique.

11. Find in the text antonyms to:

a) poor; b) lost; c) expensively; d) products; e) similarity.

Grammar Focus

1. Past Simple – Active Voice

We use **Past Simple (active)** to talk about:

- actions that **happened in the past**
- historical events
- actions with a **clear time reference**

Examples from the text:

- John Fitch **built** a steamboat in 1787.
- Robert Fulton **had** a successful steamboat service.
- The Wright brothers **became interested** in flying.
- Henry Ford **started** mass production in 1908.

Form:

- affirmative: *invented, built, started*
- negative: *did not invent*
- question: *Did he build a steamboat?*

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2. Past Simple – Passive Voice

We use **Past Simple (passive)** when:

- the **action is more important than the person**
- the doer is unknown or not important
- we describe **processes and inventions**

Form:

was / were + past participle (V3)

Examples from the text:

- Canoes **were formed** by hollowing out logs.
- The Clermont **was used** to transport people and goods.
- Automobiles **were not well received** at first.
- The plane **was made** of wood and cloth.

3. Time Markers in Past Simple

Common time expressions:

- *in 1787, in 1903*
- *by 1846*
- *until 1863*
- *at first*
- *later*

They help us **organize events in time**.

12. Choose the correct form (Active / Passive).

1. John Fitch **(built / was built)** a steamboat in 1787.
2. Canoes **(formed / were formed)** from hollowed logs.
3. Robert Fulton **(invented / was invented)** a successful steamboat service.
4. The Clermont **(carried / was carried)** people and goods.
5. The first railway service **(started / was started)** in 1830.
6. Steam locomotives **(used / were used)** to transport passengers.
7. Henry Ford **(introduced / was introduced)** mass production.
8. Cars **(made / were made)** more cheaply after 1908.

9. The Wright brothers **(flew / were flown)** the first airplane.
10. Air travel **(became / was become)** very popular later.

13. Complete the sentences. Use the correct form of the verb in brackets. (Past Simple).

1. Native Americans _____ (use) canoes for transport.
2. John Stevens _____ (invent) a faster steamboat.
3. The Phoenix _____ (travel) from New York to Philadelphia.
4. Railroads _____ (link) the Atlantic and Pacific oceans.
5. The first train _____ (pull) by a horse.
6. Automobiles _____ (not / be) popular at first.
7. Henry Ford _____ (change) car production.
8. The Model T _____ (produce) on an assembly line.
9. Orville Wright _____ (fly) an airplane in 1903.
10. The plane _____ (make) of wood and cloth.

14. Rewrite: Active → Passive.

Example:
People invented the wheel.
*→ The wheel **was invented**.*

1. People used canoes for transportation.
2. John Fitch built a steamboat.
3. Robert Fulton operated a steamboat service.
4. Engineers built steam locomotives.
5. Railroads connected the country.
6. Workers made cars on assembly lines.
7. Henry Ford changed car production.
8. People did not accept automobiles at first.
9. The Wright brothers flew the airplane.
10. People transported goods by train.

15. Read the text below. Match choices (A-H) to (1-6). There are two choices you do not need to use.

6 Ideas: Ways to increase public transport revenue

(https://medium.com/10ideas/10-ways-to-increase-the-revenue-generated-by-public-transport-315f2c424ce8)

1. _____

Coworking and meeting spaces on trains: rent a desk — for commute, meeting or maybe full time / travel the rails all day — lunch in Geelong today; Ballarat tomorrow.

2. _____

How do you feel about a virtual shopping train? Virtual supermarket carriages — choose and pay — we'll deliver *(On this topic check out what Tesco have done in Korea https://www.youtube.com/watch?v=fGaVFRzTTP4)* Someone also took this a step further with: Marketing carriages — travel in the Sonos carriage — experience the products and meet the product reps, try and maybe buy.



3. _____

Run premium express services on outer suburban lines that take half the time but cost 4x the price. Should be possible to facilitate with next generation signalling without slowing down existing trains.

4. _____

The data opportunity to track cross modal travel: Partner with toll road operators to build an integrated map and analytics of how people move cross modal throughout the city. Use credit card tap on to data match.This data can then be sold back to the state government to make better decisions about future infrastructure. Can also be sold to property developers — i.e. who is likely to move or commute from a certain area and where can you currently find them.

5. _____

Changes to the current ticket pricing system could include: time of day pricing (lower fares when there is spare capacity), offering additional services at a premium (seat selection for example) and/or introducing loyalty schemes.

6. _____

This actually has the potential to generate a lot of $$$ (until the robots take over): Use buses and trams equiped with smart sensor technology and cameras to monitor for traffic violations. When a fine is issued the public transportation system retains 25% to reinvest in system / infrastructure.

A. Wide variety offer.

B. Faster? Expensive!

C. No trams – no problem.

D. Analytics to boost earnings.

E. Work&Travel!

F. Shopping wherever you go.

G. Can public transport replace the police?

H. Travelling is passion.

Writing

16. Write 90–110 words.

Topic: *Public transport in my city*

Include:

a. types of transport

b. advantages and disadvantages

c. comparison with another city

Speaking

17. Complete the sentences with your own ideas.

1. The fastest transport is _____.
2. The cheapest way to travel is _____.
3. I prefer travelling by _____ because _____.
4. Public transport is better than _____.
5. Travelling by car is more _____ than by bus.
6. The most comfortable transport is _____.
7. I use _____ every day.
8. In my city, traffic is _____.
9. One problem of transport is _____.
10. One advantage of modern transport is _____.

18. Complete the sentences with your own ideas.

1. The wheel was invented to _____.
2. Steamboats were used for _____.
3. The first railway service started in _____.
4. Automobiles were not popular because _____.
5. Henry Ford changed transport by _____.
6. Cars were made more cheaply after _____.
7. The Wright brothers became interested in _____.
8. The first airplane was made of _____.
9. Air travel has become _____.
10. I think the most important transport invention was _____.

19. Think about your answers to these questions.

1) Which means of public transport do you know? Make a list.

2) Driving causes pollution. How can we prevent this?

3) What do you think is the safest kind of transport? Why?

4) How could public transport in your city be improved ?

5) How can you travel in your town?

20. Describe your favourite means of transport. You should say:

- what it is;
- when and how often you use it;
- why you use it, its advantages and disadvantages; and explain why it is your favourite transport.

Home work

21. Real-life task.

Create a **comparison chart**:

Public transport vs Private transport

Include:

- price
- comfort
- speed
- environmental impact
- your opinion

◆ Write a short conclusion (60–80 words). Use at least **8 words** from the unit vocabulary

Objectives: to activate students' background knowledge on the topic "Internet"; to make students aware of modal verbs *can* and *must* usage peculiarities

The Internet

The Internet is not a luxury, it is a necessity

Warming-up

Barack Obama

1. ***Look at the pictures. Answer the questions:***
   - *How often do you use the Internet?*
   - *What do you usually use it for?*
   - *Can you imagine life without the Internet?*
   - *How much time do you usually spend surfing the Internet?*



Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
a computer buff high-spec wireless hotspot	to crash to waste to estimate	average profound addictive	to boot up to push back to take back control
Phrases related to internet			
To download an app			
I prefer shopping on the Internet			
People use the Internet for …			

2. Match the words with the definitions.

Word/Phrase	*Meaning*
1. network	a) a person who uses a service
2. access	b) the right to enter or use something
3. information	c) connected computers or systems
4. user	d) facts or knowledge about something
5. data	e) rules that control how something is used
6. copyright	f) incorrect or illegal use
7. misuse	g) texts, images or videos for communication
8. regulation	h) a place/tool that provides wireless internet access
9. hotspot	i) digital facts stored on computers
10. media	j) legal protection of creative work

3. Choose the correct word.

1. The Internet connects millions of _____ worldwide.
2. Students can _____ online libraries easily.
3. The Internet is the greatest source of _____.
4. _____ laws protect creative rights.
5. Governments worry about Internet _____.
6. Nobody _____ the Internet.
7. Online _____ spreads very quickly.
8. I must reload my _____ — something is wrong with my connection.
9. If the page freezes, then you probably have _____ issues.
10. The Internet gives access to music, photos and other _____ files.

4. Complete the sentences with vocabulary items or your own ideas.

1. He is a real _____ who spends most of his free time learning about new technologies and software.
2. This laptop is considered _____, as it has a powerful processor and advanced features.
3. You can connect to the Internet using a _____ in many public places such as cafés and airports.
4. My computer suddenly _____ while I was working on an important project, and I lost all my data.
5. Don't _____ your time on social media when you have important tasks to complete.
6. Experts are trying to _____ the cost of developing new technologies.
7. It usually takes a few minutes for the system to _____ before you can start working.

8. The company decided to _____ the deadline due to technical problems.
9. People should learn to _____ when using the Internet and not depend on it too much.
10. Many users _____ if they want to chat with friends, browse the internet or just play some games for fun.
11. I personally _____ shopping on the Internet because it is more convenient and saves time.
12. People use the Internet for communication, entertainment and accessing _____.
13. A stable _____ is necessary for fast and reliable Internet connection.
14. Not everyone has equal _____ to modern technologies and online services.
15. Personal _____ must be protected to prevent identity theft.
16. Governments introduce laws to protect _____ and prevent illegal distribution of content.
17. The _____ of the Internet can lead to serious legal and ethical problems.
18. New _____ are often introduced to control online activities.
19. Modern _____ plays a significant role in spreading information quickly around the world.
20. An _____ allows users to connect to the Internet through different devices and platforms.

5. Translate using essential vocabulary items.

Досвідчений користувач комп'ютера, високопродуктивний комп'ютер, бездротова точка доступу до Інтернету, комп'ютер завис, марнувати час в Інтернеті, приблизно оцінити витрати, завантажити систему, відкласти запуск проєкту, повернути контроль над ситуацією, завантажувати музику з Інтернету, надавати перевагу онлайн-покупкам, використовувати Інтернет для пошуку інформації, стабільне мережеве з'єднання, отримати доступ до даних, інтернет-користувач, захист особистих даних, порушення авторських прав, неправильне використання Інтернету, державне регулювання медіа.

Reading

6. Read the text and be ready to answer the questions.

THE INTERNET

The Internet is the world's largest computer **network** with over 100 million **users** worldwide and this number is doubling from year to year. The Internet is like an international highway of information. Now, you can sit at your computer, choose a route and arrive at your destination – that is, the information you need. Today, from your computer, you can **access** a library in one country, talk to an expert on a certain topic in a second country and send your own information to someone doing research

in a third. So, we don't know what will be next in the not-too-distant future.

The Internet was born when scientists attempted to connect the American Defence network to other satellite networks in order to exchange information. Soon, scientific and educational institutions as well as research departments became interested in linking up, and, before long, the Internet had expanded into an international information and communication network. The Internet now reaches all the countríes in the world. You can be connected to the Internet directly through your own computer or you can hook up to an **access system** which allows you to use some of the Internet's services.



To tell the truth, there are problems with modern technology like the Internet. For example, **copyright** laws and other **media regulations** haven't managed to come to grips with the Internet yet. Unfortunately, some unscrupulous people have already recognized the commercial potential of the Internet. They have used it to sell stolen goods illegally and even pornography, which would obviously make the Internet unsuitable for use in schools. Both governments and computer experts are concerned about the **misuse** of such a system and must do their best to prevent it. Nobody actually owns the Internet, nobody runs it and no one has the power to switch it off. Thus, the nature of the Internet will be shaped by the culture and morality of the people who use it.



7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) The Internet can work everywhere in the world.

2) It is not simple to solve some questions concerning the Net.

3) The Internet was born when scientists attempted to connect the American Defence network to other satellite networks in order to exchange information.

4) Copyright laws and other media regulations have managed to come to grips with the Internet.

5) Everybody actually owns the Internet, everybody runs it and no one has the power to switch it off.

8. Answer the questions after the text.

1) Why is the Internet like an international highway of information?

2) Where was the Internet born?

3) What are some of the misuses of the Internet?

4) What are the advantages of the Internet, according to the text?

5) What are the disadvantages of the Internet mentioned in the text?

Grammar Focus

Modal Verbs: *can* and *must*

- ***can***

We use **can** to talk about:

- ability
- possibility

Examples from the text:

- You **can access** a library in another country.
- You **can talk** to an expert.
- You **can be connected** directly through your computer.

- ***must***

We use **must** to talk about:

- obligation
- strong necessity

Examples from the text:

- Governments and experts **must do their best** to prevent misuse.

9. Complete the sentences with proper forms of can **or** must*.*

1. You _____ access information from your computer.
2. People _____ use the Internet responsibly.
3. Governments _____ prevent misuse of the Internet.
4. Users _____ send information to other countries.
5. Experts _____ protect children online.
6. Schools _____ be careful how they use the Internet.
7. People _____ communicate easily using the Internet.
8. Laws _____ be changed to control online activity.
9. The Internet _____ be used for education.
10. Users _____ respect copyright laws.
11. You _____ create a strong password to protect your personal data.
12. Students _____ access the university network from home using their personal accounts.
13. You _____ share copyrighted films or music without permission.
14. Users _____ connect to the wireless hotspot in the library free of charge.
15. Before downloading any file, you _____ check whether the website is safe.
16. Social media _____ help people communicate with friends all over the world.
17. You _____ never misuse someone else's personal information.
18. Every Internet user _____ follow the school's online safety regulations.
19. If you need reliable information for your project, you _____ use trusted educational websites.
20. You _____ report suspicious emails because they may contain harmful software.

Writing

10. Write 100–120 words.

Topic: *Advantages and disadvantages of the Internet*

Include:

- how people use the Internet
- one or two problems
- your opinion

Use of English

11. Read the text. Choose the best title for it:

a) Modern Technology Problems

b) The History of the Internet

c) How to Use the Internet

In the 1960s, the United States Department of Defense's Advanced Research Projects Agency (ARPA) (1)_____ a project to create a network of computers that could communicate (2) _____ each other. This was the birth of the internet as we know it today.

The Early Days of ARPANET

ARPANET, the first operational packet switching network, was launched in 1969. It was designed to be a robust and fault-tolerant network that could (3) _____ a nuclear attack. The first message sent over ARPANET was "LO" - intended to be "LOGIN," but the system (4) _____ before the full message could be sent!

The Internet Takes Shape

In the 1970s and 1980s, other networks, such as the National Science Foundation Network (NSFNET), were developed to connect universities and research (5) _____. These networks were initially isolated from ARPANET but eventually interconnected, forming the modern internet.

Key Milestones in Internet History

1965: The first network, ARPANET, is launched.

1971: The first email is sent over ARPANET.

1983: The Domain Name System (DNS) is introduced, making it easier to access websites using domain names instead (6) _____ IP addresses.

1989: The World Wide Web (WWW) is invented by Tim Berners-Lee.

1991: The internet is opened to commercial use.

1993: The first graphical web browser, Mosaic, is released.

1994: Netscape Navigator is released, (7) _____ one of the most popular web browsers of the 1990s.

From Dial-Up to Broadband

In the 1990s, the internet became more (8) _____ to the general public with the introduction of dial-up internet access. This was followed by the widespread adoption of broadband internet in the 2000s, (9) _____ faster and more reliable connections.

Today's Internet

Today, the internet is a global phenomenon, connecting billions of people and (10) _____ worldwide. It has revolutionized the way we communicate, access information, and conduct business. The internet continues to evolve, with new technologies and innovations shaping its future

1	A	inspired	B	listed	C	funded
2	A	with	B	to	C	upon
3	A	survive	B	inspire	C	estimate
4	A	held	B	crashed	C	opened
5	A	issues	B	appartments	C	institutions
6	A	from	B	of	C	about
7	A	starting	B	coming	C	becoming
8	A	accessible	B	reliable	C	intrudable
9	A	convicting	B	pursuading	C	enabling
10	A	devices	B	tools	C	scripts

12. Read the text and mark the sentences True (T) or False (F):

- ARPANET was created in the 1980s. ___
- The first message sent was "LOGIN". ___
- Different networks later connected to form the internet. ___
- DNS made websites harder to access. ___
- The internet became commercial in 1991. ___
- Broadband appeared before dial-up. ___

13. Read the text below. Then match the words or phrases from the text to the definitions below:

Cindy used the Internet to find the information she needs. For example, last week she wanted to find out about the history of an illness called "polio". She switched on her computer and modem. She opened the web browser called Google Chrome. She typed the word "polio" into a search bar and clicked the "Search" button. In a few seconds her computer showed a search results list of websites about the disease. She clicked the first website URL and her computer showed the homepage of The Polio Society. She looked through the list of contents. She clicked the button marked "History". The history page gave her the information she needed.

1. Something which you click on a website page which takes you to another page.
2. A place a search query is typed into before starting a search.
3. A place on the Internet that gives you information about a particular subject.
4. A program which aims at showing the search results that match the users' search query the most.
5. A software program which allows you to access and navigate the Internet.
6. The address which takes you to a website.
7. The main page of a website.
8. All information listed on a website.

Speaking

14. Complete the sentences.

1. The Internet is used to/for _____.
2. Today, people can _____ online.
3. In the past, scientists _____ the Internet.
4. The Internet allows users to _____.
5. One problem of the Internet is _____.
6. Governments must _____.
7. Schools can use the Internet for _____.
8. The Internet has changed the way people _____.
9. Nobody owns the Internet, so _____.
10. In the future, the Internet will _____.

15. Think about your answers to these questions.

1) How important is the Internet to you?
2) Do you use the Internet more for work or in your free time? Why? Why not?
3) What are your favourite websites? Why? Why not?

4) Are there any negative things about the Internet? Why? Why not?

5) What are the advantages and disadvantages of on-line shopping?

Home work

16. Real-life task.

Create a **short Internet use guide for students**.

Include:

5 things students **can** do online

3 rules students **must** follow

2 dangers of misuse

Write **80–100 words**.

✔ Use at least **8 words** from the unit vocabulary.

Objectives: to activate students' background knowledge on the topic "Gadgets"; to make students aware of "cause&result" and "giving advice" modal verbs (*should* and *can*) usage peculiarities

GADGETS

Life is not just eating, drinking, television and cinema...The human mind must be creative, must be self-generating; it cannot depend on just gadgets to amuse itself.

Lee Kuan Yew

Warming-up

1. Work individually. Compare the photographs and say

- *What role gadgets play in their lives?*
- *Do gadgets help or interfere with learning? How?*
- *Which way of studying would you prefer?*





Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
laptop	to consume	portable	to plug in
tablet	to increase	up-to-date	to turn off / on
facilities	to search	versatile	to look for

Phrases related to gadgets	
Handy gadgets	Full of smart appliances
To become too dependent on	Rapid technological progress
To underestimate the role of new technologies in our life	

2. Match the words with the definitions.

Word/Phrase	*Meaning*
1. laptop	a) to fail to recognise the importance or impact of something
2. tablet	b) modern and using the latest technology
3. facilities	c) a flat mobile device with a touchscreen
4. to increase	d) to rely excessively on devices in everyday life
5. to search	e) to use energy, time, or resources
6. portable	f) a situation where technological development happens very quickly
7. up-to-date	g) to look for information
8. versatile	h) useful and practical devices that simplify everyday tasks
9. to plug in	i) to become bigger or larger
10. to consume	j) to connect a device to electricity
11. handy gadgets	k) easy to carry and move
12. full of smart appliances	l) equipment or services provided in a place
13. to become too dependent on gadgets	m) equipped with many automated and intelligent electronic systems
14. rapid technological progress	n) a computer that you can carry with you
15. to underestimate the role of new technologies	o) something that can be used in many different ways

3. Choose the correct option.

1. Many students rely on a _____ **(laptop / facility)** for completing assignments and attending online classes.
2. A modern _____ **(tablet / consumption)** allows users to read, write, and watch videos efficiently.
3. If the device does not work, try to _____ **(plug it in / search it)** again.
4. Smartphones tend to _____ **(consume / search)** a lot of battery power when running multiple applications.
5. The Internet enables users to _____ **(search / increase)** for

information within seconds.

6. This gadget is highly _____ **(portable / consumption)**, which makes it ideal for travelling.
7. It is important to keep your software _____ **(up-to-date / portable)** to avoid security problems.
8. A _____ **(versatile / facility)** device can replace several traditional tools.
9. The university provides excellent _____ **(facilities / tablets)**, including computer labs and Wi-Fi access.
10. The demand for new technologies continues to _____ **(increase / plug in)** every year.

4. Complete the sentences with vocabulary items.

1. Modern gadgets _____ a significant amount of energy when used intensively.
2. Students often _____ for academic materials online instead of using printed books.
3. This device is extremely _____, so it can be used for work, study, and entertainment.
4. The number of gadget users has _____ dramatically over the past decade.
5. A _____ device is essential for people who travel frequently.
6. Make sure your system is _____ to protect your data effectively.
7. You need to _____ the charger before the battery runs out.
8. Many universities offer advanced digital _____ for students.
9. Tablets are becoming more popular as a _____ alternative to laptops.
10. The more applications you use, the more energy your device will _____.

5. Translate using essential vocabulary items.

Портативний ноутбук для навчання, сучасний планшет із новим програмним забезпеченням, універсальний пристрій для роботи і розваг, споживати багато енергії, швидке зростання кількості користувачів, шукати інформацію в Інтернеті, підключити пристрій до мережі, оновлене програмне забезпечення, сучасні навчальні умови, доступ до онлайн-ресурсів, зручні гаджети для щоденного використання, будинок, наповнений розумними пристроями, стати занадто залежним від технологій, швидкий технологічний розвиток, недооцінювати роль технологій, витрачати час на гаджети, використовувати Інтернет для пошуку даних, ефективне використання пристроїв, надійне мережеве підключення, багатофункціональний цифровий пристрій.

Reading

6. Read the text and be ready to answer the questions after the text.

ARE TODAY'S GADGETS MAKING PEOPLE SICK?

Glossary: **gadget-** small mechanical tool / **malady** - health problem / **to swell up** - when part of the body becomes bigger after injury / **bacteria -** germs / a**ilment** - mild illness / **numbness** - torpor / **rash** - an area of red spots on the skin / **pinch** - squeeze / **blurred -** indistinct / **tingling** - stinging

Lots of casual technology users are paying a very high price for the modern conveniences that their gadgets afford them: their health, and, in some cases, even their lives, are in jeopardy. Here you have the examples of some "modern-day maladies" caused by people's lifestyle and love for gadgets.



Text neck. People often look down at their phones for long periods of time, which puts pressure on the neck and shoulders. This can lead to pain, stiffness, and long-term posture problems.



A Pain in the ... Hands. Though carpal tunnel syndrome's shining moment in the media spotlight may have come and gone, the ailment is still very much real for many a hobbled keyboard jockey.According to AOL Health, carpal tunnel occurs when the median nerve in your forearm becomes pinched due to swelling. The effect is numbness, tingling and pain in the palm side of your thumb, index and middle fingers.



Acne and Rashes. According to microbiologists from England's Manchester Metropolitan University, your cell phone is home to more bacteria than your toilet seat – bacteria that can cause very serious illnesses such as pneumonia and meningitis. In most cases, though, a visit from the acne fairy is the worst it gets.



Poor Vision. Missile-locking your eyes to a monitor all day can lead to Computer Vision Syndrome (CVS), the symptoms of which include blurred vision, light sensitivity and headaches. That's because we humans weren't built for computer work.



Addiction. Like just about everything else that's fun in this world, the Internet is a magnet for compulsive types. Whether it's in the form of a poker site, role-playing video games or even eBay, online addiction is estimated to affect between 5 and 10% of the population, ruining lives and relationships along the way.

Mobile Elbow. Wrist injury experts say that the nerves in your elbow get "stressed" if they are stretched too much during phone conversations. This could result in long-term injuries to your hands and wrists.

7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) Lots of casual technology users are paying a very low price for the modern conveniences that their gadgets afford them.

2) According to AOL Health, carpal tunnel occurs when the median nerve in your forearm becomes pinched due to swelling.

3) According to microbiologists from England's Manchester Metropolitan University cell phone can't cause very serious illnesses.

4) Online addiction is estimated to affect between 5 and 100 % of the population, ruining lives and relationships along the way.

5) Wrist injury experts say that the nerves in your elbow get "stressed" if they are stretched too much during phone conversations.

8. Answer the questions after the text.

1) What health problems can some gadgets cause?

2) Which seem to be the 2 major causes of these ailments?

3) Have you ever felt that a certain gadget was harming your health? In what way?

4) How many gadgets do you have?

5) In your opinion what can people do to reduce the health risks caused by these gadgets?

Grammar Focus

Cause & Result + Modals (should / shouldn't)

We often talk about **why problems happen** and **what we should do**.

- **Cause → Result**

We use:

- **because / because of**
- **can / can lead to / can cause**

Examples from the text:

- Looking at phones for a long time **can cause** neck pain.
- Screen use **can lead to** poor vision.
- Skin problems happen **because of** bacteria on phones.

- **Giving Advice (should / shouldn't)**

We use **should / shouldn't** to give advice.

Examples:

- You **should take** regular breaks.
- You **shouldn't use** your phone too much.
- People **should clean** their devices regularly.

9. Choose the correct option.

1. Looking at screens for too long **(can cause / should cause)** eye problems.
2. Neck pain happens **(because / should)** people look down at phones for a long time.
3. Using gadgets at night **(can lead to / should lead to)** sleep problems.
4. Skin issues may appear **(because of / should)** bacteria on phones.
5. Too much screen time **(can cause / shouldn't cause)** headaches.
6. You **(should / because)** take breaks while working on a computer.
7. People **(shouldn't / because)** ignore health problems.
8. Poor posture happens **(because of/ should)** muscle imbalance and a lack of physical activity .
9. Addiction **(can lead / should lead)** to serious problems.
10. You **(should / because)** reduce screen time before sleep.

10. Combine the sentences.

Use: ***because / because of / so***

1. People use smartphones a lot. They have neck pain.
2. Phones are dirty. People get skin problems.
3. Users stare at screens. Their eyes hurt.
4. People use gadgets at night. They sleep badly.
5. Students spend too much time online. They feel tired.
6. People sit incorrectly. They have back pain.
7. Devices are used too often. Addiction develops.
8. Users don't take breaks. They get headaches.
9. People ignore health problems. The situation becomes worse.
10. Gadgets are overused. People feel stressed.

Writing

11. Write 120–140 words.

Topic: *The role of gadgets in modern life*

Include:

- how gadgets are used
- their advantages
- possible negative effects
- your opinion

Use of English

Does "phone separation anxiety" really exist?



You know the feeling – you have left your phone at home and feel **anxious**, as if you have lost your connection to the world. "Nomophobia" (short for no-mobile phobia) affects teenagers and adults **alike**. You can even do an online test to see if you have it. Last week, researchers from Hong Kong warned that nomophobia is infecting everyone. Their study found that people who use their phones to store, share and access personal memories **suffer** most. When users were asked to describe how they felt about their phones, words such as "hurt'" (neck pain was often reported) and "alone" predicted higher levels of nomophobia.

"*The findings of our study suggest that users perceive smartphones as their extended selves and get attached to the devices,*" said Dr Kim Ki Joon. "*People experience feelings of anxiety and unpleasantness when separated from their phones.*" Meanwhile, an American study shows that smartphone

separation can lead to an increase in heart rate and blood pressure.

So can being without your phone really give you separation anxiety? Professor Mark Griffiths, chartered psychologist and director of the International Gaming Research Unit at Nottingham Trent University, says it is what is on the phone that counts – the social networking that creates Fomo (fear of missing out).

"*People don't use their phones to talk to other people – we are talking about an internet-connected device that allows people* ***to deal with*** *lots of aspects of their lives,*" says Griffiths. "*You would have to surgically remove a phone from a teenager because their whole life is ingrained in this device.*"

Griffiths thinks attachment theory, where we develop emotional dependency on the phone because it holds details of our lives, is a small part of nomophobia. For "screenagers", it is Fomo that creates the most separation anxiety. If they can't see what's happening on TikTok or Instagram, they become **panic-stricken** about not knowing what's going on socially. "*But they adapt very quickly if you take them on holiday and there's no internet,*" says Griffiths.

Deliberately separating from your phone by **turning** it **off** or leaving it at home can reduce dependency and anxiety. Griffiths says the criteria for phone **addiction** include it being the most important thing in your life, building up the time you spend on it, withdrawal symptoms, using it to de-stress or to get excited. Your phone-use also needs to compromise relationships or work and provoke inner conflict – you know you should cut down, but can't. Few people, Griffiths says, fulfill these criteria. But surely many of us experience some of them.

Taken from (https://www.theguardian.com/lifeandstyle/2017/aug/28/does-phone-separation-anxiety-really-exist)

12. Read the text and answer the following questions.

1. What is "nomophobia"?
2. Who does nomophobia affect?
3. Which users are most affected?
4. What feelings do users have when deprived of their mobiles?
5. What is FOMO?
6. What can people do to reduce phone dependency?

13. TRUE or FALSE?

1. Nowadays, people can test their phone dependency online. _____
2. Only teenagers are affected by nomophobia. _____
3. Users consider their smartphones as parts of themselves. _____
4. Being apart of our smartphone causes a feeling of relief. _____
5. People use their smartphones mostly to chat with their relatives and friends. _____

14. Find words with the same meaning.

1. alerted _____
2. discovered _____
3. keep _____
4. uneasiness _____
5. deep-rooted _____
6. signs _____

Speaking

15. Complete the sentences with own ideas (cause & result).

1. People get neck pain because _____.
2. Eye problems occur because of _____.
3. Using gadgets too much can lead to _____.
4. Skin problems can be caused by _____.
5. Lack of sleep happens because _____.
6. Headaches can result from _____.
7. Addiction may lead to _____.
8. Poor posture is caused by _____.
9. Stress can appear because _____.
10. Health problems increase when _____.

16. Give advice using should / shouldn't.

1. People use their phones all night.
   → They _____.
2. Students spend too much time online.
   → They _____.
3. Users do not clean their devices.
   → They _____.
4. People sit in a bad position.
   → They _____.
5. Someone has eye strain.
   → They _____.
6. A person feels neck pain.
   → They _____.
7. Users are addicted to the Internet.
   → They _____.
8. People do not take breaks.
   → They _____.
9. Someone uses gadgets too much.
   → They _____.
10. A student has headaches from screen use.
    → They _____.

17. Think about your answers to these questions.

1) Are there any new gadgets that you really want to get?

2) Give some examples of technology that have made the world worse.

3) Do you like new gadgets or do you prefer to use technology you are comfortable with?

4) What do you think robots should be used for?

5) Why do people like gadgets?

18. Describe an electronic gadget you like the most. You should say:

- what it is;
- when and from where you got it;
- what you use it for;

and explain why it is so important to you.

Home project

19. Real-life task.

Task: Write a short review of a gadget you use every day.

Include:

- description
- 2–3 advantages
- 1 disadvantage
- your recommendation

Write **80–100 words**.

Objectives: to activate students' background knowledge on the topic "Virtual Reality"; to make students aware of *will* and *going to* usage peculiarities

Virtual Reality

Once you have perfect virtual reality, what else are you supposed to perfect?

Warming-up

Palmer Luckey

1. Work individually. Compare the photos and answer the questions.

- *Would you like to try this kind of technology? Why / Why not?*
- *Where can VR be used? (education, medicine, games, etc.)*
- *Is VR useful or just entertainment?*
- *Can VR be dangerous?*





Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
tutorial	to differentiate	cognitive	to speed up
visionary	to facilitate	collaborative	to take on
guidance	to emphasize	interactive	to build up
Phrases related to virtual reality			
Virtual reality creates a whole new and artificial environment			
Data Glove or "wired glove"			
Virtual Reality can be mapped along Reality, Interaction, and Movement			

2. Match the words with their definitions.

1. tutorial	a. involving active participation between user and system
2. visionary	b. a person who has new and original ideas about the future
3. guidance	c. to make a process easier or more efficient
4. to differentiate	d. relating to thinking, learning, and understanding
5. to facilitate	e. help or advice given to someone
6. to emphasize	f. to recognise differences between things
7. cognitive	g. a set of instructions that teaches someone how to do something
8. collaborative	h. to give special importance to something
9. interactive	i. involving people working together to achieve a common goal
10. to speed up	j. to make something happen or develop faster

3. Choose the correct option.

1. This online _____ (**tutorial / guidance**) explains how to use a VR headset step by step.
2. The scientist is considered a _____ (**visionary / cognitive**) because of his innovative ideas.
3. Teachers provide _____ (**guidance / tutorial**) to help students learn effectively.
4. It is important to _____ (**differentiate / facilitate**) between real and virtual experiences.
5. VR technology helps _____ (**facilitate / emphasize**) learning in a more engaging way.
6. The teacher tried to _____ (**emphasize / speed up**) the importance of digital skills.
7. VR games often develop _____ (**cognitive / collaborative**) skills such as memory and attention.
8. Students work in _____ (**interactive / collaborative**) environments using VR platforms.
9. Modern VR systems are highly _____ (**interactive / visionary**), allowing users to control actions.
10. New technologies can _____ (**speed up / differentiate**) the learning process.

4. Complete the sentences with vocabulary items.

1. VR applications can _____ learning by making it more engaging.
2. Students follow a video _____ to learn how to use new software.
3. It is necessary to _____ between real and virtual environments.
4. Teachers provide _____ during complex VR simulations.
5. Some _____ thinkers predicted the rise of virtual reality years ago.
6. VR can help develop _____ abilities such as problem-solving.
7. Many platforms support _____ learning, where students work together.
8. VR systems are becoming more _____, allowing users to control actions.
9. Teachers often _____ key ideas to help students understand better.
10. Technology continues to _____ the development of digital education.

5. Translate using essential vocabulary items.

Детальний навчальний посібник (відео-інструкція), людина з далекоглядним мисленням, професійне керівництво та підтримка, відрізняти реальний світ від віртуального, сприяти ефективній взаємодії, підкреслювати важливість навчання, розвивати когнітивні здібності, спільне навчальне середовище, інтерактивна навчальна платформа, пришвидшити процес обробки інформації, створювати штучне віртуальне середовище, використовувати рукавичку для керування об'єктами, взаємодіяти з цифровим простором, система віртуальної реальності, аналізувати віртуальне середовище, сучасні інтерактивні технології, отримувати практичний досвід, застосовувати VR у навчанні, покращувати процес навчання, майбутній розвиток віртуальної реальності.

Reading

6. Read the text and choose the best title to it.

a) The Future of Cyberspace;

b) Computers.

c) The Internet.

THE FUTURE OF CYBERSPACE

Peter Taylor finds out how computers and the Internet are going to effect our lives.

In the last thirty years, the Internet has grown dramatically. In 1983, there were only 200 computers connected to the Internet; now there are around 50 million and this growth is clearly going to continue.

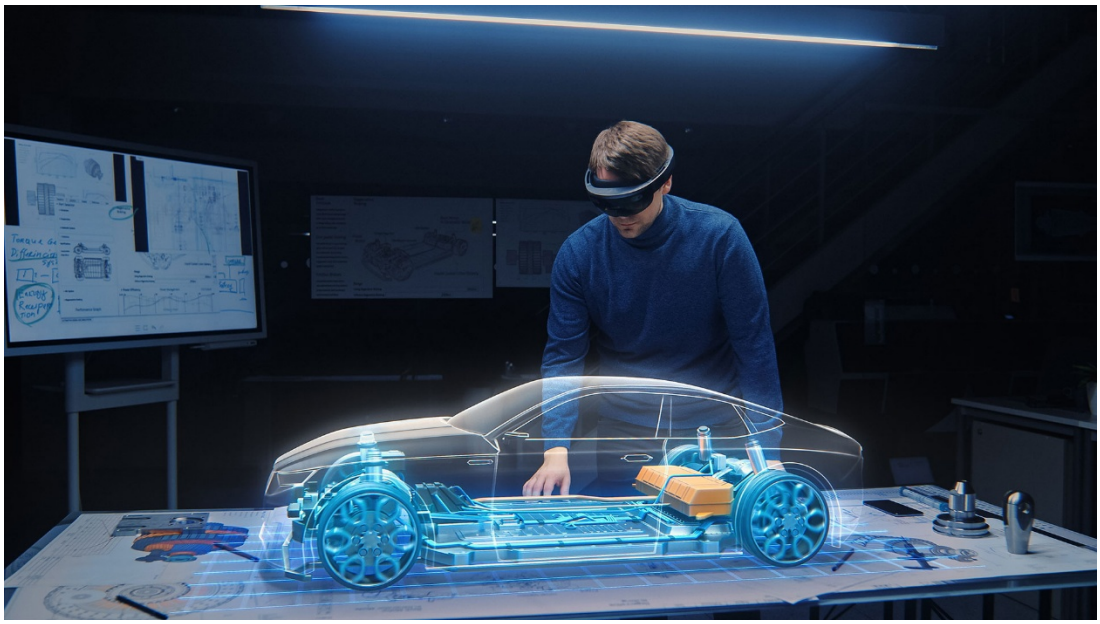
Some experts are pessimistic about the future. One worry is the activities of cybercriminals. Even now, young hackers can get into

the computers of banks and governments. In the future, cybertorrorists may 'attack' the world's computers, cause chaos, and make planes and trains crash.

However, many people are optimistic about the future of the Internet. Already, users can buy books, find out about holiday offers, book tickets, and get all sorts of information from the Internet.

"*In the next few years,*" says Angela Rossetto of *Cyberia* magazine, "*it is clear that we are going to see an explosion of shopping on the Internet.*"

She also believes that, in the future, we will get entertainment from the Net and that television will probably disappear. The postal service may also disappear with the increasing use of e-mail.



Some specialists see our future in virtual reality – the use of computers with sounds and images that make you feel as if you are in a real situation. "*Personally, I think virtual reality will become part of modern life,*" says Australian expert Peter Wojciechowsky. "*I see people living and working in a virtual world. We will work in virtual offices, shop in virtual supermarkets, and we will even study in virtual schools.*"

7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) In the last thirty years, the Internet has grown dramatically.

2) In the future, cybertorrorists may not 'attack' the world's computers, cause chaos, and make planes and trains crash.

3) The postal service may also disappear with the increasing use of e- mail.

4) We will work in virtual offices, shop in virtual supermarkets, and we will even study in virtual schools.

5) Optimists worry about the activities of cybercriminals.

8. Answer the questions after the text.

1) What does Peter Taylor find?

2) What has happened to the Internet in the last 30 years?

3) What do the experts say about the Internet?

4) What could happen to the Internet in the future?

5) What is virtual reality?

Grammar Focus

Future Forms (will / going to)

◆ **1. WILL – predictions, opinions, beliefs**

We use **will** when:

- we predict the future
- we express opinions
- we make on-the-spot decisions

Examples from the text:

- The Internet **will continue** to grow.
- People **will use** virtual reality more.
- Television **will disappear**.

◆ **2. GOING TO – plans and strong predictions**

We use **going to** when:

- we talk about future plans
- we see evidence now

Examples:

- We **are going to see** an explosion of online shopping.
- Technology **is going to change** our lives.

◆ **3. Key difference**

- **will** → opinion / prediction / on-the-spot decision
- **going to** → plan / strong evidence

9. Choose the correct form.

1. The Internet **(will grow / is going to grow)** in the future.
2. Experts think people **(will use / are going to use)** more online services.
3. We **(will see / are going to see)** major changes in technology soon.
4. Online shopping **(will become / is going to become)** more popular.
5. I think virtual reality **(will change / is going to change)** education.
6. Scientists believe computers **(will improve / are going to improve)** rapidly.
7. In the future, people **(will work / are going to work)** in virtual offices.
8. Look at the trends! Technology **(will develop / is going to develop)** quickly.
9. Many services **(will move / are going to move)** online.
10. I believe traditional media **(will disappear / is going to disappear)**.

10.Complete the sentences (will / going to).

1. The Internet _____ (continue) to grow in the future.
2. People _____ (use) virtual reality in everyday life.
3. Online shopping _____ (become) more common.
4. We _____ (see) new forms of communication.
5. Technology _____ (change) education systems.
6. More people _____ (work) remotely.
7. Experts say cybercrime _____ (increase).
8. Governments _____ (try) to control online activity.
9. Virtual reality _____ (become) part of daily life.
10. Traditional services _____ (disappear).

11.Find and correct mistakes.

1. People will going to use VR in the future.
2. Technology is will change our lives.
3. We going to see new inventions.
4. The Internet will to grow rapidly.
5. People are go to work online.
6. VR will becoming popular.
7. Students will studies online.
8. Experts going to predict changes.
9. People will uses more technology.
10. The future is will be digital.

Writing

12.Write 120–140 words.

Topic: *The role of virtual reality in modern life*

Include:

- uses of VR
- advantages
- disadvantages
- your opinion

Use of English

Dream Jobs of the Future: Careers You Didn't Know You Were Going to Want

Ever wonder what kind of jobs are going to exist 50 years from now? With rapid advancements in technology, space exploration, and sustainability, the future workforce is going to look completely different from today's. Forget traditional office jobs—how about working as a **Drone Traffic Controller** or even a **Virtual Reality Architect**? Let's dive into some dream jobs of the future that you will be excited about.

1. Space Tour Guide

Space isn't just for astronauts anymore. Companies like SpaceX are going to offer commercial space travel, and it will be mainstream. When that happens, we're going to need **Space Tour Guides** to lead the way.



What You'll Do: Imagine guiding travelers through zero gravity, pointing out distant planets, and helping them capture the perfect selfie with Earth in the background. Your job is going to be ensuring everyone has an epic experience, while keeping them safe from rogue asteroids.

Why It's Cool: You will be working in outer space—need we say more? Plus, you will experience space travel regularly, something most people can only dream about.

2. Virtual Reality Architect

Forget drafting rooms and blueprints. In the future, designers will not just create buildings—they are going to design entire virtual worlds. As a **Virtual Reality Architect**, you will build environments for gaming, education, and even virtual offices where people will work from home.



What You'll Do: Using advanced VR software, you will create everything from virtual cities to fantasy landscapes. Whether it's an immersive video game or a virtual classroom, you are going to make it look and feel real—without lifting a single brick.

Why It's Cool: You will be able to create anything you want—no limits, no gravity, just endless possibilities. Plus, your "office" will be wherever you have a solid internet connection.

3. Drone Traffic Controller

With drones becoming more common for deliveries and personal transportation, the skies are going to get crowded. That's where **Drone Traffic Controllers** come in. It will be your job to manage thousands of buzzing drones navigating city skylines.



What You'll Do: You **will** monitor and direct drone flights to make sure packages (or people!) get to their destination without collisions. You will also manage emergency airspace for things like medical deliveries.

Why It's Cool: You will be part of the future's air infrastructure, managing the traffic of tomorrow's tech. It is going to be a fast-paced, dynamic job.

4. Sustainable Fashion Designer

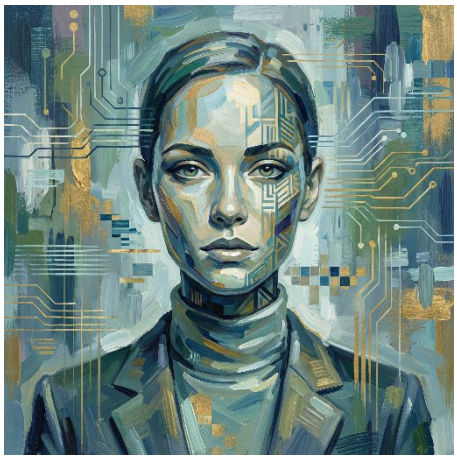
The fashion industry is going to change in the next 50 years, with sustainability becoming a priority. As a **Sustainable Fashion Designer**, you are going to design clothing using materials like recycled plastic and bio-fabric.

What You'll Do: You will create fashion that looks great and helps the planet. Your designs are going to lead the movement for eco-friendly fashion.

Why It's Cool: You will combine creativity with sustainability, showing that fashion and the planet can coexist in style.

5. AI Personality Designer

With AI becoming more integrated into our lives, we are going to need people to give AI systems personality. That's where the **AI Personality Designer** comes in.



What You'll Do: You will create personalities for AI assistants, robots, and even virtual influencers, blending psychology with tech.

Why It's Cool: You will shape how future AI interacts with humans. Your creations will be an essential part of people's everyday lives.

Conclusion

The future is going to be full of exciting new careers. Whether you're navigating outer space, designing virtual worlds, or saving the planet through fashion, the possibilities will be endless. So, which future job will you choose?

1. **In paragraph 1 the author suggests that…**
   A. traditional jobs will remain the same in the future.
   B. technology will not affect employment.
   C. future jobs will be very different from today's.
   D. people will stop working completely.

2. **According to the text, a Space Tour Guide will…**
   A. build spacecraft.
   B. teach astronauts how to fly.
   C. guide tourists and ensure their safety in space.
   D. repair satellites.

3. **The main role of a Virtual Reality Architect is to…**
   A. design only real buildings.
   B. create digital environments for different purposes.
   C. control drones in the sky.
   D. teach students in traditional classrooms.

4. **According to the text, Drone Traffic Controllers will…**
   A. repair drones.
   B. build new types of drones.
   C. manage and control drone movement.
   D. deliver packages themselves.

5. **The job of an AI Personality Designer involves…**
   A. programming robots to move.
   B. repairing AI systems.
   C. creating human-like personalities for AI.
   D. designing computer hardware.

Speaking

13.Make predictions (use** "will"**).

1. *People / use / Internet more*
   → *People will use the Internet more.*
2. Virtual reality / become / popular
   → _____
3. Schools / use / digital tools
   → _____
4. Online shopping / increase
   → _____
5. Technology / improve / communication
   → _____
6. People / spend / more time online
   → _____
7. Computers / become / more powerful
   → _____
8. Cybercrime / grow
   → _____
9. Education / change
   → _____
10. New technologies / appear
    → _____

14.Use** "be going to" **(arrange some plans).

1. *We / see / more online services*
   ➔ *We are going to see more online services.*
2. People / use / VR at work
   → _____
3. Companies / invest / in technology
   → _____
4. Students / study / online
   → _____
5. Experts / develop / new systems
   → _____
6. Businesses / move / online
   → _____
7. Technology / change / communication
   → _____
8. People / spend / less time watching TV
   → _____
9. The Internet / become / more important
   → _____
10. Users / rely / on digital tools
    → _____

15.Think about your answers to these questions.

1) What are the examples of "virtual reality" that already exist?

2) What are the ways that "virtual reality" technology can be used?

3) How will new innovations change the way people live, work, and interact in the future?

4) Do you like video games? Why or why not?

5) What are the ways virtual reality is improving healthcare? (https://theconversation.com/five-ways-virtual-reality-is-improving-healthcare-79523)

16.Describe the benefits and dangers of virtual reality. You should say:

- what virtual reality is;
- what advatages/disadvantages does the technology have, etc.

Home work

17.Real-life task.

Task: Describe a situation where VR could be useful.

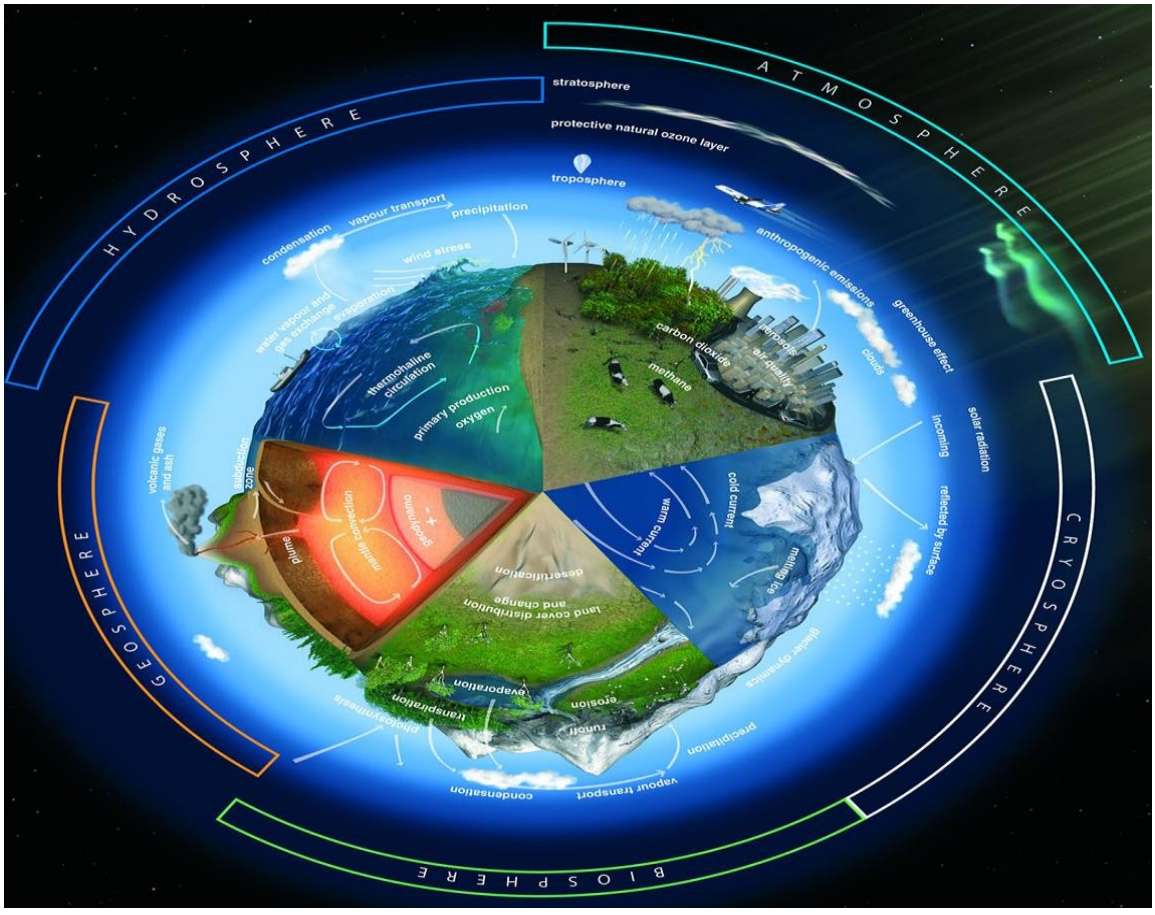
Include:

- context (education, medicine, etc.)
- how VR is used
- benefits

Write **100–120 words**.

MODULE 6

EARTH WATCH



Objectives: to activate students' background knowledge on the topic "The Environment"; to make students aware of II Conditionals usage peculiarities

The Environment

We won't have a society if we destroy the environment.

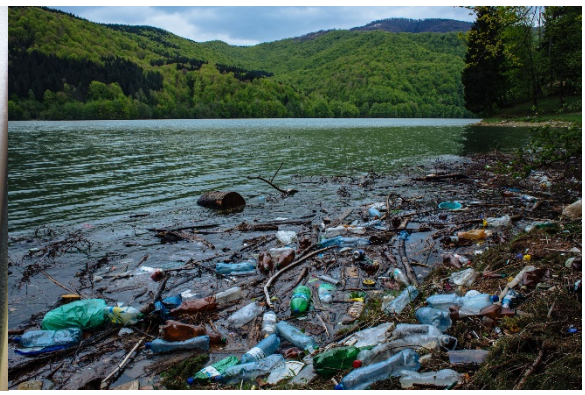
Margaret Mead

Warming-up

1. Work individually. Compare the photographs and say:

- *What topic both photos are connected to?*
- *How are these pictures similar?*
- *How are these pictures different?*
- *What are people doing to protect the environment?*
- *Is pollution a problem in your city or country?*





Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
countryside	to litter	industrial	to pick up
noise	to pollute	environmental	to wipe out
deforestation	to protect	renewable	to focus on
Word-combinations and phrases related to the environment			
Exhaust fumes		Carbon footprint	
Natural surroundings		Climate change	
The green house effect		Eco-friendly	

2. *Match the words with their definitions.*

1. countryside	a. a process where heat is trapped in the Earth's atmosphere
2. noise	b. the natural areas outside cities and towns
3. deforestation	c. not harmful to the environment
4. to litter	d. unwanted or unpleasant sound
5. to pollute	e. changes in global temperatures and weather patterns
6. to protect	f. gases produced by cars and engines
7. industrial	g. able to be replaced naturally (e.g. solar, wind)
8. environmental	h. the cutting down of large areas of forest
9. renewable	i. relating to the natural world and ecology
10. to focus on	j. to drop rubbish in public places
11. exhaust fumes	k. the natural environment around us
12. carbon footprint	l. to make air, water, or land dirty
13. natural surroundings	m. to keep something safe from harm
14. climate change	n. the amount of CO_2 produced by a person or activity
15. the greenhouse effect	o. relating to factories and manufacturing
16. eco-friendly	p. to concentrate attention on something

3. *Choose the correct option.*

- Many people prefer living in the _____ (**countryside / noise**) because it is cleaner and quieter.
- Factories are part of the _____ (**industrial / renewable**) sector of the economy.
- Loud _____ (**noise / countryside**) can affect people's health.
- It is illegal to _____ (**litter / protect**) in public places.
- Cars and factories _____ (**pollute / focus on**) the air.
- Governments should _____ (**protect / litter**) the environment.
- Solar and wind energy are _____ (**renewable / industrial**) sources.
- Environmental problems require _____ (**environmental / industrial**) solutions.
- We need to _____ (**focus on / pollute**) reducing waste.
- _____ (**Deforestation / Noise**) destroys natural habitats.
- Cars produce _____(**litter/exhaust fumes**), which pollute the air.
- We should try to reduce our _____ (**carbon footprint/noise**) by using less energy.
- Many people enjoy spending time in _____ (**countryside/natural surroundings**).
- _____ (**Greenhouse effect/climate change**) is one of the biggest

global problems today.

- The _____ **(greenhouse effect/exhaust fumes)** causes global warming.
- More companies are producing _____ (**renewable/eco-friendly**) products.

4. Translate the phrases using the vocabulary from the unit.

Жити в сільській місцевості, забруднювати навколишнє середовище, захищати природу, вирубка лісів, промислове забруднення, відновлювані джерела енергії, зосередитися на екологічних проблемах, шкідливі вихлопні гази, зменшити вуглецевий слід, природне середовище проблема зміни клімату, парниковий ефект, екологічно чисті продукти, не смітити в громадських місцях, рівень шуму в місті, захист тварин і рослин, серйозні екологічні проблеми, негативний вплив на природу, сучасне промислове суспільство, глобальні екологічні зміни.

Reading

5. Read the text and choose the best title to it.

a) Types of Pollution b) A Threat to Our Planet c) Recycling Waste



No part of our **environment** has escaped the effects of pollution. All over the world, our land, air and water have been **contaminated** by an increasing number of waste materials and substances that issue daily from factories, homes and vehicles. In some cases, this waste is only an eyesore, which spoils the beauty of our surroundings, while in other cases, it is a serious threat to our health and can result in death.

Some of the most dangerous waste substances are, without a doubt, those produced by factories. **Industrial** waste often contains toxic substances that can kill plant and animal life. When there is no proper government control, factories allow these substances to pour into rivers, while their chimneys fill the atmosphere with poisonous fumes, sometimes in areas no more than a few kilometers from heavily populated cities.

Nuclear waste is even more **hazardous** than industrial waste. Although everything is done to ensure that it is buried safely at great depths, the fact remains that plutonium waste continues to be dangerously radioactive for 24,000 years, while uranium waste remains so for 700 million years.



In towns and cities, the use of fossil fuels (oil, coal, and gas) for heating results in large amounts of **carbon dioxide** filling the atmosphere. Although some cities have been made "smokeless zones" where no coal or oil fires are allowed, the **exhaust fumes** from vehicles on the roads has meant that air pollution continues to be a major problem.

But, if we stop to think, each of us is guilty of polluting our environment to some extent. Almost everything we buy today comes in some sort of container or packaging, made of paper, plastic, glass, or aluminium which we usually throw away. Besides, being expensive to collect, many of these materials – especially plastic, glass and aluminium – are very difficult to get rid of and lie in huge dumps on the outskirts of many cities, one of the ugliest types of pollution. Attempts have been made to encourage factories to recycle these materials, but few have shown any interest.

How much longer can we allow this pollution to continue? Scientists tell us that the increased amount of carbon dioxide in the atmosphere may soon have disastrous effects. They fear that it will raise average temperatures around the world and cause the polar ice caps to melt. If this happens, they say the level of the world's oceans will rise by twelve to eighteen feet (four to six meters), and vast populated areas of our planet will be covered by water. Can we afford to make such risks by continuing to **pollute** our environment?



6. *Read the text again. Are these sentences true (T) or false*

(F) or is the information not mentioned (NM) in the text?

1) Waste is not a real threat to our health.

2) The government is responsible for the waste factories produce.

3) Industrial waste is more dangerous than nuclear waste.

4) The increased amount of carbon dioxide is the cause of global warming

5) The more goods we buy, the more waste we produce.

7. Answer the questions after the text.

1) Why is industrial waste very dangerous?

2) How do factories dispose of nuclear waste?

3) What are the causes of air pollution?

4) What are "smokeless zones" in your opinion?

5) What are the results of rising temperatures?

Grammar Focus

Second Conditionals
Second Conditional (imaginary situations)

We use the **Second Conditional** to talk about **imaginary or unlikely situations**.

Structure:
☞ *If + Past Simple, would + verb*

Examples:

•If people **used** eco-friendly products, pollution **would decrease**.
•If we **lived** in the countryside, we **would breathe** cleaner air.
•If factories **didn't pollute**, the environment **would be safer**.

8. Complete the sentences (2nd Conditional).

1. If I lived in the countryside, _____.
2. If people cared more about the environment, _____.
3. If I were the president, _____.
4. If factories didn't pollute the air, _____.
5. If people used public transport more, _____.
6. If we didn't cut down forests, _____.
7. If everyone recycled, _____.
8. If people stopped using plastic, _____.

9. If cities were cleaner, _____.
10. If we used eco-friendly products, _____.

9. Rewrite using Second Conditional:

1. *People don't recycle → there is too much waste.*
   → If people recycled, there would be less waste.
2. Factories pollute rivers → animals die.
   → _____
3. People cut down forests → animals lose habitats.
   → _____
4. We don't use renewable energy → pollution increases.
   → _____
5. People throw rubbish → cities become dirty.
   → _____
6. Cars produce fumes → air becomes polluted.
   → _____
7. People don't care → problems grow.
   → _____
8. Governments don't act → the situation worsens.
   → _____
9. People waste energy → resources decrease.
   → _____
10. We ignore climate change → it becomes dangerous.
    → _____

10.Find and correct mistakes.

1. If we use renewable energy, pollution would decrease.
2. If people cared more, the planet will be safer.
3. If factories didn't pollute, the air will be clean.
4. If people reduce waste, the environment would improve.
5. If we lived in cities, we will have cleaner air.
6. If people recycle more, there would be less waste.
7. If we will act now, we would save the planet.
8. If people didn't litter, cities will be cleaner.

Writing

11. Write 120–140 words.

Topic: *Environmental problems and solutions*

Include:

- main problems
- causes
- possible solutions
- your opinion

Use of English

ENGLISH

London on the Thames, yes; but London in the Sea? No thank you! Yet this could happen before 2060 **1.** _____ steps are taken quite quickly, to prevent it.

As a result of global **2.** _____ the sea level around the south east corner of England is expected to **3.** _____ by 54 cms in just half a century! And **4.** _____ now say that many parts of London will be at serious risk from flooding by the sea **5.** _____ 50 years.



It's not all of London that is in danger; just some parts to the east of the city. And they won't be under water **6.** _____the time; just when there are very **7.** _____ tides.

The low-lying suburbs beside the Thames in the **8.** _____ End of London are already protected from **9.** _____ tides by a massive barrier that **10.** _____ right across the river; but more defences will be **11.** _____ along the banks of the Thames to protect a larger **12.** _____ to the north of the river, and further east. And no-one really **13.** _____ if the existing Thames Barrier will actually be enough to protect London, even in 2050.

The Thames barrier was opened in 1982. **14.** _____ the first ten years of its life, it was **15.** _____ on average, just once a year. Some years it was **16.** _____closed at all. **17.** _____ 2000 and 2013, it was closed an average of **18.** _____six times a year; and in the year 2013-2014, it was closed 50 times.... in twelve **19.** _____. The level of the sea is getting steadily **20.** _____ that is certain.



Other towns and low lying areas in the east of England are facing similar problems; and it will take a lot of time, and cost a lot of money, to protect them.

Of course, there have always been occasional very high tides. A thousand years ago, there were big floods around London; and in 1953, before the Thames Barrier was built, over 300 people lost their lives in "the big flood"; but today the dangers are bigger. There are more people, more roads, more infrastructure. In the past, people did not build in places where there was a risk of flooding. Today, in southeast England, land is so expensive, that people build everywhere – even in places that are liable to be flooded.

Scientists also say that climate change is going to lead to warmer and drier summers in the south east of England. This will cause major changes in vegetation, and several species of native wildlife will not be able to survive. Wet in winter, hot in summer: is that going to be London in fifty years' time ?



London faces big problems in the next fifty years; but London is a rich city, which can pay to build the protections that will be needed. London's difficulties are likely to be be very small, compared to the problems that will be faced in some of the world's poorer counties, like Bangla Desh.

1. a. if b. unless c. because

2. a. hotting b. heating c. warming

3. a. arise b. raise c. rise

4. a. sciences b. scientists c. scientifics

5. a. within b. for c. after

6. a. some b. much c. all

7. a. high b. highly c. height

8. a. Last b. East c. Easter

9. a. high b. highly c. height

10.a. stretch b. stretching c. stretches

11.a. needed b. need c. needing

12.a. arena b. aria c. area

13.a. know b. knew c. knows

14.a. While b. During c. Meanwhile

15.a. close b. closed c. closing

16.a. never b. ever c. even

17.a. From b. Between c. While

18.a. almost b. always c. already

19.a. hours b. days c. months

20.a. high b. highest c. higher

Speaking

12.Complete the sentences with your own ideas.

1. Environmental problems are becoming more serious because _____.
2. Governments should take action to _____.
3. Renewable energy is important because _____.
4. People can help the environment by _____.
5. One major problem in cities is _____.
6. Deforestation leads to _____.
7. Climate change affects _____.
8. Eco-friendly products are becoming popular because _____.
9. We should focus on _____ to protect nature.
10. Industrial development often causes _____.

13.Think about your answers to these questions.

1) What are some of the most serious environmental problems in the world?

2) What are some local environmental problems you have noticed?

3) What would you do to save our environment?

4) Which countries are leaders in caring about the environment?

5) What kinds of technologies do you know of that might help stop environmental problems?

14.Describe a problem that affects the environment in the area where you live. You should say:

- what the problem is;
- what causes it;
- what people feel about the problem;

and explain what you think could be done to solve it.

Home work

15. Suggest ways to make your city more eco-friendly.

Include:

- transport
- waste management
- energy use

Write **100–120 words** or make a ppt-presentation and show it in class.

Objectives: to activate students' background knowledge on the topic "Polution"; to make students aware of "cause&effect" structure usage peculiarities

Pollution

Environmental pollution is an incurable disease.
It can only be prevented.

Warming-up

Barry Commoner

1. ***Work individually. Compare the photographs and say:***
   - *What topic both photos are connected to?*
   - *What kind of pollution is the most dangerous?*
   - *What kind of pollution does your city/hometown suffer from the most?*
   - *What can you do to reduce pollution effects in your area?*




Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
importance habitat biodiversity	to reduce to contaminate to relate	hazardous harmful relevant	to die out to get back to nature to be under threat

Phrases related to pollution	
Melting of the ice caps	Road and air traffic
Increased energy consumption	Burning of household waste
Industrial development	Induce illnesses in plants, animals and humans

2. Match the words with their definitions.

1. pollution	a. dangerous or damaging to health
2. waste	b. able to decompose naturally
3. landfill	c. a place where rubbish is buried
4. to contaminate	d. dirty or contaminated by chemicals or waste
5. to recycle	e. materials that are no longer needed
6. to dump	f. to throw away carelessly
7. harmful	g. poisonous
8. toxic	h. to process used materials so they can be used again
9. polluted	i. to make air, water, or land dirty
10. biodegradable	j. contamination of the environment

3. Choose the correct option.

1. Air _____ (**pollution / landfill**) is a serious problem in large cities.
2. Plastic bottles should be _____ (**recycled / dumped**).
3. Factories sometimes _____ (**contaminate / recycle**) rivers with chemicals.
4. Too much household _____ (**waste / biodegradable**) ends up in landfills.
5. Toxic substances can be extremely _____ (**harmful / biodegradable**) to people.
6. Some packaging is environmentally friendly because it is _____ (**toxic / biodegradable**).
7. Illegal rubbish _____ (**dumping / recycling**) damages forests and rivers.
8. Many lakes have become heavily _____ (**polluted / recycled**).
9. Chemicals from factories may contain _____ (**toxic / renewable**) materials.
10. Governments are trying to reduce environmental _____ (**pollution / landfill**).

4. Fill in the gaps using the correct form of vocabulary units above.

1. Many rivers are seriously _____ by industrial waste.
2. We should always _____ paper, glass, and plastic.
3. Plastic is difficult to decompose because it is not always _____.
4. Illegal _____ of rubbish is a major environmental issue.
5. Toxic gases are extremely _____ to human health.
6. Household _____ should be sorted properly.
7. Factories must not _____ lakes and rivers.
8. Landfills are becoming larger because people produce too much _____.
9. Scientists are developing more _____ materials.
10. Pollution has become a global _____ problem.

5. *Match the phrases with their meanings.*

1. air pollution
2. water contamination
3. industrial waste
4. acid rain
5. noise pollution
6. environmental damage

a. waste produced by factories
b. harmful substances in water
c. negative effects on nature
d. pollution caused by loud sounds
e. dirty substances in the atmosphere
f. rain containing dangerous chemicals

6. *Translate the phrases using the vocabulary from the unit.*

Забруднення навколишнього середовища, токсичні відходи, забруднювати воду, переробляти пластик, шкідливі хімічні речовини, переповнені сміттєзвалища, забруднене повітря, незаконно викидати сміття, біорозкладні матеріали, промислові відходи, серйозне забруднення води, кислотний дощ, зменшити рівень забруднення, сортувати побутові відходи, шкода для навколишнього середовища, забруднені річки та озера, шумове забруднення у містах, токсичні гази в атмосфері, сучасні екологічні проблеми, захищати природу від забруднення.

Reading

7. *Read the text and choose the best title to it.*

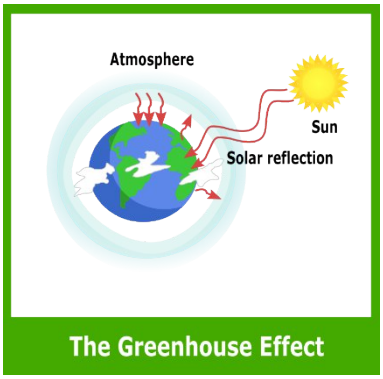
Environmental Pollution. There are three types of environmental pollution: air, ground, and water pollution.



Air Pollution. Historically, air pollution comes from industries and transport. Factories, power stations and cars burn oil and coal. This rises into the air as different forms of sulphur and nitrogen. The sulphur and nitrogen combine with water in the air to make sulphuric or nitric acid. This falls to the ground as **acid rain.**

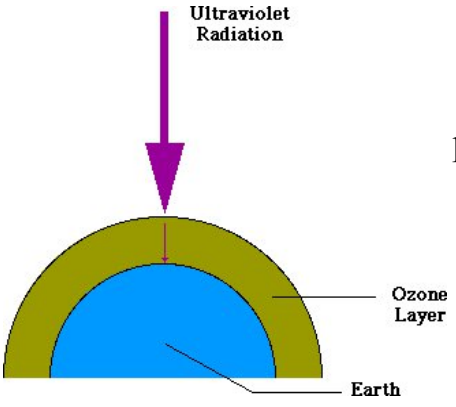
We burn large quantities of coal and oil, and this creates millions of tonnes of acid rain. The wind carries the rain long distances, and this

creates problems. One country makes acid rain, and it falls to the ground in another country, for example, Canada gets a lot of acid rain from the USA, and Norway gets a lot of acid rain from Britain.



The Greenhouse Effect. Industrial countries also cause the greenhouse effect (also called "global warming" or "climate change"). Burning coal and oil produces carbon dioxide (CO_2). The (CO_2) increases in the Earth's atmosphere, and retains heat from the sun (it works like the glass in a greenhouse - it lets heat in, but doesn't let the heat out).

The Earth is getting hotter. Weather patterns are changing: some places have no water for years, and some places have floods. When a country has no water, the effects are very hard- in Chile in 1999, the result was electricity cuts around the country. There was no water for the hydro-electric power stations.



Ozone Layer Depletion. The ozone layer is a band of gas around the Earth. It protects us from dangerous ultraviolet (UV) radiation from the sun. It is vital to human and animal survival. Unfortunately, we are producing chemicals which destroy the ozone layer. The damage starts in the Antarctic and spreads. Sheep in the Magallanes are becoming blind because the ozone layer is thinner. In Australia, a lot of people are getting skin cancer from the sun.

8. *Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?*

1) You can see the effects of ozone layer depletion in Chile.
2) The text describes different types of air pollution.
3) Canada sends acid rain to the USA.
4) Global warming is also called climate change.
5) Industrial countries cause the "greenhouse effect".

9. Answer the questions after the text.

1) Which problems are described in the text?

2) Is the writer worried or not worried about environmental problems?

3) What is ozone layer?

4) Why are sheep in the Magallanes becoming blind?

5) Where are a lot of people getting skin cancer from the sun?

Grammar Focus

◆ Cause & Effect

We use these structures to describe causes and results.

Useful expressions:

- *because of*
- *due to*
- *cause*
- *create*
- *lead to*
- *result in*

Examples from the text:

- Burning coal and oil **causes** air pollution.
- Carbon dioxide **leads to** global warming.
- Acid rain happens **because of** industrial pollution.
- Ozone depletion **results in** skin cancer.

10. Complete the sentences (Cause & Effect).

1. Burning fossil fuels lead to _____.
2. Acid rain is caused by _____.
3. Carbon dioxide results in _____.
4. Industrial pollution creates _____.
5. Ozone depletion can lead to _____.
6. Air pollution causes _____.
7. Climate change results in _____.
8. Harmful chemicals destroy _____.
9. Floods are caused by _____.
10. Environmental pollution affects _____.

11. Combine the sentences into one.

Use:
☞ because of / due to / leads to / results in

1. Factories burn coal. Air pollution increases.
2. Carbon dioxide increases. The Earth becomes hotter.
3. Chemicals destroy the ozone layer. Skin cancer becomes more common.
4. Industrial pollution increases. Acid rain appears.
5. The climate changes. Some countries experience floods.
6. Factories release toxic gases. People develop health problems.
7. The ozone layer becomes thinner. UV radiation increases.
8. Cars produce exhaust fumes. Cities become polluted.
9. Global warming continues. Weather patterns change.
10. Water pollution increases. Animals die.

Writing

12. Write 120–140 words.

Topic: ***Pollution and Its Effects on Modern Society***

Include:

- causes of pollution
- effects on people and nature
- possible solutions
- your opinion

Use of English

13. Do the preparation task first. Then read the article and do the exercises.
Match the definitions (a–j) with the vocabulary (1–10).

1. global warming	a. to change from something solid into something liquid
2. to melt	b. the process of water going from the sea into the clouds and then back down as rain or snow
3. plankton	c. energy made by using the sun, wind, water, etc. that doesn't run out
4. the water cycle	d. in the sea and at a distance from the coast
5. oxygen	e. very small plants and animals that float on the surface of the sea
6. carbon dioxide	f. an area that is different from the area around it
7. renewable energy	g. a gas that is part of air and water, which we

	need to live
8. offshore	h. under the sea
9. submarine	i. a gas that people and animals breathe out and that is made when we burn carbon
10.a patch	j. a gradual increase in world temperatures

World Oceans Day

(from https://learnenglishteens.britishcouncil.org/study-break/magazine-zone/world-oceans-day)



Did you know that 71 per cent of our planet is covered in ocean? That's why we call Earth the 'Blue Planet'. People around the world wear blue to celebrate World Oceans Day on 8 June every year. United Nations World Oceans Day is a special day for learning about oceans, why they're in danger and how essential it is to protect them.

The world's oceans

There are five oceans on Earth: the Pacific Ocean, the Atlantic Ocean, the Indian Ocean, the Southern Ocean and the Arctic Ocean. The Pacific Ocean is the biggest of them all and is even bigger than all the land on Earth combined. The Arctic Ocean is the smallest and is frozen for much of the year. But because of global warming the ice is melting. Scientists predict that Arctic ice will soon disappear during the summer if we don't limit the rise in global temperatures.

Why we need oceans



Without oceans, life couldn't exist. Scientists don't know the exact number, but they think that o ceans are home to 50 to 80 per cent of all species on Earth, from gigantic whales to microscopic plankton. Oceans hold about 97 per cent of all the water on our planet and give us rainwater and drinking water through the water cycle. Did you know that at least half the oxygen we breathe comes from the plants in the ocean? Oceans absorb carbon dioxide and give out oxygen.

How we use oceans

Humans use the ocean in many different ways. A lot of our food comes from oceans, and millions of people worldwide have jobs related to fishing and fish farming. Oceans also provide us with much of our energy. We've been getting oil and gas from beneath the ocean floor for a long time, but now we realise that renewable energy is essential for the future. We can use the power of waves and tides to produce electricity, and many wind farms are located offshore. We even rely on oceans for international communication – 99 per cent of internet traffic between countries goes via submarine cables!



Plastic pollution

Our oceans play an essential part in our lives, but sadly they are in danger. You've probably heard of plastic pollution. Billions and billions of pieces of plastic are floating around in our oceans, and there are five enormous patches of plastic in the oceans around the world. The biggest one, the 'Great Pacific Garbage Patch', is seven times the size of the UK! Plastic pollution is harming and killing sea creatures like fish, birds and turtles. It's also dangerous for our health too, because fish eat the tiny pieces of plastic and then humans eat the fish.

What we can do to help

For World Oceans Day you could join in a beach clean-up to help prevent plastic and other rubbish getting into the sea. If you don't live near the coast, you can still get involved! You could use social media platforms to share posts, photos or videos that show how important oceans are and why we need to protect them. You could take part in a photo, art or writing contest around the theme of the ocean or watch ocean-related films and documentaries.

Remember that every day we can make a difference by using less plastic and recycling, and by talking to others about protecting our precious oceans.

14. Are the sentences true (T) or false (F)?

1. We call Earth 'the Blue Planet' because so much of it is covered by oceans.

2. The Atlantic Ocean is the biggest of the world's oceans.

3. Scientists think that around a third of all living things live in oceans.

4. Our rainwater and drinking water originally come from the ocean.

5. Oceans give out oxygen and take in carbon dioxide.

6. Unfortunately it's not possible to produce renewable energy using the ocean.

7. Most of the cables that make internet communication possible run under the ocean.

8. You can only get involved in World Oceans Day if you live near the sea.

15. Complete the sentences.

plastic	melting	Garbage Patch	health
protect	oceans	global warming	sea creatures

1. A lot of the Arctic Ocean's ice is _____ because of _____ .
2. Life on Earth could not exist without _____ .
3. There are billions and billions of pieces of _____ in oceans around the world.
4. The Great Pacific _____ covers an area seven times the size of the UK.
5. Plastic pollution is killing _____ and is bad for human _____ too.
6. You could share posts and photos and videos that show why we need to _____ our oceans.

Speaking

16. Complete using your own ideas.

1. If pollution continues to increase, _____.
2. Air pollution is dangerous because _____.
3. Global warming may result in _____.
4. The ozone layer is important because _____.
5. Industrial countries should _____.
6. Climate change affects people when _____.
7. Factories should reduce pollution in order to _____.
8. Governments must act because _____.
9. Renewable energy can help reduce _____.
10. People can protect the environment by _____.

17. Think about your answers to these questions.

1) What different forms of pollution do you know? What kind of pollution is worst for our health?

2) What do you know about air, marine and river pollution?

3) How does pollution affect human health?

4) Should plastic products be banned? Why / Why not?

5) Which countries cause the most pollution?

6) What will happen if we keep polluting the environment?

7) What can governments do to reduce pollution?

8) What simple, everyday thing could help reduce pollution most?

18. Describe a place you visited that has been affected by pollution. You should say:

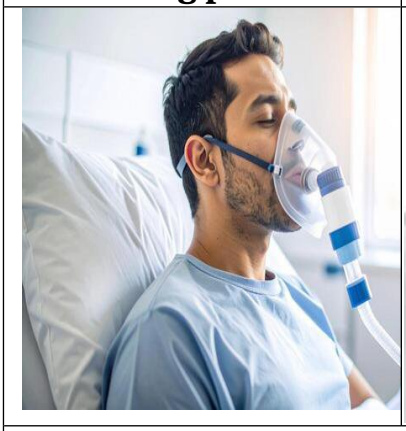
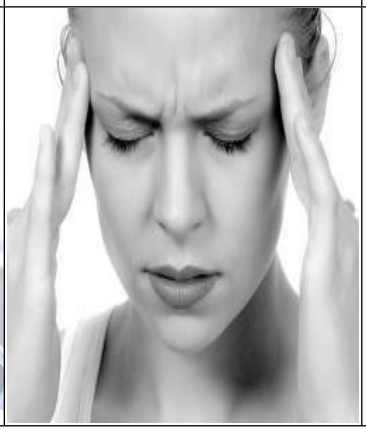
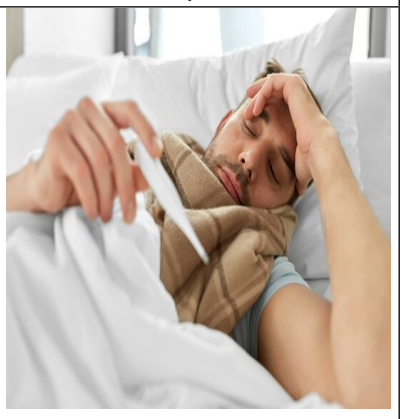
- where it is;
- why and when you went there;
- how it has been affected by the pollution;

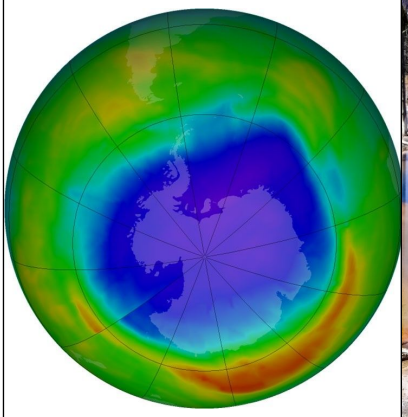
and explain what are the reasons for this pollution.

Home project

19. Make a short report or a ppt presentation about effects of pollution:

- *on adult people;*
- *on kids;*
- *on the environment.*

Effects of pollution on people		
Breathing problem	**Headache**	**Disease / sickness**
		

Effects of pollution on the environment		
Hole in the ozone layer	**Acid rain**	**Smog**
		

Objectives: to activate students' background knowledge on the topic "Conservation"; to make students aware of I Conditional usage peculiarities

Conservation

Conservation means the wise use of the earth and its resources for the lasting good of men.

Gifford Pinchot

Warming-up

1. ***Work individually. Compare the photographs and say:***
   - *What environmental problems do you know?*
   - *How do you help to save our planet from pollution?*
   - *What do you know about environmental conservation?*





Phrases to use :

I have no doubt that ...
I am sure / I am certain that...
It goes without saying that...

Essential vocabulary

industry supply demand	to recycle to save to provide	nuclear polluted solar	to run out (of) to come from to flow into

Phrases related to conservation

A breath of fresh air	To vanish into the air
To add fuel to the fire	To sail close to the wind
To be in deep water / be in hot water	To make waves

2. Match the words with their definitions.

1. conservation	a. water found underground
2. supply	b. a long period with little or no rain
3. demand	c. the protection of natural resources
4. groundwater	d. to stop something from happening
5. pollution	e. clean water that is not salty
6. solar	f. the amount of something available
7. to survive	g. the need or desire for something
8. to prevent	h. to stay alive after danger, an accident, or a difficult experience
9. fresh water	i. contamination of the environment
10. drought	j. using the energy of the Sun

3. Choose the correct option.

1. Water _____ (**conservation / pollution**) is important for the future of our planet.
2. Many regions suffer from water shortages because of _____ (**drought / supply**).
3. Human activity can _____ (**prevent / pollute**) rivers and lakes.
4. Plants and animals cannot _____ (**survive / conserve**) without water.
5. The growing population increases the _____ (**demand / groundwater**) for water.
6. We should use _____ (**solar / fresh**) energy because it's cheaper and cleaner.
7. Chemicals from factories often pollute _____ (**groundwater / drought**).
8. Governments try to _____ (**prevent / survive**) environmental disasters.
9. Fresh water _____ (**supplies / pollution**) are becoming limited in many countries.
10. Water pollution has serious effects on living _____ (**supply / things**).

4. Fill in the gaps using correct form.

1. People should _____ water instead of wasting it.
2. Fresh water is necessary for all living things to _____.
3. Industrial waste often causes serious water _____.
4. Climate change increases the _____ for clean water.
5. Farmers depend on clean _____ to grow crops.
6. Governments must _____ water pollution.

7. In order to conserve the environment a lot of people switch to renewable sources of energy, for example _____, wind, hydropower, geothermal, etc.
8. Long periods without rain can cause _____.
9. Water _____ is essential for the future.
10. Clean water _____ are limited in some regions.

5. Translate the phrases using the vocabulary from the unit.

Збереження водних ресурсів, запаси прісної води, зростаючий попит на воду, забруднення води, підземні води, захист навколишнього середовища, запобігати забрудненню, виживати без чистої води, нестача води, посуха та зміна клімату, економити воду вдома, обмежені запаси води, забруднювати річки та озера, захищати природні ресурси, промислові відходи у воді, потреба у чистій питній воді, джерела прісної води, глобальні екологічні проблеми, відповідальне використання води, майбутнє водних ресурсів.

Reading

6. Read the text and do activities after it.



Water Conservation. Water **conservation** means saving **fresh water**. If we do not **conserve** water our supplies of clean fresh water will run out. A bath uses more water than a shower.

Living things cannot **survive** without water. People need about 20 litres of fresh water each day to meet all their needs. We need to drink two to three litres of clean fresh water a day to keep healthy. Water is the most common liquid on Earth. We also use fresh water for washing, for watering our gardens so that plants can grow, for animals on our farms, for making electricity and for processes in our industries.



There is a growing **demand** for fresh water. The world's population is getting bigger and more people want water. (We need to find new sources of fresh water. More than 97 % of the world's water is salt water found in oceans.) Some climates are getting hotter and drier. This means people will need more water to keep cool and to keep

their crops and gardens growing.

Human activity is polluting our water. When water is polluted it can kill the living things that depend on it. Water **pollution** is caused by waste from houses, farms and factories flowing into streams, rivers and **groundwater**. Smoke from factories pollutes the air.

If we do not conserve water there will not be enough clean water for people in the future. We can conserve water by **preventing** the pollution of our water supplies. We can also save water by using less of it. At least 75 % of the world's fresh water is stored under the ground.

7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) A shower uses more water than a bath.
2) Living things can survive without water.
3) There is a growing supply for fresh water.
4) When water is polluted it can't kill the living things that depend on it.
5) At least 95% of the world's fresh water is stored under the ground.

8. Answer the questions after the text.

1) How can we conserve water?
2) What is water conservation?
3) How much water do people need each day?
4) Why will the world need more water in future?
5) What causes water pollution?

Grammar Focus

◆ 1. First Conditional

We use the First Conditional to talk about real future situations and consequences.

Structure:

☞ *If + Present Simple, Future Simple*

Examples from the text:

- If we do not conserve water, supplies will run out.
- If water is polluted, living things will die.
- If the climate becomes hotter, people will need more water.

9. Choose the correct option.

1. If people waste water, supplies _____ out.
   a. run
   b. will run
   c. ran
2. If rivers are polluted, fish _____ survive.
   a. won't
   b. don't
   c. aren't
3. If the climate gets hotter, people _____ more water.
   a. need
   b. will need
   c. needed
4. Factories produce a lot of _____.
   a. pollutants
   b. pollution
   c. polluted
5. If governments act now, the situation _____ improve.
   a. will
   b. is
   c. does
6. If people conserve water, future generations _____ benefit.
   a. are
   b. will
   c. have

7. Complete the sentences.

1. If people continue to pollute rivers, _____.
2. If we conserve water, _____.
3. If the population grows, _____.
4. If factories release waste into rivers, _____.
5. If people use less water, _____.
6. If droughts continue, _____.
7. If governments protect water supplies, _____.
8. If groundwater becomes polluted, _____.
9. If we prevent pollution, _____.
10. If fresh water supplies decrease, _____.

8. Correct the mistakes.

1. If people will waste water, supplies will disappear.
2. There are too much people in the city.
3. If rivers are polluted, animals won't survives.
4. We don't have many clean water.
5. If the climate changes, people need more water.
6. Factories produce many pollution.
7. If we conserve water, future generations benefit.
8. There isn't many groundwater in dry regions.

9. If people recycle more, pollution decrease.
10. We need much clean rivers and lakes.

Writing

10. Write 120–140 words.

Topic: ***Why Water Conservation Matters***

Include:

- importance of fresh water
- causes of water shortages
- ways to conserve water
- your opinion

Use of English

Climate Change

There are still some people who say that climate change is not real. Others say that it is real, but we cannot do anything to stop it, so there is no point **(1)** _____. A few people even say that climate change is not caused **(2)** _____ human beings. But most people now understand that our world is getting hotter, and we have to do something about it.



Twenty years ago, people could perhaps imagine that climate change was not a real problem because some scientists still had doubts. Today almost all the world's scientists agree that the world is getting hotter, and it is the fault **(3)** _____ human beings. Our planet is heading **(4)** _____ a climate catastrophe, but we can still reduce its worst effects.

In November 2021, world leaders met in Glasgow for the COP26 summit. They made several important **(5)** _____ to slow down global warming. Many countries promised to become carbon-neutral before 2050. World leaders also agreed that we have to stop using coal and oil to **(6)** _____ heat and electricity and use renewable energy sources instead.

Before the year 2100, most of our energy may come from renewable sources. The sun, the sea, the wind and rivers can produce enough energy for everyone, but we still have a long way to **(7)** _____.

The green energy revolution has already begun, but there are still many challenges. Going green will **(8)** _____ a great deal of money, and some of the necessary technology has not been invented yet.

Although most people care **(9)** _____ our planet, others have different priorities. Some people only care about themselves, while others are interested mainly **(10)** _____ making money. Some politicians make promises, but fail to **(11)** _____ them.

Coal remains one of the biggest challenges. Many countries still depend **(12)** _____ coal because they have no alternative source of electricity. Solar and wind energy are much cleaner, but they are not always **(13)** _____ because the sun does not shine at night and the wind does not always blow.



Climate change is mainly caused by carbon dioxide and other gases in the atmosphere. Many developed countries now produce **(14)** _____ pollution than they used to. Cars are cleaner, homes are heated more efficiently, and more materials are being **(15)** _____.

However, poorer countries often cannot **(16)** _____ modern green technologies. In some countries, coal is still an important source of jobs and income.

Some people believe that fighting climate change is too **(17)** _____. However, many experts argue that doing nothing will cost even **(18)** _____ in the future. If we continue to ignore the problem, future generations will have to **(19)** _____ with the consequences. We all have a responsibility to protect the only planet we **(20)** _____.

1. A trying	B to try	C try	D tried
2. A with	B from	C by	D for
3. A for	B of	C with	D by
4. A for	B into	C towards	D through
5. A decisions	B discussions	C solutions	D plans
6. A create	B generate	C build	D provide
7. A travel	B walk	C reach	D go
8. A spend	B pay	C cost	D waste
9. A of	B for	C about	D with
10. A in	B at	C on	D with
11. A keep	B hold	C save	D follow
12. A on	B at	C by	D over
13. A available	B reliable	C comfortable	D successful
14. A little	B less	C fewer	D least
15. A reused	B recycled	C repaired	D replaced
16. A buy	B spend	C afford	D earn
17. A expensive	B difficult	C impossible	D dangerous
18. A much	B many	C more	D most
19. A live	B deal	C work	D cope
20. A own	B have	C live	D know

Speaking

11. Complete the sentences.

1. Water conservation is important because _____.
2. If people waste water, _____.
3. Human activity pollutes water when _____.
4. Fresh water is necessary for _____.

5. Governments should focus on _____.
6. Water pollution can result in _____.
7. People can conserve water by _____.
8. Climate change affects water supplies because _____.
9. Underground water is important because _____.
10. Future generations may suffer if _____.
11. Water conservation is necessary because _____.
12. If people do not protect water resources, _____.
13. Many environmental problems are caused by _____.
14. We should save water by _____.
15. Future generations will suffer if _____.
16. Governments should focus on _____.
17. There is too much pollution because _____.
18. People can help the environment if _____.
19. We need enough clean water to _____.
20. Climate change may become worse if _____.

12. Think about your answers to these questions.

1) What kind of energy do you use to heat your home?

1) Why is water conservation important?

2) What causes water pollution?

3) How can people save water at home?

4) Should governments control industrial pollution more strictly?

5) What may happen if fresh water supplies decrease?

6) What kind of energy do you use to cook?

7) Do you practise conservation? Is enough attention given to conservation in your country's schools and media?

8) In your opinion, which will be the best source of energy in future?

9) Which countries have the best and worst records on conservation?

13. Work in a group. Find video about environment conservation using site National Geographic and make a report in front of the class (https://www.nationalgeographic.org).

Home work

14. Make report/ppt presentation about the importance of conservation.

"As responsible citizens we have to conserve …, because…".

Soil	Water
	
Forest	**Biodiversity**
	

Objectives: to activate students' background knowledge on the topic "Eco-tourism"; to make students aware of infinitive and gerund structure differencies in usage

Eco-tourism

Eco-tourism — global travelling with global thinking

Warming-up

Unknown

1. ***Work individually. Compare the photographs and say:***
   - *What topic are both photos connected to?*
   - *Do you know something about eco-tourism?*
   - *What eco destinations are depicted in the pictures?*
   - *How is the usual tourism different from eco-tourism?*





Phrases to use:
It's clear to me that ...
One thing I'm sure of is ...
I might be wrong but ...

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
expedition earthquake research	to harm to diminish to foment	complex responsible local	to take (smth) into consideration to force out to take (smth) in
Phrases related to eco-tourism			
Activities include excursions, sightseeing, scientific survey , exploration, and eco-agriculture tours			
To protect our natural environment			
The key to sustainable development			

2. Match the words with their definitions.

1. eco-tourism	a. no longer existing
2. habitat	b. the natural home of plants or animals
3. species	c. systems and services needed for a country or region to function
4. footprint	d. a type of tourism focused on nature and environmental protection
5. infrastructure	e. far away from cities or populated places
6. responsible	f. having a duty to take care of something or someone
7. to preserve	g. all plants or animals of a particular type
8. to attract	h. to keep something in its original condition
9. remote	i. to make people interested in visiting a place
10. extinct	j. the effect that people have on the environment

3. Choose the correct option.

1. Many tourists choose _____ (**eco-tourism / infrastructure**) to explore nature responsibly.
2. Wild animals lose their natural _____ (**habitat / footprint**) because of deforestation.
3. Some rare animal _____ (**species / customs**) are becoming extinct.
4. Eco-tourism helps reduce the carbon _____ (**footprint / infrastructure**) of travellers.
5. Poor _____ (**infrastructure / habitat**) makes travelling difficult in remote regions.
6. Governments should _____ (**preserve / attract**) national parks.
7. Madagascar _____ (**attracts / conserves**) tourists interested in wildlife.
8. Eco-tourists often visit _____ (**remote / extinct**) villages and forests.
9. Countries should be _____ (**conserve / responsible**) for endangered animals.
10. Scientists are trying to protect species that are becoming _____ (**remote / extinct**).

4. Fill-in the gaps using essential vocabulary units or your own options.

1. Eco-tourism helps _____ nature and wildlife.
2. Many endangered _____ are protected in national parks.
3. Tourists should respect the local _____ and traditions.

4. The Amazon rainforest is one of the most popular _____ destination.
5. Eco-tourists try to reduce their carbon _____.
6. Some remote regions lack modern _____.
7. National parks help _____ natural habitats.
8. Madagascar _____ thousands of eco-tourists every year.
9. Human activity destroys the natural _____ of many animals.
10. Some plants and animals may become _____ in the future.

5. *Translate the phrases using the vocabulary from the unit.*

Екологічний туризм, віддалені природні території, природне середовище існування тварин, зберігати рідкісні види тварин, зменшувати вуглецевий слід, поважати місцеві традиції, масовий туризм, туристична інфраструктура, приваблювати туристів, види, що перебувають під загрозою зникнення, захищати навколишнє середовище, відповідальний туризм, місцеві туристичні гіди, природоохоронні проєкти, дикі тварини та рослини, зберігати природні ресурси, екологічно безпечні подорожі, вплив туризму на природу, туристи, які люблять природу, екотуризм у тропічних лісах.

Reading

6. *Read the text and choose the best title to it.*

Eco-tourism

(http://www.english-online.at/travel/ecotourism/ecotourism-sustainable.htm)



Eco-tourism is the opposite of mass tourism. People travel to remote areas and visit faraway places without destroying or ruining the environment. Ecotourism is intended for small groups of tourists who want to learn more about nature in a certain area and help people who live there. Eco tourists travel to places where plant and animal life is the main attraction. They want to know more about how people live side by side in a natural habitat.

Ecotourism makes people aware of how beautiful the land and countryside is. Local tour guides show visitors how important our environment is. They know how the region has developed over time. Tourists stay in small local houses, as opposed to gigantic hotel complexes in mass tourism regions.

Other aims of ecotourism are:

- helping conserve nature in a faraway place;
- educating tourists about the place they are travelling to;
- respecting the culture of people who live there;
- the conservation of animal and plant species that are in danger of becoming extinct;
- minimizing the impact of tourism in the area;
- helping people who live there;
- leaving a small carbon footprint.

Among the most important destinations of eco-tourism are:

- the Galapagos Islands'
- Costa Rica and other parts of Central America'
- the Amazon rain forest'
- East Africa.



Ecotourism started out in the 1970s as an alternative to mass tourism. Today it is one of the fastest growing sectors of the tourism industry because more and more people are becoming aware of it. As a result, some countries are using ecotourism to gain money and profits. In some areas, it is operated by foreign investors who are only interested in their own profits. Bringing too many people to a remote place could, however, damage local culture.

Eco tourists can help preserve the local environment by:

- walking instead of using motor vehicles
- using less water
- turning off electricity if they don't need it
- eating locally produced food
- not throwing things away
- keeping to footpaths
- wearing clothes that do not offend the locals

- not scaring animals
- respecting the local customs and traditions.

Madagascar – Example of Ecotourism

Madagascar is a good example for an ecotourist destination. 80% of the plants and animals on the island have always been there and cannot be seen in anywhere else. While Madagascar has the potential to become a mass tourism country, much of it is not fully developed and lacks infrastructure. Most people live in poverty, especially in rural areas.



The island attracts tourists who are interested in nature and wildlife and not those who long for the noise and activities of overpopulated beaches. They can go on wildlife adventures, whale-watching trips or hiking with local guides.

7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) Eco tourists don't travel to places where plant and animal life is the main attraction.

2) Eco-tourism makes people aware of how beautiful the land and countryside is.

3) Costa Rica and other parts of Central America are among the most important destinations of ecotourism.

4) Eco-tourism started out in the 1790s as an alternative to mass tourism.

5) Madagascar attracts tourists who are interested in nature and wildlife.

8. Answer the questions after the text.

1) What are the peculiarities of ecotourism?

2) Where do eco tourists travel?

3) Where do eco tourists stay?

4)What are the aims of ecotourism?

5) How do eco tourists preserve the local environment?

Grammar Focus

Infinitive or Gerund

English verbs are often followed by either the infinitive (*to + verb*) or the gerund (*verb + -ing*). Some verbs are always followed by the infinitive, some by the gerund, and others by both forms with little or no change in meaning.

Use the infinitive after:

want, hope, decide, plan, choose, learn, help, encourage

Examples from the text:

- *Tourists want to learn more about nature.*
- *Eco-tourists travel to places to help people who live there.*
- *Eco-tourism helps people to preserve the environment.*

Use the gerund after:

enjoy, avoid, finish, keep, consider, suggest, instead of, be interested in

Examples from the text:

- *People travel without destroying the environment.*
- *Eco-tourists help preserve the local environment by walking instead of using motor vehicles.*
- *They are interested in learning about wildlife.*
- *They avoid throwing things away.*

9. Complete the sentences with the correct form of the verbs in brackets.

1. Eco-tourists want _____ (learn) more about endangered species.
2. Responsible travellers avoid _____ (damage) the environment.
3. Many visitors enjoy _____ (explore) national parks.
4. Tourists hope _____ (see) rare animals during their trip.
5. Local guides help visitors _____ (understand) local traditions.
6. We decided _____ (visit) Costa Rica next summer.
7. Tourists are interested in _____ (learn) about local customs.
8. Eco-tourism encourages people _____ (respect) nature.
9. Visitors keep _____ (follow) the marked footpaths.
10. Many travellers choose _____ (stay) in small eco-lodges.

10. Choose the correct answer.

1. Eco-tourists enjoy to visit / visiting remote places.
2. Many people hope seeing / to see whales.
3. Responsible tourists avoid to leave / leaving rubbish.
4. Local guides help visitors understand / understanding the history of the region.
5. We decided travelling / to travel to Madagascar.
6. Many tourists are interested in learning / to learn about endangered animals.
7. Eco-tourism encourages people protecting / to protect nature.

8. Visitors keep walking / to walk along marked trails.
9. They finished exploring / to explore the rainforest before sunset.
10. Some tourists prefer staying / to stay in traditional guesthouses.

11. Correct the mistakes.

1. Eco-tourists enjoy to travel in small groups.
2. We hope visiting the Galapagos Islands one day.
3. Responsible travellers avoid to pollute nature.
4. They decided staying in an eco-lodge.
5. Local guides help tourists understanding local culture.
6. Visitors are interested to learn about wildlife.
7. Eco-tourism encourages protecting endangered species.
8. Tourists finished to clean the campsite before leaving.

12. Complete the text with the correct form of the verbs.

Eco-tourists usually choose (1) _____ (travel) in small groups because they enjoy (2) _____ (discover) new places without (3) _____ (harm) the environment. They hope (4) _____ (learn) more about local traditions and wildlife. Local guides help visitors (5) _____ (understand) the history of the region and encourage them (6) _____ (respect) local customs. Responsible travellers avoid (7) _____ (leave) rubbish behind and keep (8) _____ (use) reusable bottles instead of plastic ones.

13. Complete the sentences with your own ideas.

1. I enjoy _____.
2. I hope _____.
3. I avoid _____.
4. I want _____.
5. I am interested in _____.
6. I decided _____.

Writing

14. Write 120–140 words.

Topic: ***The Advantages and Disadvantages of Eco-tourism***

Include:

- benefits for nature and local people
- possible negative effects
- ways to travel responsibly
- your opinion

Use of English

15. Read the text. Match choices (A-G) to (1-7).

Key Principles of Ecotourism

(taken from https://sustainabletravel.org/what-is-ecotourism/)



Although different organizations emphasize slightly different elements, ecotourism is built on a common foundation. Drawing on these shared threads, we synthesized a set of core principles that guide how ecotourism should be designed and experienced so that tourism actively supports, rather than harms, the places and people it touches.

1. _____ . Ecotourism focuses on reducing the environmental footprint of travel by avoiding damage to ecosystems. It encourages travelers and operators to prevent pollution and waste, manage resources responsibly, and minimize disturbances to wildlife and their habitats.
2. _____ . Cultural integrity must be protected with ecotourism, ensuring that tourism doesn't exploit, disrupt, or disadvantage local people. It calls for respect for cultural traditions, fair employment practices, active community participation in tourism decisions, and maintaining residents' access to natural areas and resources.
3. _____ . Beyond minimizing harm, ecotourism also provides financial benefits for conservation that directly protect and regenerate the environment. It generates funding for conservation through park fees, guided experiences, and partnerships with local organizations, helping to safeguard the landscapes and wildlife that draw visitors in the first place.

4. _____ . Ecotourism doesn't just fund conservation; it also provides an important source of income for local people who live alongside nature. By creating quality jobs, supporting local enterprises, and ensuring that revenue stays within the community, ecotourism helps strengthen economies and build long-term resilience.
5. _____ . Those who live closest to nature and carry generational knowledge about it are often its best protectors. Although Indigenous Peoples make up only six percent of the global population, they steward over a third of the world's key biodiversity areas. Ecotourism acknowledges the role of Indigenous and local communities and engages them not just as part of the experience but as equal partners, ensuring that they have a real voice in tourism decision-making, opportunities for leadership, and a fair share of its benefits.
6. _____ . Education is a fundamental part of ecotourism. Through guided interpretation and immersive experiences, travelers learn about local ecosystems, cultures, and conservation challenges. This encourages a deeper appreciation for the people and environments encountered, leading to informed, responsible choices and inspiring lifelong stewardship. For local guides and communities, ecotourism can also strengthen understanding and pride in their natural heritage, reinforcing the value of protecting the places they call home.
7. _____ . Ecotourism creates rewarding experiences for both visitors and local communities. It fosters meaningful connections rooted in mutual respect, transparency, and shared benefit. In this way, ecotourism becomes a positive force that enriches all parties involved.

A. Build Awareness and Respect
B. Provide Financial Benefits for Conservation
C. Minimize Negative Impacts on Communities and Cultures
D. Create Positive Experiences for Visitors and Local Communities
E. Empower Indigenous and Local Communities as Equal Partners
F. Minimize Negative Impacts on Environments and Wildlife
G. Provide Economic Benefits for Local Communities

Speaking

16. Complete using your own ideas.

1. Eco-tourism has become popular because _____.
2. Many tourists have changed the way they travel because _____.
3. If mass tourism continues to grow, _____.
4. Local people benefit from eco-tourism when _____.
5. I have never visited _____, but I would like to.
6. Eco-tourists usually avoid _____.

7. Responsible tourism helps protect _____.
8. Many countries have introduced eco-tourism projects to _____.
9. Tourists should respect local traditions because _____.
10. Eco-tourism may become even more popular if _____.

17. Think about your answers to these questions.

1) What is eco-tourism?

1) What is the difference between eco-tourism and mass tourism?

2) Why do people choose eco-tourism?

3) Can tourism damage the environment? How?

4) What should tourists do to protect nature?

5) Would you like to visit an eco-tourism destination? Why / Why not?

6) Why is eco-tourism important?

7) How popular is eco-tourism?

8) What are the principles of eco-tourism?

9) What are some of the pros and cons of eco-tourism?

18. Describe a famous eco tourist destination. You should say:

- what it is;
- what the main attractions of this place are;
- what someone can see / do there;

and say why you would recommend this place to a tourist.

19. Work in a group. Group A is against ecotourism "Eco-tourism is a bad idea". Group B is for ecotourism "Eco-tourism is a good idea".

Home work

20. Home Task (Practical).

Task:

Choose an eco-tourism destination and describe it.

Include:

- location
- wildlife and nature
- tourist activities
- environmental protection

Write **100–120 words**.

Objectives: to activate students' background knowledge on the topic "Animals"; to make students aware of Comparative&Superlative adjectives forms' usage

Animals

Animals are such agreeable friends — they ask no questions, they pass no criticisms."

George Eliot

Warming-up

1. ***Work individually. Compare the photographs and say:***
   - *What are the places of animal's living?*
   - *Do you have any pets at home? Do you try to train them?*
   - *Is it OK to keep animals in zoos?*




Phrases to use:

Well, they are clearly both connected to the topic of …
In the first one, there is (are) …
I guess it (they) could be
In contrast, the second picture is of …

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
hunting	to combat	disastrous	to pig out
predator	to adapt	domestic	to horse around
scent	decline	wild	to duck out
Phrases related to inventions			

Flora (plants) and fauna (animals)
A bird in the hand is worth two in the bush
It’s a dog’s life

2. Match the words with their definitions.

1. predator	a. an animal kept under human control
2. herd	b. a close emotional connection between individuals
3. pod	c. able to move quickly and easily
4. burrow	d. a group of dolphins
5. loyalty	e. a group of elephants or similar animals
6. uniqueness	f. to feel sadness after a loss
7. agile	g. faithfulness and strong support
8. grieve	h. a hole or tunnel made by an animal
9. captive	i. a quality that makes someone or something different from others
10. social bond	j. an animal that hunts other animals for food

3. Choose the correct option.

1. Dolphins live in groups called _____.
   a) herds
   b) pods
   c) colonies
2. Zebras use their stripes to protect themselves from _____.
   a) predators
   b) habitats
   c) insects only
3. Tortoises can survive in harsh desert _____.
   a) conditions
   b) memories
   c) ceremonies
4. Older elephants often lead the herd because of their excellent _____.
   a) appearance
   b) memory
   c) speed
5. Rabbits are very _____ and can move quickly.
   a) captive
   b) agile
   c) ancient
6. Dolphins demonstrate strong _____ to their group members.
   a) uniqueness

b) loyalty
c) curiosity

7. Monkeys build social _____ through grooming.
   a) stripes
   b) bonds
   c) ceremonies
8. Scientists observed elephants performing _____-like ceremonies.
   a) wedding
   b) burial
   c) sporting
9. Every zebra has a _____ stripe pattern.
   a) common
   b) unique
   c) identical
10. Some elephants live in _____ conditions in zoos.
    a) captive
    b) natural
    c) flexible

4. Use the correct word.

predators – loyalty – agile – herd – pod – uniqueness – memory – social bonds – captive – burrow

1. Dolphins often stay with injured members of their _____.
2. Tortoises dig a _____ to protect themselves.
3. Zebras use their stripes to confuse _____.
4. Older elephants rely on their remarkable _____.
5. Rabbits are extremely _____ animals.
6. A group of elephants is called a _____.
7. Dolphins are famous for their _____ to family members.
8. Every zebra's stripe pattern shows its _____.
9. Monkeys strengthen _____ through grooming.
10. Animals kept in zoos may live in _____ environments.

5. Translate the phrases using the vocabulary from the unit.

Зграя дельфінів, стадо слонів, хижі тварини, дивовижна пам'ять, розв'язувати складні проблеми, виживати у суворих умовах, підтримувати соціальні зв'язки, вести здоровий спосіб життя, бути вірним друзям і родині, святкувати свою унікальність, природне середовище існування, похоронна церемонія, тварини в неволі, фізично активний спосіб життя, близькі стосунки з родиною, життєвий досвід, захищати стадо від хижаків, формувати міцні соціальні зв'язки, цікаві та пустотливі примати, уроки життя від тварин.

Reading

6. Read the text and do tasks after it.

Six Wise and Funny Lessons on Aging − From Animals

Aging gracefully can present challenges. Just for fun, we pulled these six examples of animal inspiration.



1. Tortoises − Take life slow and enjoy the ride. Tortoises are one of the most ancient creatures on the planet, living up to age 150. With an average speed of 17 mph, they're not winning the sprints, but they are highly effective at burrowing and have evolved to survive the harsh conditions of the desert. They endure. Tortoises may not be the cutest animals around, but they teach an important life lesson: Slow and steady wins the race.



2. Elephants − Share your memories. Elephants' brains, which are the largest among land mammals at about 10.5 pounds, are complex. They have the ability to grieve and elephants have been observed performing burial-like ceremonies. Elephants also have excellent problem solving skills; the example of Asian elephant named Bandula unhooking the shackles on her feet and then freeing other captive elephants shows a keen intelligence. Scientists have found that older elephants are better at making crucial decisions, such as searching for food and protecting the herd from predators, because of their remarkable memory. We humans can look to elephants for inspiration to share our lifetime of experiences and use our hard-earned knowledge as leaders.



3. Dolphins − Stay true to your friends and family. Dolphins are extremely social and form tight-knit groups, called pods, which range from five to hundreds of members. These aquatic animals are so loyal that

they have been observed staying with sick or injured pod members. Dolphins can be friendly to humans, and there are numerous news stories of dolphins rescuing people from drowning and from sharks. Their sense of community and altruism exemplifies how we should approach relationships, which play a critical role as we age. Older adults tend to lose social connections after they retire or as their adult children move out of the house or start their own family, so it's vital to maintain close ties with friends and family – our pods.

4. Zebras – Celebrate your uniqueness. Each zebra has its own stripe pattern – no two are alike. Researchers think that zebras' stripes help them hide in the grass, making it difficult for their predators to pick out one individual animal to attack. Another theory is that the stripes ward off pesky insects. Their unique colors set these mammals apart from all other animals, but their hides also save them. The human lesson is to be grateful for the skin you're in.



5. Rabbits – Adopt a healthy lifestyle. Rabbits have a healthy lifestyle. These little vegans eat mainly green leafy foods. Plus, they are active and agile. Their physically fit and flexible bodies allow them to do the "happy bunny dance." This move is when rabbits jump into the air and twist their head and body in opposite directions. If we humans ate more vegetables and hopped (or even walked) around all day, maybe with practice we could do the "happy bunny dance", too.





6. Monkeys – Keep having fun. Monkeys groom each other on a daily basis for two reasons: hygiene and social interaction. This grooming goes beyond the "you scratch my back, I'll scratch yours" mentality because of the social bonding that is created from this activity. Monkeys can make most anything fun – even caregiving. These mischievous, curious primates teach us the importance of social bonds, and also to remember to have fun.

7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) Tortoises don't live very long.

2) The elephant Bandula managed to unlock her own shackles and other elephant's also.

3) Zebras' stripes are all exactly the same.

4) Rabbits do not eat meat

5) Dolphins live together in groups called pods.

8. Answer the questions after the text.

1) What is the lesson we can learn from tortoises?

2) What is one way you can "share your memories" from the Elephant's lesson?

3) What is the "happy bunny dance"?

4) Which is your favorite lesson from the 6 animals and why?

Grammar Focus

◆ Comparative Adjectives

We use comparatives to compare two or more people, animals, or things.

Structure

Short adjectives

- fast → faster
- old → older
- small → smaller

Long adjectives

- intelligent → more intelligent
- important → more important

Examples from the text

- Older elephants are better leaders.
- Rabbits are more active than many other animals.
- Dolphins are friendlier than most sea animals.

◆ Superlative Adjectives

We use superlatives to compare one thing with a whole group.

Structure

Short adjectives

- the oldest
- the fastest
- the smartest

Long adjectives

- the most intelligent
- the most important

Examples from the text

- Tortoises are among the oldest animals on Earth.
- Elephants have the largest brains among land mammals.
- Social relationships are one of the most important aspects of life.

9. Choose the correct answer.

1. Tortoises are one of the _____ animals on Earth.
   a) old
   b) older
   c) oldest
2. Elephants have _____ memories than many other animals.
   a) good
   b) better
   c) best
3. Rabbits are _____ than tortoises.
   a) active
   b) more active
   c) most active

4. Dolphins are among the _____ social animals.
   a) more
   b) most
   c) much
5. Monkeys are _____ than many people think.
   a) intelligent
   b) more intelligent
   c) most intelligent
6. Zebras have one of the _____ appearances in nature.
   a) unique
   b) more unique
   c) most unique
7. Tortoises live _____ than most animals.
   a) longer
   b) longest
   c) long
8. Elephants make _____ decisions than younger members of the herd.
   a) good
   b) better
   c) best
9. Rabbits have one of the _____ lifestyles among small mammals.
   a) healthy
   b) healthier
   c) healthiest
10. Dolphins are often considered the _____ marine animals.
    a) friendliest
    b) friendlier
    c) friendly

10. Complete the sentences using the comparative form.

1. Elephants are _____ (intelligent) than many people realize.
2. Rabbits are _____ (active) than tortoises.
3. Dolphins are _____ (social) than most fish.
4. Older elephants are _____ (good) leaders than younger ones.
5. Monkeys are _____ (curious) than many other animals.
6. Tortoises live _____ (long) than rabbits.
7. Zebras are _____ (easy) to recognize than many wild animals.
8. Dolphins are _____ (friendly) than sharks.
9. Rabbits are _____ (fast) than tortoises.
10. Social relationships are _____ (important) than material possessions.

11. Complete the sentences using the superlative form.

1. Elephants have the _____ (large) brains among land mammals.
2. Tortoises are among the _____ (ancient) animals on Earth.
3. Dolphins are some of the _____ (social) animals in nature.
4. Rabbits have one of the _____ (healthy) diets.
5. Monkeys are among the _____ (playful) animals.

6. Memory is one of the _____ (important) abilities elephants possess.
7. Zebras have some of the _____ (recognizable) patterns in the animal kingdom.
8. Dolphins are among the _____ (loyal) animals.
9. Tortoises teach one of the _____ (valuable) life lessons.
10. Social bonds are one of the _____ (important) parts of life.

12. Find and correct the mistake.

1. Elephants are more smarter than many animals.
2. Rabbits are the more active animals in the text.
3. Dolphins are one of the socialest animals.
4. Tortoises are oldest than rabbits.
5. Monkeys are more friendlier than most primates.
6. Zebras have the most unique stripe patterns.
7. Rabbits are healthiest than tortoises.
8. Elephants have the larger brains among land mammals.
9. Dolphins are more loyal animal than sharks.
10. Social bonds are one of the most important thing in life.

Writing

13. Write an essay

Topic: ***What Can Humans Learn from Animals?***

Write **120–150 words**.

Include:

- two or three animals from the text
- qualities people can learn from them
- your personal opinion

Use of English

14. Complete the text with the most appropriate words (A, B, C or D).

Capybaras



Capybaras are the largest rodents in the world and (1) _____ in South America. They are semi-aquatic animals, meaning they spend a lot of time (2) _____ the water. Capybaras have webbed feet which help them (3) _____. They live in groups and are very social animals. Their diet mainly (4) _____ of grass, water plants, and sometimes fruit. Capybaras are known (5) _____ their gentle and friendly nature.

Fossas



Fossas are mammals that can be found only in Madagascar. They have a unique (6) _____. Fossas are excellent climbers and spend much of their time (7) _____ trees. They are animals that are known for being excellent (8) _____. Fossas primarily eat small mammals, birds, and reptiles. Maybe you know them from the movie *Madagascar*, where they were known for (9) _____ lemurs.

Axolotls

Axolotls are a type of salamander (10) _____ to the lakes of Mexico. Axolotls are amphibians, which means that they can live both in the water and (11) _____ the ground. They have external gills on their heads. Axolotls are fascinating because they can regenerate (12) _____ body parts, such as limbs and even parts of their hearts and brains. They eat small fish, worms, and insects.



Kiwis



Kiwis are non-flying birds native to New Zealand. They are about the size of a chicken and have long, slender beaks that they use to (13) _____ for food. Kiwis are active (14) _____ night. They have a good sense of smell, which is unusual for birds, and they use this to find insects, worms, and berries. Kiwis are an important (15) _____ of New Zealand and are known for their unique appearance and (16) _____.

Many of these unusual animals are now (17) _____ by habitat loss and climate change. Scientists are working hard to (18) _____ these species and their natural habitats. If people continue to protect wildlife, future generations will also have the chance to (19) _____ these amazing animals in the wild. Every species plays an important (20) _____ in nature.

1.	A live	B lives	C living	D lived
2.	A in	B on	C at	D into
3.	A swim	B swimming	C swam	D swims
4.	A includes	B consists	C contains	D belongs
5.	A about	B with	C for	D by
6.	A appearance	B character	C behaviour	D size
7.	A on	B in	C over	D at
8.	A hunters	B farmers	C swimmers	D travellers
9.	A hunt	B hunted	C hunting	D hunts

10.A native	B natural	C local	D original
11.A in	B over	C on	D under
12.A lost	B losing	C lose	D loses
13.A search	B look	C find	D watch
14.A on	B at	C in	D during
15.A picture	B example	C symbol	D object
16.A habits	B behaviours	C customs	D hobbies
17.A threatened	B protected	C discovered	D collected
18.A destroy	B protect	C attack	D control
19.A disappear	B observe	C avoid	D remove
20.A role	B game	C place	D job

Speaking

15. Complete the sentences with your own ideas.

1. I think dolphins are more interesting than _____.
2. In my opinion, the most intelligent animal is _____.
3. Rabbits are healthier than people who _____.
4. The most important lesson from elephants is _____.
5. Monkeys are more social than _____.
6. Tortoises teach us that _____.
7. The most fascinating animal in the text is _____ because _____.
8. Dolphins are better role models than _____ because _____.
9. One of the most valuable qualities in life is _____.
10. Animals can sometimes be better teachers than _____.

16. Think about your answers to these questions.

1) Why do you think people should protect wildlife? Why not?

2) Which animal from the text do you admire most? Why?

3) What can humans learn from elephants?

4) Why are friendships important as people get older?

5) Do you agree that everyone should celebrate their uniqueness?

6) Which animal's lifestyle is most similar to yours?

7) What impact do you think human actions have caused on wild life?

8) Why are animals important to us?

9) Can you list a few items that are made from animals?

10) What measures could we take to protect wildlife?

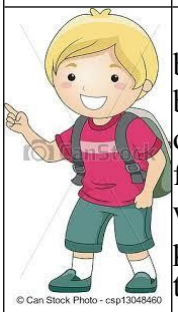
17. Describe an animal that is important in your country. You should say:

- where you can find it

• what it looks like

• what recent news there has been about it and explain why this animal is important.

18. Work in a group. Take part in the role play "Pet Wanted". The following people are looking for a pet. Recommend something to each of them. Don't forget to give reasons for your choices.

	Jane is an elder lady living alone in a small flat in the suburban area. She feels lonely as her children live far from her and would like to have a small pet which requires little care. She has difficulty walking.		Anna is an 8-year-old school girl. She'd like to have cute and fluffy pet but she's allergic to cats and she's afraid of dogs. Her parents want to find something which she can look after on her own.
	Laura and Adam are university students. They are roommates. They spend little time at home; still they'd like to have a pet. They want something which needs little care or attention. They don't want a "traditional pet", they want something exotic.		The Jonhsons would like to have a pet. There are two children in the family (they are 9 and 13 years old), and the parents want the children to learn some responsibility, so they'd have to look after the new pet on their own. They live in a house with a big garden.
	Andrew is a 10-year-old boy. He wants to have a pet but his parents are not so keen on the idea. They rent a small flat in the city centre. Andrew wants to have a pet he can play with or can teach some tricks to. It can't be a cat or a dog, the landlady wouldn't allow anything furry.		Kim and Josh, a young couple with no children, live in a nice studio apartment in the city centre. They'd like to have a pet but they'd have little time to look after it. They want something else than a cat or a dog but Kim is afraid of insects or reptiles.

Home work

19. Make ppt presentation about wild animals.

Polar Bears	Lions	Monkeys
		
Elephants	**Dolphins**	**Penquins**
		

Objectives: to activate students' background knowledge on the topic "Natural Disasters"; to make students aware of relative pronouns usage peculiarities

Natural Disasters

Sometimes it takes a natural disaster to reveal a social disaster.

Jim Wallis

Warming-up

1. ***Work individually. Compare the photographs and say:***
   - *What topic both photos are connected to?*
   - *What natural disasters do you know?*
   - *How can natural disasters affect the economy and social life in countries?*
   - *What is the disaster that affects your country the most?*





Phrases to use:

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
consequences	to damage	violent	to calm down
casualty	to rescue	unpredictable	to break down
shelter	to destroy	seasonal	to go on
Phrases related to natural disasters			
To search relatives		Traffic was dislocated by the …	

To be evacuated	Thousands of buildings collapsed
To support victims	… did a lot of harm to the ….

2. Match the words with their definitions.

1. tornado	a. a large sea wave caused by an underwater earthquake
2. hurricane	b. a long period with little or no rainfall
3. tsunami	c. pieces of destroyed material scattered after a disaster
4. earthquake	d. a violent rotating column of air
5. avalanche	e. a large amount of snow sliding down a mountain
6. drought	f. a storm with very strong winds that forms over warm oceans
7. flood	g. a sudden shaking of the Earth's surface
8. wildfire	h. an uncontrolled fire in forests or grasslands
9. lightning	i. an overflow of water covering land
10. debris	j. a powerful electrical discharge in the atmosphere

3. Choose the correct option.

1. A _____ can travel across an ocean at extremely high speeds.
   - a) avalanche
   - b) tsunami
   - c) drought
2. A hurricane usually develops over _____.
   - a) mountains
   - b) deserts
   - c) warm oceans
3. Earthquakes occur when blocks of rock _____.
   - a) melt
   - b) explode
   - c) slip against each other
4. An avalanche consists mainly of _____.
   - a) water
   - b) snow
   - c) sand
5. Wildfires are often caused by _____.
   - a) careless people
   - b) earthquakes
   - c) floods
6. A drought happens when there is a lack of _____.
   - a) sunshine

- b) precipitation
- c) wind

7. Tornadoes can cause deaths because of flying _____.
   - a) clouds
   - b) birds
   - c) debris
8. Lightning is usually accompanied by _____.
   - a) snow
   - b) thunder
   - c) fog
9. Floods occur when a watercourse _____.
   - a) freezes
   - b) disappears
   - c) overflows
10. Hurricanes are most common during _____.
    - a) winter
    - b) spring
    - c) late summer

4. *Complete the sentences, using the words below.*

tsunami, debris, drought, avalanche, flood, lightning, hurricane, earthquake, wildfire, thunder

1. A powerful _____ struck the region and damaged many buildings.
2. The mountain rescue team was searching for victims of the _____.
3. Farmers suffered serious losses because of the prolonged _____.
4. The streets were covered with water after the _____.
5. A _____ can travel thousands of kilometers across the ocean.
6. The storm produced bright _____ across the sky.
7. People heard loud _____ a few seconds after the flash.
8. Strong winds from the _____ destroyed hundreds of homes.
9. Firefighters worked for days to control the _____.
10. Roads were blocked by fallen trees and _____.

5. *Translate the phrases.*

Руйнівний землетрус, потужний ураган, величезна хвиля цунамі, сильна посуха, неконтрольована лісова пожежа, раптова повінь, яскравий спалах блискавки, гуркіт грому, швидкість вітру, уламки після катастрофи, завдати значної шкоди, спричинити руйнування майна, досягти узбережжя, підземний землетрус, небезпечні погодні явища, природні катастрофи, евакуація населення, рятувальна операція, постраждалі райони, надзвичайна ситуація.

Reading

6. Read the text and do tasks after it.

NATURAL DISASTERS

A disaster is an event that could hurt people and cause damages.

Tornadoes are violent wind movements. They are also called twisters or cyclones. Most people recognize them as a towering black funnel extending downward from the base of a large cumulonimbus cloud. It rotates at speeds up to 300 miles per hour or in some rare cases, even faster. The speed of the wind is the primary cause of deaths and destruction of property. Many people are killed by flying objects and debris (missiles). They happened in certain parts of Australia, the Midwestern and Southern of the United States. They also occur more frequently in the spring and summer months.



Hurricanes are seasonal storms and are most prevalent in August and September. Hurricanes are huge tropical cyclones that originate over oceans near the equator, such as the Caribbean Sea and the Gulf of Mexico. However, if they do reach land, destruction of property is imminent. Wind speeds of a hurricane range from seventy to one hundred fifty miles per hour. One of the most destructive elements of a hurricane is the huge waves that are formed because of the strong winds and heavy rains. These waves called a storm surge can rise several feet above water levels, especially during high tide.

Tsunami is a large sea wave caused by a submarine earthquake or volcanic explosion. When the ocean floor is tilted or offset during an earthquake, a set of waves is created. Usually tsunamis move entirely across an



ocean to the shore. A tsunami can have wavelengths of 60 to 120 miles and may reach speeds of 800 km/h. Tsunamis have incredible energy because of the great volume of water affected. Hawaii is the highest risk area.

Lightning is characterized by the discharge of electricity between rain clouds or between a rain cloud and the Earth. It is usually seen as an



arc of extremely bright light which can be many kilometers in length; however, there are other forms as well. Accompanying the lightning is the giant roar of thunder. The thunder is caused by the expansion of air that has been heated by the lightning which then collides with cooler air, creating the sound of an explosion. Lightning and thunder occur together, however we hear the thunder after we see the lightning. Sound waves travel about one mile in five seconds, while light travels at more than 186,000 miles per second. Therefore, lightning is seen immediately when it occurs, and thunder is heard a little later.

Earthquake is a shaking of the ground caused by the sudden dislocation of material within the earth's outer layer, or crust. When forces pushing on a mass of rock overcome the friction holding the rock in place and blocks of rock slip against each other an earthquake may occur. Some earthquakes are so slight, and some occur in such remote areas, that they are barely felt. Others are so violent that they cause extensive damage. Earthquakes take place or have taken place in all parts of the world. There are two major scales in which earthquakes are measured: the Mercalli Scale and the Richter Scale.



Avalanche occurs when a mass of snow falls down a mountainside. That is because new snow (which is not wet) accumulates on a more heavy snow layer. Since the new

snow layer is not compact, it could slide down toward the base of the mountain. Skiers, snowboarders and climbers could also cause an avalanche.

Wildfires are dangerous for all people living near woodlands. In the



wild, wildfires are ignited by lightning. But some wildfires are caused by careless campers who did not extinguish their campfire or by walkers who threw their cigarettes in the woods. 80 % of wildfires are caused by careless people. Wildfires do not only have bad effects. In fact, the many dead pin needles, leaves and tree trunks on the ground are burnt to ashes by wildfires. These ashes are full of minerals and help the growth of new trees.

Floods happen when a watercourse overflows. They could be caused by rain, thaws of ice jams.

Drought is a period or condition of unusually dry weather within a geographic area where rainfall is normally present. During a drought there is a lack of precipitation. Droughts occur in all climatic zones. However, its characteristics vary significantly from one region to another.



7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) A disaster is an event that couldn't hurt people and cause damages.

2) Tornadoes are seasonal storms and are most prevalent in August and September.

3) Tsunami is a large sea wave caused by a submarine earthquake or volcanic explosion.

4) Avalanche occurs when a mass of snow falls down a mountainside.

5) Wildfires happen when a watercourse overflows. They could be caused by rain, thaws or ice jams.

8. Answer the questions after the text.

1) What are nature disasters mentioned in the text?

2) Where do tornadoes mostly happen?

3) When are hurricanes most prevalent?

4) What is the reason of thunder?

5) Why does avalanche occur?

Grammar Focus

◆ Relative Pronouns

We use relative clauses to give additional information.

Pronoun	Used for
who	people
which	things, animals, events
that	people or things
where	places

Examples

- A hurricane is a storm **that** forms over warm oceans.
- A tsunami is a wave **which** can travel across an ocean.
- Scientists are people **who** study natural disasters.
- Hawaii is a place **where** tsunamis occur frequently.

9. Choose the correct relative pronoun.

1. A tornado is a weather phenomenon _____ rotates at high speed.
   - who
   - which
   - where
2. Scientists are people _____ study earthquakes.
   - who
   - which
   - where
3. A tsunami is a wave _____ is caused by an underwater earthquake.
   - who
   - that
   - where

4. Hawaii is a place _____ tsunamis often occur.
   - who
   - that
   - where
5. Wildfires are disasters _____ can destroy large forests.
   - who
   - which
   - where
6. A drought is a condition _____ rainfall is extremely low.
   - who
   - where
   - which
7. Meteorologists are experts _____ predict weather conditions.
   - who
   - where
   - which
8. An avalanche is a mass of snow _____ moves down a mountain.
   - where
   - who
   - that
9. The Richter Scale is a system _____ measures earthquake strength.
   - who
   - which
   - where
10. Areas _____ hurricanes frequently occur need emergency plans.
    - who
    - where
    - which

10.Join the sentences using relative clauses.

1. A tornado is a violent storm. It rotates very quickly.
2. A tsunami is a giant wave. It can cross an entire ocean.
3. Scientists study earthquakes. They collect geological data.
4. Hawaii is an island region. Tsunamis often affect it.
5. Wildfires destroy forests. They spread rapidly in dry weather.
6. Hurricanes are storms. They develop over warm oceans.
7. Rescue workers help victims. They risk their lives.
8. Floods affect communities. They are located near rivers.
9. An avalanche is a natural disaster. It involves snow.
10. Meteorologists work in weather centres. They monitor storms.

11.Complete with who, which, that, or where.

1. A hurricane is a storm _____ forms over tropical oceans.
2. Earthquakes occur in regions _____ tectonic plates meet.
3. Firefighters are people _____ fight wildfires.

4. A tsunami is a disaster _____ may affect entire coastlines.
5. Australia is a country _____ cyclones sometimes occur.
6. Scientists use equipment _____ measures seismic activity.
7. A flood is an event _____ causes water to overflow.
8. Emergency responders are people _____ assist disaster victims.
9. Volcanoes are places _____ eruptions can occur.
10. Lightning is a phenomenon _____ produces a bright flash.

12. Correct the mistakes.

1. A tsunami is a wave who travels across oceans.
2. Scientists which study disasters often work internationally.
3. Hawaii is a place which tsunamis are common.
4. A tornado is a storm where rotates rapidly.
5. Firefighters are people which help during emergencies.
6. An avalanche is a disaster who occurs in mountains.
7. Earthquakes happen in areas who tectonic plates move.
8. Meteorologists are experts where predict storms.
9. A hurricane is a phenomenon who develops over oceans.
10. Wildfires are events where destroy forests.

Writing

13.Write an essay.

Topic: *A Natural Disaster That Changed a Community*

Write **120–150 words**.

Include:

- what happened
- what damage was caused
- how people reacted
- what lessons were learned

Use of English

Watch a news report about Texas.

(https://www.linguahouse.com/esl-lesson-plans/general-english/texas-snow-disaster/videoplayer/texas-bemp4)

14.Match the beginnings and endings of these phrases from the report.

Group 1: noun phrases

1. arctic	a. disaster
2. basic	b. services
3. electricity	c. supply
4. major	d. toilets
5. portable	e. weather

Group 2: verb phrases

1. boil	a. access
2. have	b. assistance
3. keep	c. to normal
4. promised	d. warm and dry
5. return	e. water

15. Use the phrases from the vocabulary exercise to complete the report. Watch again to check your ideas.

Last week, **1**_____ hit the state of Texas in the US. The storm affected the **2**_____ in the state and left people without **3**_____ like electricity, heating and water. Millions of Texans have been struggling to **4**_____ in their homes and 58 people have died across the country. An official in the city of Houston has said that this is a **5**_____ . She predicted that the 4.5 million people in the Houston area would not be able to **6**_____ for at least a few more days. The storm caused the electricity supply to fail, and this has affected the water supply. As a result, 12 million people in the state do not **7**_____ to clean water and must **8**_____ before drinking. Hospitals have had to move out some of their patients and bring in water trucks and **9**_____ . Although Texas does not experience snow every year, it has snowed 94 times in the state since 1881, and most recently in 2017. There is some disagreement about why this year's snow has had such serious effects on the state. The federal government has **10**_____ for individuals and businesses.

16. Cover the text and explain why these numbers were important in the news report.

- 58
- 94
- 2017
- 4.5
- 12

Speaking

17.Complete the sentences with your own ideas.

1. A natural disaster that worries me most is _____ because _____.
2. I would like to visit a place where _____.
3. Scientists who study natural disasters help society by _____.
4. A natural phenomenon that fascinates me is _____.
5. The country where natural disasters occur most frequently is _____.
6. Emergency workers who respond to disasters should _____.
7. A disaster that has affected my country is _____.
8. Technology which predicts natural disasters can _____.

18.Think about your answers to these questions.

1) How many types of natural disaster can you name? Which is the worst?

2) Which natural disaster is the most dangerous? Why?

3) Which natural disasters are common in your country?

4) How can people prepare for earthquakes and floods?

5) Should governments invest more in disaster prevention?

6) Which natural disaster would you least like to experience?

7) What natural disasters are common in your country?

8) What is the best / worst natural disaster movie you have seen?

9) Think of three natural disasters. What can you do to stay safe during and after those natural disasters?

10) Which country has the most natural disasters?

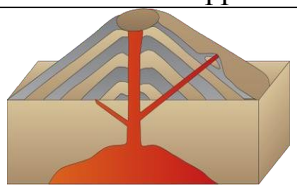
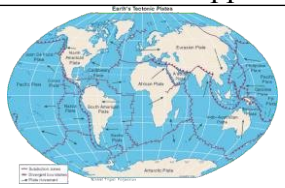
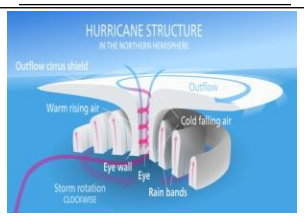
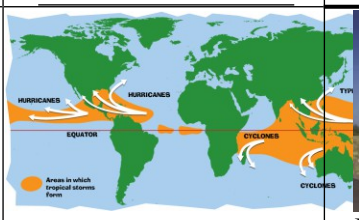
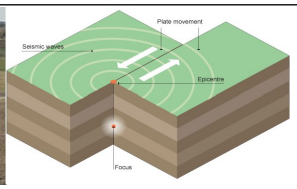
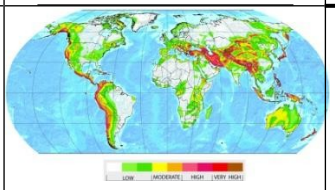
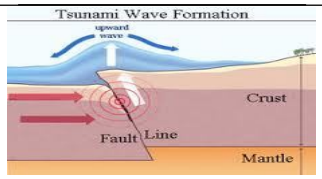
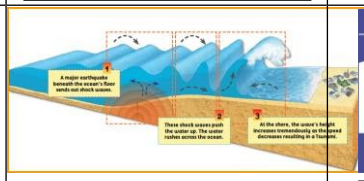
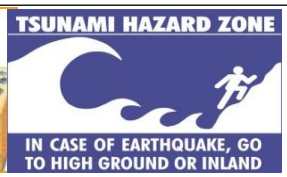
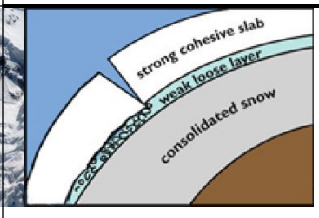
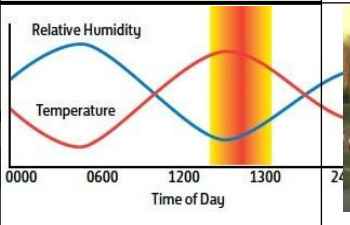
19.Describe a natural disaster you heard about. You should say:

- what it was and where it happened;
- when it happened;
- how you heard about it;

and explain how people reacted when they heard about this disaster.

20.Work in a group. Take part in the role play. Group A describes

natural disaster and Group B has to guess what it is. Then change the roles.

What is this?	How does it happen?	Where does it happen?	How can you be safe?
 This is a _____.	 _____	 _____	 I _____.
 This is a _____.	 _____	 _____	 I _____.
 This is an _____.	 _____	 _____	 I _____.
 This is a _____.		 _____	 I _____.
 This is a _____.	 _____	 _____	 I _____.
 This is an _____.	 _____	 _____	 I _____.
 This is a _____.	 _____	 _____	 I _____.
hurricane, wildfire, volcano, earthquake, tsunami, avalanche, landslide	warm and cold air mixes, snow gets too heavy, rain makes the mountain soft, earthquakes underwater, magma explodes, lightning and cigarettes, earth plates move	near the sea, between the earth plates, around the earth plates, in hot and dry forests, at mountains and hills, in snowy mountains, over the ocean	don't pass warning signs, find cover, wait in a vault, drive away, cover mouth and eyes, go to high ground, watch out for rocks

Home work

21.Make ppt presentation about "What to do before, during, and after a Disaster".

Tornadoes	Hurricanes
	
Earthquakes	**Floods**
	
Forest Fires	**Tsunami**
	

MODULE 7

SPORTS AND HEALTH (BODY TALK)



Objectives: to activate students' background knowledge on the topic "Sports"; to make students aware of Present Simple and Present Continious differencies

Sports

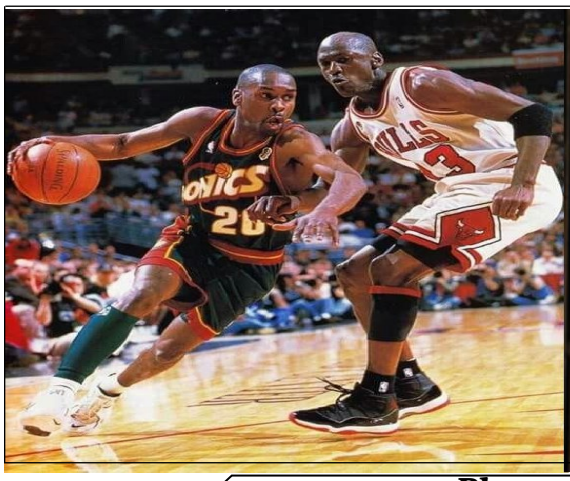
Even the greatest was once a beginner.

Don't be afraid to take that first step

Muhammad Ali

Warming-up

1. ***Work individually. Compare the photos and say:***
   - *What is your favourite sport/athlete?*
   - *Are you into any sports?*
   - *Is it more difficult to play an individual sport rather than a team sport?*





Phrases to use:

Personally, I would say that ...
I'm not really very interested in ...
It's very hard to say, but ...
If I had to choose ..., I would .....

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
award treadmill workout	to require to defend to practice	tiring competitive recreational	to be out of condition to work out to get into shape

Phrases related to sport activities	
To keep fit	To drop the ball
To go in for sport	At this stage in the game

To be good at	To be on target

2. Match the words with their definitions.

1. competition	a. the ability to continue physical activity for a long time
2. participant	b. a person who takes part in an activity or event
3. stadium	c. physical activity done to improve health
4. athletics	d. the ability to bend and move easily
5. flexibility	e. a place where people train and exercise
6. discipline	f. a person who achieves first place in a contest
7. fitness club	g. an organized event where people compete
8. exercise	h. self-control and the ability to follow rules
9. winner	i. a large sports arena for competitions
10. endurance	j. sports such as running, jumping, and throwing

3. Choose the correct option.

1. Many students take part in sports _____.
   - a) competitions
   - b) flexibility
   - c) exercises
2. A person who wins a competition is called a _____.
   - a) participant
   - b) athlete
   - c) winner
3. Swimming is a popular _____ sport.
   - a) winter
   - b) summer
   - c) indoor only
4. Regular exercise helps improve your _____.
   - a) discipline
   - b) fitness
   - c) stadium
5. Figure skating is a _____ sport.
   - a) summer
   - b) winter
   - c) water
6. Jogging is a good form of _____.
   - a) exercise

- b) competition
- c) athletics

7. A lot of sports events are held in a _____.
   - a) stadium
   - b) classroom
   - c) laboratory
8. Bending and stretching improve your _____.
   - a) endurance
   - b) flexibility
   - c) speed
9. Sport helps people become more _____.
   - a) disciplined
   - b) lazy
   - c) dependent
10. Football and basketball are examples of _____ sports.
    - a) team
    - b) extreme
    - c) winter

4. Complete the sentences, using the words below.

(*competition, flexibility, participant, stadium, discipline, exercise, winner, endurance, athletics, fitness*)

1. Every _____ tried to achieve the best result.
2. Running and jumping are part of _____.
3. Daily _____ helps people stay healthy.
4. The football match was held in a modern _____.
5. Stretching exercises improve _____.
6. The marathon requires great physical _____.
7. The _____ received a gold medal.
8. Sport teaches responsibility and _____.
9. Regular training improves overall _____.
10. An international sports _____ attracted athletes from many countries.

5. Fill-in the gaps with your own sports vocabulary.

1. Many students _____ in university sports competitions.
2. Regular exercise gives people more _____.
3. Swimming helps improve physical _____.
4. Athletes train hard to achieve excellent _____.
5. Stretching exercises increase body _____.
6. Sports competitions are often held in large _____.
7. Physical activity helps people stay _____.
8. Team sports teach cooperation and _____.
9. Jogging is one of the simplest forms of _____.
10. Successful athletes need both talent and _____.

6. Translate the phrases.

Брати участь у спортивних змаганнях, регулярні фізичні вправи, підтримувати гарну фізичну форму, розвивати фізичну витривалість, досягати високих результатів, зимові види спорту, літні види спорту, спортивний майданчик, спортивний стадіон, тренуватися в тренажерному залі, професійний спортсмен, фізична активність, здоровий спосіб життя, командний вид спорту, покращувати гнучкість тіла, виграти спортивні змагання, спортивна подія, займатися спортом регулярно, фізичний розвиток, спортивна дисципліна.

Reading

7. Read and translate the text.

Sport in Our Life

Sport is probably as old as the humanity itself. It is very important in our life. It's popular among young and old people. Many people do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions. The others like sports too, but they only watch sport competitions, listen to sports news. They prefer reading interesting articles about sportsmen and sport events, but they don't go in for sports.There are sports grounds and stadiums near institutes and universities. A lot of different competitions are held there, a great number of students take part in them. All participants try to get good results and become winners.

There are summer and winter kinds of sports. The summer kinds of sports are: swimming, athletics, football, volleyball, basketball and others.



The winter kinds of sport are figure skating, skiing, ice hockey etc.

We all need to do exercises. Regular exercises give you more energy and make you feel and look better. The best exercise is one, which is involved, in repeated movements: walking, jogging, swimming. Bending and stretching will add flexibility and feeling of lightness. Sport not only helps people to become strong and to develop physically but also makes them more organized and better disciplined in their daily activities.

8. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) Sport is probably as young as the humanity itself.

2) Many people don't do morning exercises, jog in the morning, train themselves in fitness clubs and gyms, and take part in sport competitions.

3) The spring kinds of sports are: swimming, athletics, football, volleyball, basketball and others.

4) The autumn kinds of sport are figure skating, skiing, ice hockey etc.

5) Regular exercises give you more energy and make you feel and look better.

9. Answer the questions after the text.

1) Why is sport important? Give reasons.

2) What are the most popular summer kinds of sport?

3) What are the most popular summer kinds of sport?

4) Why are regular exercices usefull?

5) What are the most common places for going in for sport?

Grammar Focus

Present Simple vs Present Continuous

◆ **Present Simple Use:**

✔ habits and routines
✔ facts and general truths
✔ regular activities

Structure:

Subject + Verb (+s/es)

Examples:

- John **plays** football after classes.
- Many people **go** jogging in the morning.
- Sport **improves** health.
- Many people **do** morning exercises.
- Students **take** part in competitions.

◆ **Present Continuous Use:**

✔ actions happening right now
✔ temporary situations
✔ current trends

Structure:

am / is / are + Verb-ing

Examples:

- I **am training** for a competition now.
- Our university team **is preparing** for a tournament.
- More people **are joining** fitness clubs these days.
- More and more people **are becoming** interested in fitness.
- Many young people **are training** in gyms nowadays.

10. Choose the correct option.

1. Many students _____ basketball after classes.
   - a) play
   - b) are playing
2. Look! The athletes _____ around the stadium.
   - a) run
   - b) are running
3. More people _____ interested in fitness nowadays.
   - a) become
   - b) are becoming
4. My friend usually _____ swimming twice a week.
   - a) goes
   - b) is going
5. We _____ for the university championship this month.
   - a) train
   - b) are training
6. Sport generally _____ people healthier.
   - a) makes
   - b) is making
7. Listen! The coach _____ instructions to the players.
   - a) gives
   - b) is giving
8. Many students _____ in sports competitions every year.
   - a) participate
   - b) are participating
9. This semester more students _____ fitness classes.
   - a) attend
   - b) are attending

10. Right now the football team _____ on the sports ground.
    - a) practises
    - b) is practising

11. Complete with the correct form of the verb.

1. My brother usually _____ (go) jogging in the morning.
2. We _____ (prepare) for a volleyball competition at the moment.
3. Sport _____ (help) people stay healthy.
4. Many students _____ (train) in the gym these days.
5. Our team _____ (play) football every Friday.
6. Look! The swimmers _____ (warm up).
7. She often _____ (take part) in athletics competitions.
8. More young people _____ (choose) active lifestyles nowadays.
9. The coach _____ (talk) to the players right now.
10. Physical activity _____ (improve) mental health.

12. Correct the mistakes.

1. Many students is playing football after classes.
2. Sport are important for young people.
3. Look! The athletes run around the stadium now.
4. She usually is going swimming on Saturdays.
5. We train for a competition at the moment.
6. More people become interested in fitness these days.
7. The coach give instructions right now.
8. My friends is exercising in the gym.
9. Students are often taking part in competitions.
10. Physical activity helping people stay healthy.

13. Choose the correct form. Present Simple or Present Continuous?

1. Our university team (plays / is playing) in a national tournament this week.
2. Many people (watch / are watching) sports on television every day.
3. The athletes (train / are training) hard for the upcoming championship.
4. Exercise (improves / is improving) overall health.
5. Right now the students (warm up / are warming up) before the match.
6. He usually (goes / is going) to the gym three times a week.
7. More young people (become / are becoming) interested in fitness.
8. The referee (checks / is checking) the equipment at the moment.
9. Swimming (develops / is developing) endurance and flexibility.
10. We (organize / are organizing) a sports event this month.

Writing

14. Write 120-150 words.

Topic: ***The Role of Sport in a Student's Life***

Include:

- benefits of sport
- your favourite sport
- how often you exercise
- why physical activity is important

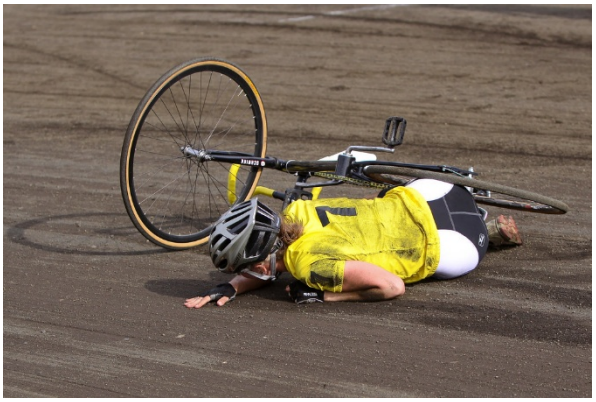
Use of English

15. Complete the sentences with your own ideas.

Cheating in sports

Anyone who loves sports will agree that **cheating** is bad. For example, it was simply wrong for Spain to enter people who were not actually disabled into the 2000 Sydney Paralympics basketball team. But sometimes, it is hard to draw a line between what is cheating and what is not. Many sports encourage players to be 'sporting', that is, to play honestly and accept when they lose. However, in sports, the prizes for winning are great, so it is natural for people to use different ways to win a game. Sometimes players cheat or bend the rules to get an advantage in a game.

Gamesmanship is when you try to win a game by bending the rules or using **dubious** tactics. For example, when British Team cyclist Philip Hindes had a bad start in a team race in the 2012 Olympics, he didn't want to let his team down, and since he knew that if a rider fell early, the race would be restarted, he crashed his bike **on purpose**. Britain went on to win gold.





Other examples of gamesmanship are when players **fake** injuries or waste time. This might give them a chance for a short rest, or it could annoy their opponent and affect their concentration. For example, at the 2016 Rio Olympics, badminton player Carolina Marins screamed and shouted every time her opponent made a mistake. This **affected** her opponent's feelings, and people thought she behaved rudely. However, she won the gold medal without breaking any rules.

When there is a **grey area**, it is the referee or umpire's job to decide whether cheating is taking place. However, players can take advantage of this situation because referees aren't perfect and can't see everything. For example, in cricket, if the ball hits a batter's legs, he is out, and most batters know when they are out, so they should leave the field immediately. However, few cricketers are sporting. They wait until the umpire tells them to go because they want to stay in the game, and the umpire might not see what happened. This isn't considered cheating.



However, there's no denying that Diego Maradona cheated in the 1986 World Cup quarter-finals between England and Argentina. In that particular match, Maradona infamously scored a goal using his hand. The referee, who missed the incident, awarded the goal, and unsurprisingly, Maradona didn't question the decision. But the game of football, however, isn't always so forgiving of those who bend the rules, as Brazilian player Rivaldo knows. In the 2002 World Cup, he faked an injury during a match. Unlike Maradona, Rivaldo wasn't so lucky; he was caught out and was later **fined**, proving that the outcomes of such actions are not always in the player's favour.

Sometimes, players might even try to lose on purpose. At the 2012 London Olympics, four women's badminton doubles teams from China, Indonesia and South Korea purposely played badly. They all wanted to lose because it would lead to an easier place in the tournament. Although none of the players broke any badminton rules, they were all disqualified for their poor sportsmanship.

Where there are games, people will always try different ways to win. But is bending the rules the same as cheating? Or does it just make the game more interesting because sports competitions are not only about physical skills but also about clever strategies?

1. **According to the passage, the 2000 Sydney Paralympics basketball team...**
   a. won the gold medal despite cheating.
   b. were in a grey area.
   c. were rightly accused of cheating.
   d. were accused of cheating when they did not.
2. **British Team cyclist Philip Hindes…**
   a. lost a medal because he cheated.
   b. used gamesmanship to win a medal.
   c. won a medal despite cheating.
   d. lost a medal because of gamesmanship.
3. **Badminton player Carolina Marins…**
   a. used gamesmanship to win a game.
   b. used gamesmanship, but lost a game.
   c. cheated and won a game.
   d. did not cheat, but was disqualified.
4. **Cricketers who leave the field when they feel the ball touch their legs…**
   a. are breaking the rules.
   b. are rare.
   c. are using gamesmanship.
   d. are following the rules.
5. **Diego Maradona is mentioned because he…**
   a. took advantage of a referee's mistake.
   b. challenged a referee's decision.
   c. persuaded a referee to make a decision.

d. was punished for his gamesmanship.

6. Rivaldo…

a. didn't realise he was breaking a rule.
b. exaggerated an injury.
c. was punished for bending the rules.
d. was accused of cheating when he did not.

7. The four badminton teams were disqualified…

a. despite not cheating.
b. because they cheated.
c. because they were sporting.
d. after winning their games.

Speaking

16. Complete the sentences with your own ideas.

1. I usually _____ to stay fit.
2. At the moment, I am _____.
3. My friends often _____ after classes.
4. More students are becoming interested in _____.
5. I think sport helps people _____.
6. Right now many young people are _____.
7. My favourite sport is _____ because _____.
8. I usually exercise _____ times a week.
9. Our university is currently _____.
10. In the future, I would like to _____.

17. Think about your answers to these questions.

1) What do you think is the most popular sport in the world?

2) What is the most dangerous sport?

3) What is the most expensive sport?

4) What is the most popular sport in your country?

5) What do you do to keep fit?

18. Describe a game or sport you enjoy playing. You should say:

- what kind of game or sports it is;
- who you play it with;
- where you play it;

and explain why you enjoy playing it.

Home work

19. Make ppt presentation about sport.

Include:

- personal information

- sporting achievements
- interesting facts
- why you admire this person/team/event.

8–10 slides or 150–180 words.

Favorite Team	Favorite Sportsman
	
Favorite Game	Sport Event
	

Objectives: to activate students' background knowledge on the topic "Food"; to make students aware of Present Perfect usage peculiarities

Food

*Let food be the medicine and medicine be the*food

Warming-up

Hippocrates

1. ***Work individually. Compare the photographs and say:***
   - *What kinds of food are there?*
   - *Which would you prefer? Why?*
   - *Have you ever considered to become a vegetarian?*
   - *Do you try to stick to a balanced diet or do you eat whatever you want?*





Phrases to use:

Many people think that

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
beverages	to spoil	thirsty	to eat out
grains	to purchase	hungry	to order in
utensils	to measure	delicious	to snack on

Phrases related to food	
Ukrainian cuisine	Favoutire receipt
Popular dish	Substantial meal
To have breakfast / dinner / supper	A variety of ingredients

2. Match the words with their definitions.

1. antioxidant	a. a natural substance your body needs to grow and stay healthy
2. cholesterol	b. to keep something at a certain level or condition
3. protein	c. prevent weight gain
4. immune system	d. keep bones healthy
5. fibre	e. a system that protects the body from diseases
6. vitamin	f. a substance that helps build muscles and tissues
7. nutrient	g. help the brain work better
8. blood pressure	h. part of plant food that helps your digestive system work properly
9. heal	i. the force of blood moving through the body
10. maintain	j. to make an injury or illness become healthy again
11. improve your memory	k. help the body fight illnesses
12. reduce blood pressure	l. help the heart stay healthy
13. support the immune system	m. a fatty substance in the blood that can affect heart health
14. maintain strong bones	n. a natural substance necessary for health
15. protect heart health	o. substances that help protect the body from harmful substances
16. control your weight	p. lower pressure in the circulatory system

3. Complete the sentences, using the words below.

(*protein, cholesterol, fibre, vitamins, antioxidants, immune system, potassium, blood pressure, heal, nutrients*)

1. Fruit and vegetables contain important _____ for the body.

2. Blueberries are rich in _____ that help protect cells.
3. Fibre helps improve _____.
4. Salmon contains nutrients that support heart health and reduce _____ risks.
5. Almonds are a good source of _____.
6. Honey may help wounds _____ faster.
7. Vitamin C supports the _____.
8. Sweet potatoes contain healthy amounts of _____.
9. Dark chocolate may help lower _____.
10. Pistachios can help reduce _____ levels.

4. *Fill in the gaps with food vocabulary.*

1. Healthy food contains many important _____.
2. Honey can sometimes help _____ wounds.
3. Broccoli is rich in vitamins and _____.
4. Salmon contains beneficial omega-3 fatty _____.
5. Almonds provide protein, calcium and vitamin _____.
6. Blueberries are known for their high level of _____.
7. Sweet potatoes are healthier because they contain _____ instead of sodium.
8. Goji berries support a healthy _____ system.
9. Pistachios may help reduce _____ levels.
10. Dark chocolate can be beneficial if it contains at least 70% _____.

5. *Translate the phrases.*

Натуральний підсолоджувач, багатий на вітаміни, знижувати кров'яний тиск, покращувати пам'ять, підтримувати імунну систему, здорова альтернатива, корисний для серця, підтримувати міцні кістки, високий вміст білка, джерело клітковини, здорове харчування, корисні поживні речовини, високий рівень холестерину, природні антиоксиданти, збалансований раціон, зміцнювати організм, корисний для здоров'я, контролювати вагу, омега-3 жирні кислоти, щоденне споживання вітамінів.

Reading

6. *Read the text and do tasks after it.*

Top 10 Superfoods

A superfood is not just ordinary food, it is food that for some reason is especially good for your health, nature's own medicine!

1. Honey is natural and much better for you than sugar because it contains many vitamins, it can even heal wounds if you put some kinds of honey on your skin.

2. Blueberries contain anti-oxidants which reduce toxins in your body and improve your memory.



3. Dark chocolate. If your chocolate has 70% or more cocoa, eating a little dark chocolate can be very good for you and can actually reduce blood pressure.



4. Pistachio nuts are the least fattening nut, also proven to reduce cholesterol levels in the body.

5. Egg whites. The healthier part of the egg, the egg white can help you maintain strong bones, muscles, nails, and



6. Broccoli is a rich source of vitamin A, vitamin C, and bone-building vitamin K, and has plenty of fiber to fill you up and help control your weight.

7. Sweet potatoes. Orange vegetables can be especially good for you because they contain so many vitamins. Sweet potatoes make a great alternative to ordinary potatoes because they contain healthier potassium instead of sodium.



8. Almonds are high in protein and in Vitamin E, and calcium. You can also make them into healthy almond milk.



9. Salmon is a super food because of its omega-3 fatty acid content. Studies show that omega-3 fatty acids help protect heart health.



10. Goji berries have been used in Chinese medicine for centuries. They are high in vitamins B, C & E, and support a healthy immune system, liver and heart.

7. Choose the correct option.

1. Honey is often considered healthier than _____.
    - a) sugar
    - b) milk
    - c) bread
2. Blueberries are rich in _____.
    - a) sodium
    - b) antioxidants
    - c) cholesterol
3. Dark chocolate may help reduce _____.
    - a) weight
    - b) blood pressure
    - c) appetite
4. Pistachios can help lower _____ levels.
    - a) cholesterol
    - b) protein
    - c) fibre
5. Egg whites are rich in nutrients that support _____.
    - a) muscles
    - b) eyesight
    - c) hearing
6. Broccoli contains large amounts of _____.
    - a) vitamins
    - b) sugar
    - c) fat
7. Sweet potatoes contain more _____ than ordinary potatoes.
    - a) sodium
    - b) potassium
    - c) cholesterol
8. Almonds are high in _____.
    - a) protein
    - b) sugar
    - c) starch
9. Salmon is famous for its _____ content.
    - a) fibre
    - b) omega-3 fatty acids
    - c) carbohydrates
10. Goji berries have been used in _____ medicine.
    - a) Indian
    - b) Greek
    - c) Chinese

8. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) Sweet potatoes are better for your health than ordinary potatoes.

2) Omega-3 fatty acids are good for your liver.

3) Eating any kind of chocolate is good for your health.

4) Honey is better for your health than sugar.

5) Blueberries do not help reduce toxins in your body.

9. Answer the questions after the text.

1) Which superfood can be made into milk?

2) Which superfood can heal wounds?

3) Which superfood can reduce blood pressure?

4) Which two superfoods can protect your heart?

5) Which superfood is good for your bones?

Grammar Focus

- Goji berries **have been used** in Chinese medicine for centuries.
- Studies **have shown** that omega-3 fatty acids help protect heart health.
- Scientists **have discovered** many health benefits of superfoods.

◆ Present Perfect

Subject + have/has + Past Participle (V3)

Subject	Form
I/You/We/They	have eaten
He/She/It	has eaten

Usage

1. Life experience

- I **have tried** goji berries.
- She **has eaten** salmon many times.

2. Actions with present results

- Scientists **have discovered** new health benefits.
- Researchers **have found** evidence of omega-3 advantages.

3. Actions continuing until now

- People **have used** honey for thousands of years.
- Goji berries **have been** part of Chinese medicine for centuries.

Signal Words

already, just, yet, ever, never, recently, lately, since, for

10. Choose the correct tense form.

1. Scientists _____ many health benefits of blueberries.
   - a) discovered
   - b) have discovered
2. People _____ honey as medicine for centuries.
   - a) used
   - b) have used
3. Researchers _____ that omega-3 fatty acids support heart health.
   - a) have shown
   - b) showed yesterday
4. I _____ dark chocolate before.
   - a) have tried
   - b) tried last year
5. She _____ almonds recently.
   - a) has started eating
   - b) started eating recently
6. We _____ several articles about healthy nutrition.
   - a) have read
   - b) read yesterday
7. Doctors _____ many studies on healthy diets.
   - a) have conducted
   - b) conducted in 2010
8. My friend _____ goji berries yet.
   - a) hasn't tried
   - b) didn't try
9. They _____ their eating habits lately.
   - a) have improved
   - b) improved last week
10. Scientists _____ the importance of vitamins.
    - a) have emphasized
    - b) emphasized in 1920

11. Complete the sentences using the Present Perfect form.

1. Researchers _____ (discover) several benefits of antioxidants.
2. People _____ (use) honey as a natural remedy for centuries.
3. Scientists _____ (find) a connection between diet and health.
4. She _____ (never / try) sweet potatoes.

5. We _____ (already / read) an article about superfoods.
6. My parents _____ (improve) their diet recently.
7. Doctors _____ (recommend) eating more vegetables.
8. I _____ (just / eat) a healthy breakfast.
9. They _____ (not / finish) their nutrition project yet.
10. Students _____ (learn) a lot about healthy eating this semester.

12. Correct the mistakes.

1. Scientists has discovered many health benefits of blueberries.
2. People have use honey for centuries.
3. She have never tried goji berries.
4. We has already eaten lunch.
5. Researchers have find important evidence.
6. I has just finished reading the article.
7. They haven't completed the task already.
8. Doctors have recommended healthy diets since many years.
9. He have improved his eating habits.
10. My friend has never ate salmon.

13. Complete the sentences with your own ideas.

1. I have recently started _____.
2. I have never eaten _____.
3. My family has always enjoyed _____.
4. I have already tried _____.
5. I have improved my diet by _____.
6. I have learned that healthy food _____.
7. I have changed my eating habits because _____.
8. My favourite superfood has always been _____.
9. I have read an article about _____.
10. Since last year, I have _____.

Writing

14. Write 120–150 words.

Topic: *My Healthy Eating Habits*

Include:

- your favourite healthy foods
- foods you try to avoid
- benefits of healthy eating
- your eating habits

Use of English

An Oil for Life



Maria Alcala of Madrid speaks for many Mediterranean people when she says that '*a meal without olive oil would be a bore*.' No one knows when the Mediterranean civilisations first fell in love with olives. **1**_____. However, there is evidence that the **cultivation** of olive trees began in countries around the Mediterranean Sea approximately 6,000 years ago, and by 4,000 years ago, people in the eastern Mediterranean region were producing oil from olives. The Mediterranean still produces 99% of the world's olive oil.

From ancient times until today, the basic process of producing the oil is the same. First, farmers **crush** the whole olives. Then, they separate the liquid from the solids. **2**_____.



Many olive growers maintain their ancient traditions and still **harvest** the olives by hand. '*We harvest in the traditional way*,' says Don Celso, an olive farmer from Tuscany, Italy. '*It is less expensive to do it with machines, but it's more a social thing. Twenty people come to help with the harvest, and we pay them in oil*.'

Olive oil has had a variety of uses **throughout** its long history. In ancient times, people used olive oil as money and as medicine. They even used it during war – they would heat it up and drop it down on attackers! These days, it is still used in religious ceremonies as it was in ancient times. It is also great for protecting the freshness of fi sh and cheese. **3** _____. In fact, in ancient times athletes would 'wash' their bodies with olive oil before and after competing. They used **to rub** the oil **onto** their bodies and then **scrape** it **off**.



One important study showed that Mediterranean people have the lowest rate of **heart disease** among western nations. **4** _____. Other studies have shown that food cooked in olive oil is healthier, and that **consuming** olive oil reduces the risk of getting some types of cancer. The world is beginning to understand its benefits, and olive oil is no longer an unusual sight at dinner tables outside the Mediterranean region. The olive oil producing countries now sell large amounts of olive oil to countries in Europe, Asia, Africa, and North and South America.

Olive oil **enhances** the lives of people everywhere when it is part of a well-balanced diet. **5** _____. It is a wonder food that nature has provided for good health. Mediterranean people are happy to share their secret with the world.

15. Read the text. Five sentences have been removed from the text. Choose from the sentences A-F the one which fits each gap 1-5. There is one extra sentence which you do not need to use.

A. There are even olive oil lamps and olive oil soaps.

B. That occurred before people started to write down and record events.

C. They would also use it to make food tastier.

D. This is partly associated with their frequent use of olive oil.

E. After that, they separate the oil from the water.

F. Ancient people were aware of its benefi ts and modern science has confirmed them

16. Find the words 1-6 in the text and match them to their definitions a-f.

1. civilisation
2. evidence
3. approximately
4. process
5. liquid
6. disease

a. close to a number, but not exactly that number

b. something like water that you can pour easily

c. a series of things that you do to make something

d. reasons for believing that something is or isn't true

e. an illness; something that makes you very sick

f. a large group of people with its own culture

17. Circle the odd ones out.

1.	thirsty	hungry	starving
2.	dessert	starter	tip
3.	cut	chop	peel
4.	fry	boil	stir
5.	bite	grill	chew
6.	tasty	delicious	savoury
7.	cutlery	jug	bowl
8.	vitamin	protein	cereal

18. Complete the sentences with some of the words from ex.18.

1. Don't _____ the egg in this oil. It's for chips.
2. Have we got a _____ for the water?
3. It was great service and I left the waiter a good _____.
4. This _____ is too sweet for me.
5. Please _____ the apple for the baby – he can't eat the skin.
6. I'll need a sharp knife to _____ the carrots.
7. You have to _____ the sauce constantly, so it doesn't stick.
8. Don't _____ with your mouth open! It's disgusting!

19. Read the text and circle the correct words.

The story of the hamburger

The **(1)** *tasty / tasteless* hamburger is one of our best-loved foods. It can be the main **(2)** *course / dinner* of a **nourishing** meal and part of a well-balanced **(3)** *weight / diet* or just **junk** food. But where did the hamburger come from? Nobody is really sure, but one thing is certain – the hamburger goes back many centuries and **spans** many civilisations.



The story begins approximately 800 years ago, when Mongolian soldiers put **(4)** *raw / baked* meat under their saddles to **soften** and **flatten** it before they ate it uncooked.

The Germans – who have always had a good **(5)** *appetite / nutrition* for meat – introduced the hamburger to the wider world. Apparently, when German immigrants from the city of Hamburg went to America around 1900, they brought with them their Hamburg steak – a **(6)** *dish / plate* of salty

meat on round bread.

Another version of the story mentions Otto Kuasw, a **(7)** *cook / cooker* from Hamburg, who made the first 'hamburger' in 1891. He fried **beef** sausage and an egg and **(8)** *burnt / served* them between two slices of bread. The sailors who visited Hamburg went back to New York, told restaurant owners about this 'hamburger' and it became popular. Nowadays, you can get hamburgers everywhere, from **drive-through** to expensive restaurants.

20. Choose the correct answers.

1. If something is a **piece of cake**, it is _____ .
a) easy b) difficult
2. Somebody who is a **couch potato** _____.
a) does a lot of sport b) watches a lot of TV
3. If somebody is a **big cheese**, he or she is _____.
a) an important person b) a serious person
4. When two people are like **chalk and cheese**, they are very _____.
a) different b) similar
5. If you tell somebody to **spill the beans**, you want them to _____.
a) do something they don't enjoy b) tell you something

Speaking

21. Think about your answers to these questions.

1) What is your favorite food that your mother/father cooks?

2) What foods do you consider healthy?

3) Do you think superfoods are worth the attention they receive?

4) Which foods from the text do you eat regularly?

5) How important is healthy eating for students?

6) What changes could people make to improve their diet?

7) How would you describe your country's food?

8) What is your favorite foreign food? How is it different from your country's cuisine?

9) Where is the best place to eat in your town? Why is it so good?

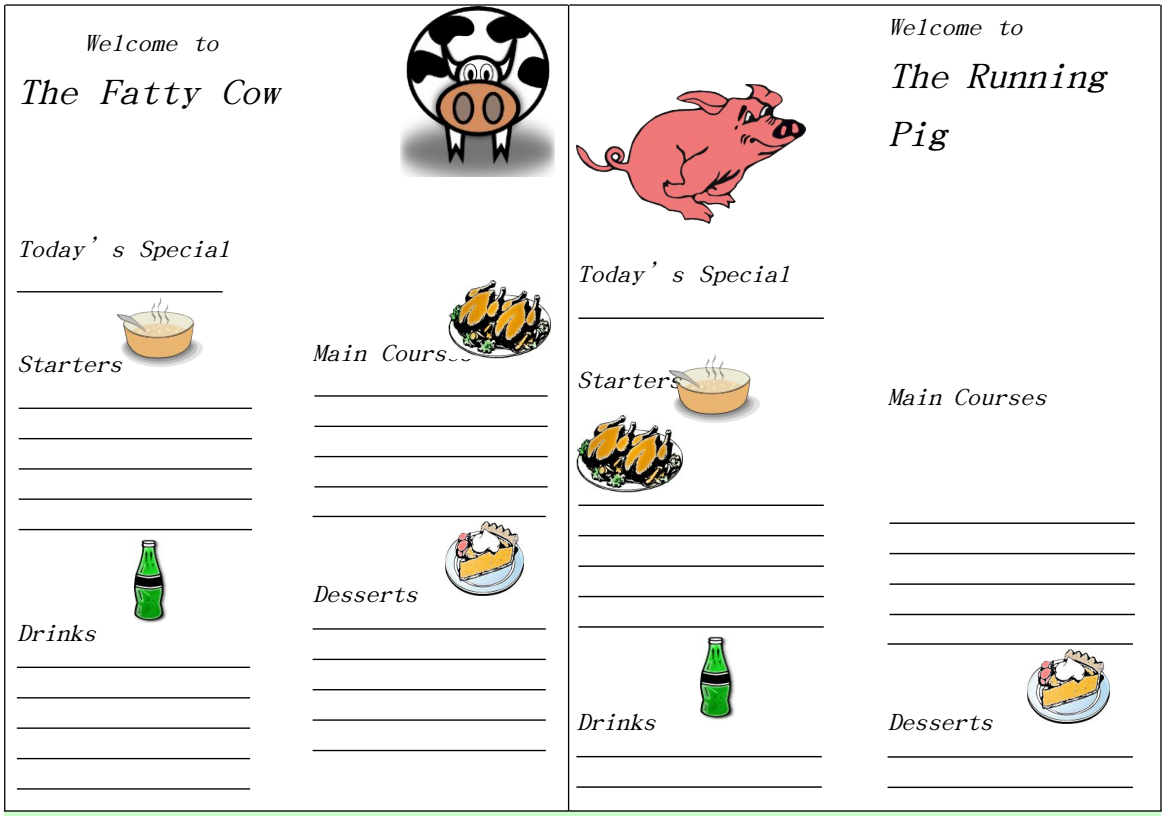
10) Do you eat different foods depending on the season or weather? Give some examples.

22. Describe a traditional meal that you prepare in your country on special occasions. You should say:

- when you eat that meal;
- how you prepare it (recipe);
- what ingredients are used to prepare it;

and explain why you enjoy it.

23. Work in a group. Make up menu for Group A "The Fatty Cow" and Group B "The Running Pig".



Home work

24. Make ppt presentation about food.

Create Your Own Superfood Guide

Choose **five healthy foods** and prepare:

- nutritional benefits
- vitamins and minerals they contain
- health advantages
- recommendations for consumption

8–10 slides or 150–180 words.

Traditional American Food	Traditional British Food
	

Objectives: to activate students' background knowledge on the topic "Health Resorts"; to make students aware of Past Simple and Past Continious usage differencies

Health Resorts

Take care of your body.
It's the only place you have to live.

Warming-up

Jim Rohn

1. ***Work individually. Compare the photographs and say:***
   - *How do you prefer to have a rest/vacation?*
   - *Which health resort would you choose? Why?*
   - *Do you prefer a relaxing or active vacation?*




Phrases to use:
I wouldn't mind ...but on the other hand ...
If I had to choose ....
I think I would say ...

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
lodging	to include	luxurious	to check in / out
excursions	to book	exciting	to give up
expenses	to entertain	relaxed	to get back

Phrases related to health resorts
Provides various facilities and treatments intended to improve
Treatments such as massage, facials, body wraps, or hydrobaths
Treatments intended to cleanse the body of poisons or toxins

2. Match the words with their definitions.

1. resort	a. medical care given to help someone recover from an illness or injury
2. spa	b. begin sleeping gradually
3. massage	c. improve the flow of blood
4. suite	d. a place with water used for relaxation
5. instructor	e. reduce muscle discomfort
6. therapist	f. a place offering accommodation and recreation
7. hydrotherapy	g. a person who provides physical treatment
8. jacuzzi	h. travel through the desert area
9. treatment	i. rubbing muscles to relieve pain and stress
10. oasis	j. therapy that uses water
11. relieve pain and stiffness	k. a fertile place in a desert
12. lower blood pressure	l. a luxury set of hotel rooms
13. increase blood circulation	m. a person who teaches or trains others
14. drift off to sleep	n. satisfy all customer requirements
15. cater for every need	o. a health and beauty centre
16. explore the desert	p. decrease pressure in the arteries

3. Complete the sentences using the words below.

(spa, suite, massage, instructor, resort, treatment, jacuzzi, therapist, hydrotherapy, oasis)

1. The luxury _____ overlooked three swimming pools.
2. The author visited the _____ area immediately after arrival.
3. The hot stone _____ helped him relax.
4. A professional _____ worked on his muscles.
5. The desert resort looked like an _____.
6. The _____ taught him how to ride a camel.
7. The hotel offered several wellness _____.
8. He spent an hour relaxing in the _____.

9. _____ uses water for health and relaxation.
10. The entire _____ provided a peaceful atmosphere.

4. Fill in the gaps using essential vocabulary items.

1. A massage can help reduce stress and _____.
2. The hotel staff provided excellent customer _____.
3. The author stayed in a luxury _____.
4. The resort offered both massage and _____.
5. The author relaxed in a warm _____.
6. Camel riding allowed him to explore the _____.
7. The hot stones produced a feeling of _____.
8. Fresh fruit and vegetables were part of a healthy _____.
9. The author woke up feeling full of _____.
10. He left the resort feeling healthy and at _____.

5. Translate the phrases.

Розкішний курорт, оздоровчий спа-центр, гарячий кам'яний масаж, знижувати артеріальний тиск, покращувати кровообіг, розкішний номер, привітний персонал, басейн із підігрівом, оздоровча процедура, повністю розслабитися, досліджувати пустелю, кататися на верблюді, свіжовичавлений апельсиновий сік, екзотичні фрукти, здоровий спосіб життя, відчувати приплив енергії, проводити час у саду, прекрасний краєвид, професійний масажист, незабутній відпочинок.

Reading

6. Read the text and answer the question. What is the writer's main purpose?

a. to explain the medical benefits of massage

b. to describe a personal experience

c. to discuss the positive and negative features of a spa

A Unique Resort and Spa in the Eastern Province

by Eric Marchand

The benefits of massage have been well pointed out by doctors around the world. A massage helps relieve pain and stiffness in the muscles and joints, lowers blood pressure and increases blood circulation as well. Some people also believe that massages promote a healthy mind in a healthy body by helping you to relax and reduce your anxiety. I decided to put the theory to the test when



the editors of several magazines were invited to Al Khobar to spend a complimentary weekend there.



When I got to Al Khobar, a magnificent hotel stood out like an oasis under the scorching sun. The hotel buildings were surrounded by many palm trees and plants, a sight with which the bare mountains of the Saudi landscape made a striking contrast. I found it hard to believe that such a place existed there in the middle of the desert.

The moment I stepped into the spa, I was surrounded by a welcoming staff who were willing to cater for my every need. Before I even got a chance to introduce myself, I was led to my luxury suite. When I opened the door of my suite, I saw the marvellous view of the three swimming pools and the blue sky in the background. It was hard not to rest on the king-size bed right away, but I decided to go straight to the massage area.

The hotel offers a variety of massages, including hot stone massage and hydrotherapy. I decided on the hot stone treatment. When I was on the massage table, I watched the hot steam coming off the stones that were about to be put onto my body and had second thoughts. However, the moment the masseur placed the first hot stone on my skin, I felt a calm, warm energy spread throughout my entire body. The masseur told me to relax as he placed more stones on my back and I found myself drifting off to sleep.



When I woke up, I was completely relaxed. I realised there was another man in the room, and he was massaging my face. He put a warm mask on my face, and told me it would help clean my skin. When he washed off the mask, he told me it was time to sit in the Jacuzzi for a while. At first, I found it hard to get off the massage table because I wanted to stay there and sleep; however, switching to the

Jacuzzi turned out to be a wonderful idea. I relaxed in the warm water for about an hour.

Meanwhile, dinner had been prepared for me in my room. I had an impressive meal of fresh fish, steamed vegetables and a selection of exotic fruit for dessert. I ate my dinner and lay down on my bed. It was so quiet and peaceful that I fell asleep right away.

The next day, I woke up earlier than usual and full of energy. I had a light but delicious breakfast of freshlysqueezed orange juice and yoghurt with fresh fruit, then went to the gym. After an hour of exercising, I decided to go for a dip in the pool. I felt refreshed and relaxed and decided to explore the desert on a camel. This might seem unbelievable, but it is something I had never done before.



My instructor and I rode our camels into the desert. As a light breeze was blowing, I felt like a nomad crossing the dry land. My instructor said that I was doing great, even though I was afraid of falling off the camel. We rode back to the resort and, although I was quite hungry after all the morning's activities, I had a light lunch consisting of only iced tea, salad and fruit. I spent the afternoon in the gardens of the resort, feeling completely relaxed.

I woke up the next morning with the sun shining on me, and I realised my weekend there was at an end. I left the resort feeling healthy and at peace, knowing that I would definitely return some day.

7. Choose the correct option.

1. A spa usually offers various health and beauty _____.
   a) treatments

b) deserts
c) camels

2. The author stayed in a luxury _____.
   a) gym
   b) suite
   c) garden
3. Hydrotherapy involves the use of _____.
   a) stones
   b) oils
   c) water
4. The resort was located in the middle of the _____.
   a) forest
   b) desert
   c) valley
5. The hot stone massage helped the author _____.
   a) exercise
   b) relax
   c) sleep less
6. The author explored the desert on a _____.
   a) horse
   b) bicycle
   c) camel
7. The Jacuzzi was filled with _____ water.
   a) cold
   b) warm
   c) salty
8. The staff were willing to _____ for every need.
   a) cater
   b) ride
   c) massage
9. The author felt completely _____ after the treatments.
   a) exhausted
   b) relaxed
   c) nervous
10. The resort provided a view of several _____.
    a) mountains
    b) swimming pools
    c) beaches

8. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) A massage helps relieve pain and stiffness in the muscles and joints, lowers blood pressure and increases blood circulation as well.

2) The author decided to put the theory to the test when the editors

of several magazines were invited to Al Khobar to spend a complimentary weekend there.

3) Al Khobar is a magnificent hotel stood out like an oasis under the scorching sun.

4) The author had a light lunch consisting of only iced coffee, salad and fruit.

5) The author left the resort feeling healthy and at peace, knowing that he wouldn't definitely return some day.

9. Answer the questions after the text.

1) What does the writer say about the hotel?

2) How did the author feel about going to the Jacuzzi?

3) What did the author think about the breakfast?

4) How did the author describe his camel riding experience?

5) Have you ever visited a spa or health resort?

6) Which activities help you relax?

7) Would you like to try a hot stone massage? Why?

8) What makes a holiday truly relaxing?

9) Which is better: an active holiday or a wellness holiday?

Grammar Focus

Grammar Topic: Past Simple vs Past Continuous

📖 Grammar Explanation

◆ Past Simple

We use the Past Simple for:

✔ completed actions in the past
✔ a sequence of past events

✔ finished experiences

Structure

Subject + Verb (Past Simple)

Examples:

- I arrived at the resort.

- The staff welcomed me warmly.
- I explored the desert.

◆ Past Continuous

We use the Past Continuous for:

✔ actions in progress at a specific moment in the past
✔ background descriptions
✔ interrupted actions

Structure

Subject + was/were + Verb-ing

Examples:

- I was relaxing in the jacuzzi.
- The sun was shining.
- A light breeze was blowing.

◆ Past Simple + Past Continuous Together

When one action interrupts another:

Past Continuous + when + Past Simple

Examples:

- I was resting on the massage table when the masseur entered the room.
- The instructor was talking to me when the camel suddenly stopped.

Examples from the text

- **When I opened the door**, I **saw** the marvellous view.
- **As a light breeze was blowing**, I felt like a nomad crossing the desert.
- **When I was lying on the massage table**, the masseur placed hot stones on my back.
- **While I was relaxing in the Jacuzzi**, dinner was being prepared in my room.

10. Choose the correct form.

1. When I _____ the spa, the staff welcomed me immediately.
   - a) was entering
   - b) entered
2. While I _____ in the Jacuzzi, I felt completely relaxed.
   - a) relaxed
   - b) was relaxing

3. The masseur _____ hot stones on my back while I was lying on the table.
    - a) placed
    - b) was placing
4. As we _____ through the desert, a light breeze was blowing.
    - a) rode
    - b) were riding
5. I _____ asleep shortly after dinner.
    - a) fell
    - b) was falling
6. The sun _____ when I woke up the next morning.
    - a) shone
    - b) was shining
7. While I _____ the gardens, I felt completely peaceful.
    - a) explored
    - b) was exploring
8. My instructor _____ me advice while we were riding camels.
    - a) gave
    - b) was giving
9. I _____ breakfast before going to the gym.
    - a) had
    - b) was having
10. While I _____ the view, I took several photos.
    - a) admired
    - b) was admiring

11. Complete the sentences with the correct form of the verb.

1. While I _____ (relax) in the Jacuzzi, I forgot about all my worries.
2. The staff _____ (lead) me to my suite when I arrived.
3. I _____ (look) out of the window when I noticed the swimming pools.
4. While the masseur _____ (place) hot stones on my back, I felt calmer and calmer.
5. We _____ (ride) through the desert when the wind became stronger.
6. The chef _____ (prepare) dinner while I was enjoying the spa facilities.
7. I _____ (fall) asleep immediately after dinner.
8. While I _____ (walk) through the gardens, I admired the palm trees.
9. My instructor _____ (talk) to me while we were riding our camels.
10. I _____ (leave) the resort feeling refreshed and full of energy.

12. Join the sentences using while or when.

1. I relaxed in the Jacuzzi. Dinner was being prepared.
2. I opened the suite door. I saw the swimming pools.
3. We rode through the desert. A light breeze was blowing.
4. I was lying on the massage table. The masseur entered the room.
5. I explored the gardens. I felt completely relaxed.

6. I woke up. The sun was shining.
7. The instructor was speaking. I was listening carefully.
8. I was eating breakfast. I planned the rest of the day.
9. The staff showed me around the resort. I admired the facilities.
10. I was riding the camel. I felt nervous.

13. Find and correct the mistakes.

1. While I relaxed in the Jacuzzi, dinner prepared in my room.
2. I was entering the spa when the staff welcomed me warmly.
3. The sun shined when I was waking up.
4. While we rode through the desert, the wind blowed gently.
5. I was fall asleep after dinner.
6. The masseur placed stones while I laying on the table.
7. I explored the gardens when I was feeling relaxed.
8. While I was riding the camel, my instructor give me advice.
9. The chef was prepared dinner while I relaxed.
10. I leaving the resort feeling refreshed.

14. Complete the story using the verbs in brackets in the Past Simple *or* Past Continuous.

Last summer I _____ (visit) a health resort near the sea. While I _____ (walk) around the resort, I _____ (notice) a beautiful swimming pool. The sun _____ (shine) and people _____ (relax) in the gardens. Later, I _____ (book) a massage treatment. While the therapist _____ (work), I _____ (feel) my stress disappear. After the massage, I _____ (have) dinner in the restaurant. While I _____ (eat), I _____ (watch) the sunset. The next morning, I _____ (wake up) early and _____ (go) for a swim before breakfast.

15. Translate the sentences using Past Simple and Past Continuous.

1. Поки я відпочивав у джакузі, персонал готував вечерю.
2. Коли я відкрив двері номера, я побачив чудовий краєвид.
3. Поки ми їхали пустелею, дув легкий вітерець.
4. Я заснув, коли лежав на масажному столі.
5. Сонце світило, коли я прокинувся.
6. Поки масажист працював, я повністю розслабився.
7. Ми милувалися краєвидом, коли поверталися до курорту.
8. Поки я снідав, я планував свій день.
9. Інструктор розмовляв зі мною, поки ми їхали на верблюдах.
10. Коли я залишав курорт, я почувався здоровим і щасливим.

16. Complete the sentences about your own experiences.

1. While I was travelling last summer, I _____.
2. When I arrived at my hotel, I _____.
3. While I was having breakfast, I _____.
4. I felt relaxed when _____.
5. While I was exploring a new place, I _____.
6. The weather was beautiful while I _____.
7. I met an interesting person when _____.
8. While I was resting, I _____.
9. I learned something new when _____.
10. The best part of my holiday was when _____.

Writing

17. Write an essay.

A Perfect Weekend at a Health Resort

Write 120–150 words.

Include:

- where the resort is located
- what facilities it offers
- activities you would like to try
- how you would feel after the visit

Use of English

18. Read the text and answer the questions.

The unhealthiest places in the world



According to a study by Clinic Compare, the unhealthiest country in the world is the Czech Republic. The study, which compared data on alcohol, tobacco consumption and **obesity** in 179 countries, found that Czech Republic residents are among the world's heaviest drinkers. Indeed, nine of the ten unhealthiest countries are located in Eastern Europe, where smoking is more common than in the rest of the world and is increasing among teenagers. The only one outside this region was the USA, where 36% of the

population are obese. Obesity levels are lower in the Czech Republic but are the highest in Europe.

The study must be **taken with a pinch of salt**, however. According to the rankings, the healthiest country in the world is Afghanistan due to its low obesity and alcohol consumption. In second and third place are Guinea and Niger. But that doesn't make them healthy places to live. Indeed, four countries listed among Clinic Compare's top ten healthiest countries, Guinea, DR Congo, Malawi and Mozambique, were among the least healthy nations in another study, the Global Competitiveness Index.



High consumption of alcohol, tobacco and food are diseases of affluence; that is, they are common in wealthy countries. However, many countries, especially in Africa, are still **struggling** with diseases of poverty. For example, the average life expectancy in DR Congo is just 53 years old. Here, many people die from diseases which could be treated in other countries. In Malawi, tuberculosis and HIV are common. These countries **lack** basic medical facilities and trained doctors. In Mozambique, where 30% of people cannot access health services, lack of nutrients in the diet is a far more common medical problem than **overeating**.

Moreover, Nepal, listed by Clinic Compare as the 4th healthiest country, is the tenth most polluted country and Afghanistan the 14th. Air pollution is a killer, with 7 million people dying worldwide each year from diseases associated with it. It is not just vehicle fumes and industries which are the problem. Around 2.4 billion people worldwide are exposed to dangerous levels of **household** air pollution while cooking on fires or stoves fuelled by kerosene, wood, dung and coal.



According to a different study, which measured factors such as the cost of staying healthy, life expectancy, air pollution, obesity, sunlight hours and crime rate, the healthiest country is Spain. This is most likely due to its traditionally healthy diet, clean air, the number of people walking to work (37%), and free healthcare. Interestingly, another study, the Global Health Security Index, ranks the USA as the healthiest nation. This was because its high standards in research, safety and communication allow it to detect and respond to pandemics the most effectively. This contrasts with the Clinic Compare survey, which ranked it the 10th unhealthiest country, primarily because of its high obesity rate.

The countries with the highest levels of obesity, however, are in the Pacific islands. In countries such as Nauru, Tuvalu and Palau, over half the population is obese.



This is a relatively new trend, as, before the 1950s, locals cons umed a traditional diet that included bananas, coconuts, yams and seafood. Since then, incomes have increased, making imported convenience foods more **affordable**. This new scenario causes people to make poor food choices despite the availability of healthier, locally-grown options. In many regions of the USA, healthy choices just aren't available, or they are too expensive. In addition, this country's driving culture means that many people don't get enough exercise.

1. Residents of the Czech Republic…

A. consume more alcohol than any other country in the world.

B. have the highest combined rates of smoking, obesity and drinking alcohol.

C. smoke more than any other country in Eastern Europe.

D. are more obese than people in both the USA and the rest of Europe.

2. The writer of this article thinks that the Clinic Compare study…

A. accurately identified the healthiest and least healthy nations.

B. did not include enough countries in its study.

C. failed to identify the healthiest countries accurately.

D. is inaccurate because health issues have changed since the study.

3. According to the article,

A. there is more malnutrition than obesity in Mozambique.

B. there are more diseases of affluence in DR Congo than in the USA.

C. life expectancy in DR Congo is the lowest in the world.

D. access to medical facilities and doctors in Malawi is gradually rising.

4. The text indicates that…

A. Nepal has more pollution from vehicles and industries than Afghanistan.

B. Fewer people die as a result of air pollution in Nepal than in Afghanistan.

C. 2.4 billion people are currently suffering from diseases associated with air pollution.

D. People put their health at risk when cooking on kerosene, wood, dung and coal.

5. According to the text, the USA is higher than Spain with regards to…

A. the number of people who walk to work.

B. the amount of air pollution

C. the affordability of its health care.

D. its ability to respond to disease outbreaks.

6. According to the text, what is the reason for high obesity rates in the Pacific Islands?

A. The traditional diet is high in fat.

B. People prefer to buy imported food.

C. Fresh food is no longer grown locally.

D. People do not get enough exercise.

Speaking

19. Think about your answers to these questions.

1) What are famous health resorts in Ukraine?

2) Why do you think people enjoy going to spas?

3) Would you like to spend a weekend at a spa? Why? Why not?

4) What are some things that cause stress? How can you reduce stress in your life?

5) If you were the President of Ukraine, what would you do to improve Ukrainians' health?

20. Describe something you do to keep healthy. You should say:

what this activity is;

when you do it;

and how often you do it;

and explain why you think it's a good way to look after your health.

Home work

21. Make ppt presentation/report about health resort.

Design Your Dream Health Resort

Prepare:

- location
- accommodation
- wellness facilities
- activities
- healthy menu
- reasons tourists would visit

8–10 slides or 150–200 words.

Objectives: to activate students' background knowledge on the topic "Health Problems"; to make students aware of Reported Speech structures usage

Health Problems

Health is not valued till sickness comes.

Warming-up

Thomas Fuller

1. ***Work individually. Compare the photographs and say:***
   - *How do you stay in shape?*
   - *What is better – to exercise in the gym or outside?*
   - *How good might these forms of exercise be for the people in the photos?*





Phrases to use:

Many people think that ... Apart from that ...

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
overweight addict painkiller	to prevent to occur to treat	weak exhausted pale	to phone in sick to calm down to be under the weather
Phrases related to health problems			
To miss classes because of illness			
To take the day off sick			
To suffer from ... disease			

2. Match the words with their definitions.

1. headache	a. do what the doctor advises
2. cough	b. inability to sleep
3. pulse	c. pressure of blood in the body
4. treatment	d. rest during illness
5. patient	e. the regular beating of the heart
6. blood pressure	f. use medication recommended by a doctor
7. complication	g. measure body heat
8. prescription	h. a person receiving medical care
9. insomnia	i. receive medical advice
10. consult a doctor	j. pain in the head
11. take your temperature	k. a sudden expulsion of air from the lungs
12. sound your heart and lungs	l. listen to organs using a stethoscope
13. prescribe medicine	m. written instructions for medicine
14. stay in bed	n. a problem that makes an illness worse
15. follow recommendations	o. medical care given to cure an illness

3. Choose the correct option.

1. If you have a high temperature, you should probably _____.

   a. a) consult a doctor
   b. b) go shopping
   c. c) exercise

2. A doctor may check your _____ to see how fast your heart is beating.

   a. a) pulse
   b. b) memory
   c. c) stomach

3. Medicine is usually bought at a _____.

    a. a) library
    b. b) chemist’s
    c. c) stadium

4. If you have a sore throat, you may find it difficult to _____.

    a. a) speak
    b. b) drive
    c. c) swim

5. The doctor advised the patient to _____ for some time.

    a. a) travel abroad
    b. b) stay in bed
    c. c) work harder

6. Insomnia is a condition connected with _____.

    a. a) eating
    b. b) sleeping
    c. c) walking

7. The patient complained of problems with his _____.

    a. a) lungs and liver
    b. b) legs and feet
    c. c) hair and skin

8. The doctor recommended long _____.

    a. a) flights
    b. b) walks
    c. c) meetings

9. Smoking can have a negative effect on your _____.

    a. a) health
    b. b) vocabulary
    c. c) education

10. The gentleman looked _____ after following the doctor's advice.

    a. a) cheerful
    b. b) exhausted
    c. c) worried

4. Complete the sentences using the words below.

(doctor, treatment, medicine, pulse, patient, cough, temperature, insomnia, pressure, recommendations)

1. The _____ examined the patient carefully.
2. The doctor took the patient's _____.
3. A persistent _____ may indicate an illness.
4. The doctor prescribed special _____.
5. The patient followed the doctor's _____.
6. The doctor checked the man's blood _____.
7. The nurse measured his body _____.
8. The patient suffered from severe _____ and could not sleep.
9. The prescribed _____ helped him recover.
10. Every _____ should follow medical advice carefully.

5. Fill in the gaps using essential vocabulary items.

1. Health is the greatest _____.
2. The doctor checked the patient's blood _____.
3. A high _____ is often a symptom of infection.
4. The patient complained of severe _____ in his chest.
5. The doctor prescribed some _____.
6. The old gentleman suffered from _____ and memory loss.
7. Long walks can improve your _____ condition.
8. Smoking may cause serious health _____.
9. The patient thanked the doctor for his helpful _____.
10. Following medical advice can prevent serious _____.

6. Translate the phrases.

Сильний головний біль, біль у спині, високий артеріальний тиск, низький артеріальний тиск, сильний кашель, біль у горлі, звернутися до лікаря, пройти медичне обстеження, виміряти температуру, перевірити пульс, призначити лікування, виписати ліки, дотримуватися рекомендацій лікаря, залишатися в ліжку, серйозні ускладнення, страждати від безсоння, почуватися слабким, здоровий спосіб життя, довгі прогулянки на свіжому повітрі, швидке одужання.

Reading

7. Read the text and choose the best title to it.

Health is the Greatest Wealth

Is there anything more important than health? I don't think so. “Health is the greatest wealth,” wise people say. You can't be good at your

studies or work well when you are ill.

If you have a headache, heartache, toothache, backache, earache or bad pain in the stomach, if you **complain** of a sore throat or a bad cough, if you run a high temperature and have a bad cold in your head, or if you suffer from high or low blood pressure, I think you should consult a doctor.



The doctor will **examine** your throat, feel your pulse, test your blood pressure, take your temperature, **sound your heart and lungs**, test your eyes, check your teeth or have your chest X-rayed. After that he will **prescribe** some treatment, pills, tablets or some other medicine which we can buy at the chemist's. He will recommend you to stay in bed for some time, because there might be serious **complications**. The only thing you have to do is to follow his recommendations.

Speaking about doctors' recommendations, I can't help telling you one funny story. An old gentleman came to see the doctor. The man was very ill. He complained of weakness, **insomnia**, memory loss and serious problems with his heart, lungs and liver. The doctor examined the patient and said that no medicine could cure his desease.



Do you want to know what the doctor's advice was? He told his patient to go to a quiet place for a month and have a good rest. He also advised him to eat a lot of meat, drink two glasses of red wine every day and take long walks. In other words, the doctor recommended him to follow the rule: “Eat at pleasure, drink with measure and enjoy life as it is“. The doctor also said that if the man wanted to be well again, he shouldn't smoke more than one cigarette a day. A month later the gentleman came into the doctor’s office. He looked cheerful and happy. He thanked the

doctor and said that he had never felt a healthier man. "But you know, doctor," he said, "it's not easy to begin smoking at my age."

8. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) You can be good at your studies or work well when you are ill.

2) You shouldn't consult the doctor if you feel bad.

3) After doctor examines you he will prescribe some treatment .

4) The only thing sick person has to do is to follow doctor's recommendations.

5) The doctor is always right.

9. Answer the questions after the text.

1) What do you usually do when you have a headache, heartache, toothache, backache, earache or bad pain in the stomach?

2) What does doctor have to do if you are sick?

3) Why does doctor recommend you to stay in bed for some time?

4) What funny story did the author tell us?

5) Do you know some funny stories about vising the doctor?

Grammar Focus

Reported Speech: Reporting Advice and Recommendations

Study the examples from the text:

Direct Speech:

- The doctor said: *"Stay in bed for some time."*
- The doctor said: *"Take long walks."*
- The doctor said: *"You shouldn't smoke more than one cigarette a day."*

Reported Speech:

- The doctor advised him **to stay in bed** for some time.
- The doctor recommended him **to take long walks**.
- The doctor told him **not to smoke** more than one cigarette a day.

Form

Reporting advice

advise + object + to + infinitive

- The doctor advised him to rest.
- The teacher advised students to revise regularly.

Reporting recommendations

recommend + verb-ing / recommend that...

- The doctor recommended taking more exercise.
- The doctor recommended that he rest more.

Negative advice

advise/tell + object + not to + infinitive

- The doctor told him not to smoke.
- The dentist advised her not to eat too many sweets.

Remember!

Direct Speech	Reported Speech
"Exercise more."	He advised me to exercise more.
"Don't smoke."	He told me not to smoke.
"Take these pills."	He advised me to take those pills.

10. Rewrite the advice using Reported Speech.

1. "Stay in bed for two days."
2. "Drink more water."
3. "Take these tablets after meals."
4. "Do more exercise."
5. "Get enough sleep."
6. "Don't eat fast food every day."
7. "Don't skip breakfast."
8. "Avoid stress."
9. "Walk for at least thirty minutes daily."
10. "Don't smoke."

11. Complete with advised, recommended, or told.

1. The doctor _____ me to rest for a week.
2. He _____ taking regular exercise.
3. The nurse _____ the patient not to worry.
4. The doctor _____ him to stop smoking.
5. She _____ drinking more water.
6. The specialist _____ me not to work late.
7. The doctor _____ having a healthier diet.
8. The dentist _____ me to brush my teeth twice a day.

9. The doctor _____ him not to skip meals.
10. She _____ taking vitamins regularly.

12. Change the sentences into Reported Speech.

1. The doctor said, "Take long walks."
2. The doctor said, "Eat more vegetables."
3. The doctor said, "Don't drink too much coffee."
4. The doctor said, "Get more sleep."
5. The doctor said, "Reduce stress."
6. The doctor said, "Don't ignore the symptoms."
7. The doctor said, "Exercise regularly."
8. The doctor said, "Don't smoke."
9. The doctor said, "Follow my recommendations."
10. The doctor said, "Come back next month."

13. Correct the mistakes.

1. The doctor advised me drink more water.
2. He told me not smoking.
3. She recommended to take vitamins.
4. The doctor advised him resting more.
5. He told me don't eat sweets.
6. The doctor recommended eat more fruit.
7. She advised me to not smoke.
8. He told to stay in bed.
9. The doctor recommended take regular exercise.
10. She advised him not eating junk food.

14. Complete the sentences with your own ideas.

1. My doctor advised me to _____.
2. My dentist told me not to _____.
3. My teacher recommended _____.
4. To stay healthy, doctors often advise people to _____.
5. My parents tell me not to _____.
6. A fitness instructor might recommend _____.
7. To avoid illness, people should _____.
8. A doctor might tell a patient to _____.
9. Healthy people usually _____.
10. Good medical advice helps people _____.

Writing

15. Write an essay.

How to Stay Healthy

Write 120–150 words about:

- common health problems among young people;
- healthy habits;
- the importance of physical activity;
- why regular medical check-ups are useful.

Use of English

Eating Disorders



Eating disorders are so common in America that 1 or 2 out every 100 students will struggle with one.

The most common types of eating disorder are *anorexia nervosa* and *bulimia nervosa* (usually called simply "anorexia" and "bulimia": But other food-related disorders, like **binge eating** disorders, body image disorders, and food phobias, are showing up more frequently than they used to.

ANOREXIA

People with anorexia have an extreme fear of weight gain and a **distorted** view of their body size and shape. As a result, they can't maintain a normal body weight.



Some people with anorexia restrict their food intake by dieting, or excessive exercise.

They hardly eat at all – and the small amount of food they do eat becomes an obsession.

Other people with eating disorders do something called binge eating and purging, where they eat a lot of food and then try to get rid of the calories by forcing themselves to vomit, using laxatives, or exercising excessively. (see "Bulimia", below)

BULIMIA

Bulimia is similar to anorexia. With bulimia, a person binge eats (eats far too much food) and then tries to compensate it extreme ways, such as forced vomiting or excessive exercise, to prevent weight gain. Over time, these steps can be dangerous.



To be diagnosed with bulimia, a person must be binging and purging regularly, at least twice a week for a couple of months. People with bulimia eat a large amount of food (often **junk food**) at once, usually in secret. The person typically feels powerless to stop eating and can only stop once he or she is too full to eat any more.

16. Read the text and decide whether these sentences are true (T) or false (F). Correct the false ones.

1. A great number of American students will suffer from eating disorders. _____
2. Anorexia and bulimia are the only food-related disorders._____
3. Anorexics like their body. _____
4. Some anorexics eat very little and do too much exercise. _____
5. Some bulimics try to lose their calories by exercising regularly. _____

17. Answer the following questions with complete sentences.

1. What symptoms might indicate that a person has anorexia?
2. What are the symptoms of bulimia?
3. When can we say that a person suffers from bulimia?
4. Why do bulimics eat so much?
5. What can you advise people suffering from anorexia/bulimia?

Speaking

18. Think about your answers to these questions.

1) Which country do you think has the best health care?
2) What do you usually do when you feel ill?
3) How often do you visit a doctor?
4) Do you follow all doctors' recommendations? Why?
5) What are the most common health problems among students?
6) What habits help people stay healthy?
7) What things do you do that might damage your health?
8) How can people be encouraged to stay healthy?
9) Why do you think some people continue bad habits when they know that they are damaging to their health?
10) Do women pay more attention to their health than men? Why? Why not?

19. Describe a health problem you or someone you know had.

You should say:

- what it was;
- how you had this health problem;
- what you or this person had to do to get better;

and discuss how you/ this person felt about this health problem.

20. Work in a group. Ask your classmates for advice. Please fill in the missing ailments. Next, practice the conversation and write down the advice.

Example 1	Example 2
Student A: What's wrong? ***Student B:*** *I have a headache* **Student A:** You have a headache? You should take some aspirin. ***Student B:*** *Ok, thanks!*	**Student A:** What's wrong? ***Student B:*** *I am nauseous* **Student A:** You are nauseous? You should lie down. ***Student B:*** *Ok, thanks!*

Ailments	Advice
I have a headache …	You should take some aspirin
I have the flu …	You should …..
I have stomachache …	You should …..
I have heartache ….	You should …..
I have toothache …	You should …..
My back hurts	You should …..

Home work

21. Make ppt presentation about the healthiest people in the world and reasons they are so healthy?

OR

22. Create a Healthy Lifestyle Guide

Prepare a poster, infographic, or presentation including:

- healthy eating habits;
- exercise recommendations;
- sleeping habits;
- stress management techniques;
- advice for preventing common illnesses.

8–10 slides or 150–200 words.

Objectives: to activate students' background knowledge on the topic "Physical Fitness"; to make students aware of quantifiers usage peculiarities

Physical Fitness

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

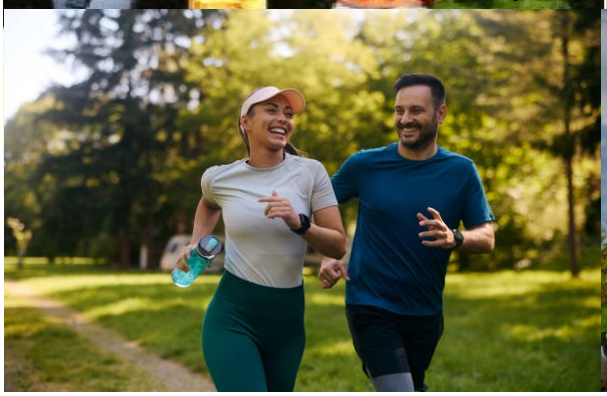
John F Kennedy

Warming-up

1. Work individually. Compare the photographs and say:

- *For whom and in a what way are these physical activities beneficial?*
- *What activities would you prefer?*






Phrases to use:

There are different ways in which you can …
On the one hand … . On the other hand, … .
I prefer A to B … / I like A more than B … / I like A, but I dislike B … / A is more … / because…

Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
achievement	to contribute	helpful	to tire out
challenge	to cure	energetic	to burn off calories
courage	to develop	scientific	to warm up
Phrases related to physical fitness			

To back on your feet / back into shape	
To be full of beans	To have a cast-iron stomach
I've been shopping all day. My dogs are barking!	

2. Match the words with their definitions.

1. sedentary lifestyle	a. loss of memory and cognitive abilities
2. physical activity	b. a serious medical condition caused by a problem with the blood supply to the brain
3. leisure time	c. use excess calories
4. manual work	d. reduced chance of illness
5. effort	e. work requiring physical effort
6. stroke	f. enjoyable and meaningful life
7. diabetes	g. way of living with little movement
8. dementia	h. disease affecting the heart
9. fracture	i. activity involving body movement
10. depression	j. activity done on a regular basis
11. healthy lifestyle	k. a disease related to blood sugar levels
12. lower risk	l. time spent relaxing
13. burn off energy	m. healthy habits and behaviours
14. regular exercise	n. the use of physical or mental energy
15. coronary heart disease	o. a broken bone
16. fulfilling life	p. a mental health condition causing sadness and loss of interest

3. Choose the correct option.

1. Many people are less active because technology has made life more _____.
   - a) difficult
   - b) convenient
   - c) dangerous
2. Most modern jobs involve little physical _____.
   - a) effort
   - b) equipment
   - c) competition

3. Research suggests that many adults spend over seven hours a day _____.
   - a) exercising
   - b) running
   - c) sitting
4. Physical activity can reduce the risk of _____ disease.
   - a) heart
   - b) dental
   - c) skin
5. Older adults are often the most _____ age group.
   - a) energetic
   - b) sedentary
   - c) athletic
6. Regular exercise helps reduce the risk of _____.
   - a) fitness
   - b) depression
   - c) strength
7. People today burn off _____ energy than previous generations.
   - a) more
   - b) the same amount of
   - c) less
8. Physical fitness contributes to a _____ life.
   - a) healthy
   - b) stressful
   - c) inactive
9. Walking, cycling and swimming are examples of _____ activity.
   - a) physical
   - b) virtual
   - c) industrial
10. Regular exercise can reduce the risk of early _____.
    - a) retirement
    - b) death
    - c) travel

4. Complete the sentences using the words below.

(activity, sedentary, effort, stroke, diabetes, leisure, energy, depression, fracture, fitness)

1. Physical _____ is essential for good health.
2. Many office workers have a _____ lifestyle.
3. Regular exercise helps us burn off excess _____.
4. A healthy lifestyle reduces the risk of _____.
5. Physical _____ improves overall well-being.
6. Older adults should avoid becoming too _____.
7. Exercise can lower the risk of suffering a _____.
8. Walking is a simple form of physical _____.
9. Staying active may help prevent _____.
10. Physical activity can reduce the risk of hip _____.

5. *Translate the phrases.*

Вести малорухливий спосіб життя, регулярна фізична активність, спалювати зайву енергію, фізичні навантаження, здоровий спосіб життя, ризик серцевих захворювань, ризик інсульту, знижувати ризик діабету, підтримувати фізичну форму, проводити багато часу сидячи, активний спосіб життя, займатися спортом регулярно, фізичне здоров'я, розумове здоров'я, профілактика захворювань, корисні звички, покращувати якість життя, залишатися активним у похилому віці, виконувати фізичні вправи, зменшувати ризик передчасної смерті.

Reading

6. *Read the text and choose the best title to it.*

Benefits of Exercise

People are less active nowadays, partly because technology has made our lives easier. We drive cars or take public transport. Machines wash our clothes. We entertain ourselves in front of a TV or computer screen. Fewer people are doing manual work, and most of us have jobs that involve little physical effort.

Work, house chores, shopping and other necessary activities are far less demanding than for previous generations. We move around less and burn off less energy than people used to.



Research suggests that many adults spend more than seven hours a day sitting down, at work, on transport or in their leisur e time. People aged over 65 spend 10 hours or more each day sitting or lying down, making them the most sedentary age group.

Given the results of conveniences, it seems obvious that we should all be physically active. It's essential if you want to live a healthy and fulfilling life into old age. It's medically proven that people who do regular physical activity have:

- up to a 35% lower risk of coronary heart disease and stroke;
- up to a 50% lower risk of type 2 diabetes;

- up to a 50% lower risk of colon cancer;
- up to a 20% lower risk of breast cancer;
- a 30% lower risk of early death;
- up to an 83% lower risk of osteoarthritis;
- up to a 68% lower risk of hip fracture;
- a 30% lower risk of falls (among older adults);
- up to a 30% lower risk of depression;
- up to a 30% lower risk of dementia.

http://www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx

7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) People are more active nowadays, partly because technology has made our lives easier.

2) Work, house chores, shopping and other necessary activities are far less demanding than for previous generations.

3) Research suggests that many adults spend more than seventeen hours a day sitting down, at work, on transport or in their leisure time.

4) People aged over 65 spend 10 hours or less each day sitting or lying down, making them the most sedentary age group.

5) It's medically proven that people who do regular physical activity improve their health.

8. Answer the questions after the text.

1) Why are people less active nowadays?

2) How many hours do many adults spend sitting down, at work, on transport or in their leisure time?

3) Why should we all be physically active?

4) What diseases can regular physical activity prevent?

5) On what does disease regular physical activity have the greatest impact?

Grammar Focus

Quantifiers (many, much, few, a few, little, a little, less, fewer, most)

Study the rule

We use quantifiers to talk about the quantity of people, things or substances.

Quantifier	Used with	Meaning	Example
many	countable nouns	a large number	*Many adults spend too much time sitting.*
much	uncountable nouns	a large amount	*People don't have much physical activity.*
few	countable nouns	almost none (negative meaning)	*Few people walk to work nowadays.*
a few	countable nouns	some	*A few people cycle to work every day.*
little	uncountable nouns	almost none (negative meaning)	*Many jobs require little physical effort.*
a little	uncountable nouns	some	*A little exercise every day is better than none.*
less	uncountable nouns	a smaller amount	*People burn off less energy than before.*
fewer	countable nouns	a smaller number	*Fewer people do manual work today.*
most	countable/uncountable nouns	the majority	*Most people use technology every day.*

Examples from the text

- Fewer people are doing manual work.
- We burn off less energy than people used to.
- Many adults spend more than seven hours sitting.
- Most of us have jobs that involve little physical effort.
- There is little physical effort in many modern jobs.

9. Choose the correct quantifier.

1. _____ people are doing manual work nowadays.
   a) Less
   b) Fewer
   c) Much
2. We burn _____ energy than previous generations.

a) fewer
b) less
c) many

3. _____ adults spend over seven hours sitting every day.
   a) Many
   b) Much
   c) Little
4. Most office workers do _____ physical activity during the day.
   a) few
   b) little
   c) many
5. There isn't _____ time for exercise during the working day.
   a) many
   b) much
   c) few
6. _____ students join a gym, but not everyone exercises regularly.
   a) A few
   b) Little
   c) Much
7. _____ people choose to walk instead of driving.
   a) Few
   b) Less
   c) Much
8. We should spend _____ time sitting and more time moving.
   a) less
   b) fewer
   c) many

10. Complete the sentences with the correct quantifier.

many • much • few • a few • little • a little • less • fewer

1. _____ people exercise regularly than twenty years ago.
2. We have _____ free time because we are very busy.
3. Drinking _____ water every day is important.
4. There are _____ parks where people can exercise.
5. _____ adults spend too much time sitting.
6. Modern technology requires _____ physical effort.
7. Children should spend _____ time in front of screens.
8. There isn't _____ information about the benefits of exercise in this leaflet.
9. Only _____ students walk to university every day.
10. We should use _____ transport and walk more.

11. Correct the mistakes.

1. Less people walk to work nowadays.
2. There are much health benefits of regular exercise.
3. Few water is better than no water.
4. Most of people use computers every day.
5. We have fewer free time than our grandparents.
6. A little students cycle to school.
7. Many physical activity helps people stay healthy.
8. There isn't many information about this topic.

12. Rewrite the sentences using the word in brackets.

Example:
People burn more energy than they do today. *(less)*
→ People burn less energy today.

1. Not many people do manual work now. *(fewer)*
2. Office workers spend a large amount of time sitting. *(much)*
3. Almost no people walk to work. *(few)*
4. Some students exercise every morning. *(a few)*
5. There is almost no physical effort in many office jobs. *(little)*
6. People should spend a smaller amount of time sitting. *(less)*
7. A large number of adults use public transport. *(many)*
8. The majority of people use technology every day. *(most)*

13. Fill in the blanks with quantifiers:

many • much • fewer • less • little • most • a few • much

Nowadays, (1)_____ people have jobs that require (2)_____ physical effort than in the past. (3)_____ adults spend long hours sitting at work, and (4)_____ of them do not get enough exercise. There is often very (5)_____ time for sport after work. However, even (6)_____ minutes of physical activity every day can improve your health. Walking instead of driving and spending (7)_____ time in front of screens are simple ways to become more active. Regular exercise has (8)_____ health benefits.

Writing

14. Write an essay.

Staying Physically Fit

Write 120–150 words.

Include:

- your current level of physical activity
- your favourite forms of exercise
- benefits of staying active
- recommendations for young people

Use of English

15. Read a gym advertisement and answer the questions.

Fit Life Gym

Get fit, stay fit.

Open 24 hours a day, 7 days a week.

Our Mission

Our goal is to give you a clean, friendly space to get fit and stay fit. With our modern facilities and supportive staff, you can reach your fitness goals.

Machines and Facilities

We have over 300 machines! Whether you want to do cardio, weights, or dynamic training, we have you covered. You can also take advantage of our swimming pool, sauna, and running track.

Classes

Our gym offers weekly classes in aerobics, spinning, yoga, and karate. All classes are given by experienced professionals. You can download our app to check the monthly calendar and book your spot online!

Personal Trainers

Want help from a pro? Our qualified trainers can help you build a personalized plan to meet your goals. We also work closely with a physiotherapy centre to help people recover from injuries. Come in for a face-to-face consultation.

Price

First month free! $30 per month after your free trial. No annual commitment! Please contact us for class and personal trainer prices.

Join **Fit Life Gym** and start your fitness journey today!

1. When is Fit Life Gym closed?
a) On weekends.
b) At midnight.
c) Never.
2. The people who work at Fit Life Gym are _____.
a) strict
b) supportive
c) serious
3. What type of class is not available?
a) Karate.
b) Dance.
c) Yoga.
4. If you want a consultation with a personal trainer, what should you do?
a) Call the gym.
b) Go to the gym.
c) Email the gym.
5. Fit Life Gym works with a _____ to help people recover from injuries.
a) physiotherapy centre
b) medical clinic
c) school
6. What do you NOT know about the gym?

a) The monthly price.
b) The price for classes.
c) The operating hours.

Speaking

16. Think about your answers to these questions.

1) What is the difference between physical activity and physical fitness?

2) How physically active are you?

3) What types of exercise do you enjoy most?

4) Why are modern people less active than previous generations?

5) How can universities encourage students to be more active?

6) What are the consequences of a sedentary lifestyle?

7) What are the benefits of physical fitness to physical health?

8) What are the benefits of physical fitness to mental health?

9) What are the benefits of physical fitness to emotional health?

10) What does sedentary lifestyle mean?

17. Describe an activity you do for your health or fitness. You should say:

- what you do;
- how often you do it;
- where you do it;

and explain how you think this activity helps you stay healthy or fit.

Home work

18. Make a project.

Design a One-Week Fitness Plan

Create a fitness programme for university students.

Include:

- daily activities
- exercise duration
- health benefits
- healthy habits

8–10 slides or 150–200 words.

MODULE 8

GETTING AHEAD



Objectives: to activate students' background knowledge on the topic "Career choices"; to make students aware of infinitives after verbs and question words

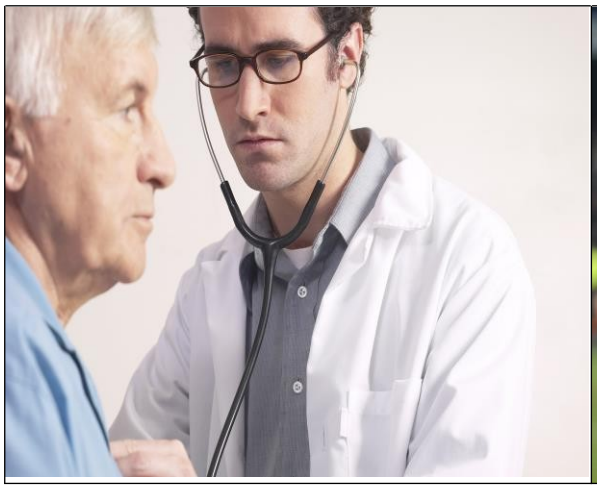
Career choices

It's a beautiful thing when a career and a passion come together.

Warming-up

Uknown

1. ***Work individually. Compare the photographs and say:***
   - *What might these people find satisfying about their job?*
   - *What problems might they experience?*





Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
holiday	to postpone	ambitious	to come up with
obligation	to struggle	confident	to apply for
opportunities	to negotiate	temporary	to keep on

Phrases related to career choices	
To graduate from	Post-graduate education
To follow in smb's steps	To make one's own way in the world
Bachelor's degree / Master's degree	Higher education

2. Match the words with their definitions.

1. working holiday	a. to work in a job to learn new skills and find out what a real workplace is like.
2. improve language skills	b. money spent on travelling
3. achieve career goals	c. develop communication abilities
4. travel expenses	d. a job done while travelling
5. work on a cruise ship	e. a place where tourists go for holidays
6. resort	f. work on a passenger vessel
7. document	g. work in a foreign country
8. passport	h. receive payment for work
9. credit card	i. a card used for shopping
10. employer	j. prepare for a journey
11. gain work experience	k. reach professional objectives
12. work abroad	l. an official paper containing information
13. plan your trip	m. a person or company that gives work
14. earn money	n. a document used for international travel

3. Choose the correct option.

1. A working holiday allows people to travel and _____ at the same time.
   a) study
   b) work
   c) retire
2. Many students travel abroad to learn a new _____.
   a) language
   b) document
   c) company
3. Travel agencies can help students find a _____.
   a) passport
   b) job
   c) visa office
4. Students usually pay their own _____.
   a) salaries

b) travel expenses
c) taxes

5. Some students work on a Norwegian _____.
   a) airport
   b) cruise ship
   c) motorway
6. Others may teach sports to children in _____.
   a) Canada
   b) Madagascar
   c) Germany
7. A working holiday can help you gain valuable _____.
   a) skills
   b) diseases
   c) problems
8. Before travelling, it is wise to make copies of important _____.
   a) clothes
   b) documents
   c) souvenirs
9. A credit card helps you get access to _____.
   a) information
   b) accommodation
   c) cash
10. Students should think about their _____ before choosing a project.
    a) goals
    b) illnesses
    c) accidents

4. Complete the sentences using the words below.

(goals, skills, resort, documents, cash, employer, experience, travel, passport, holiday)

1. A working _____ allows students to travel and earn money.
2. Many young people want to gain international work _____.
3. Before travelling abroad, make sure your _____ is valid.
4. Students often improve their language _____ during a working holiday.
5. Some projects involve working at a ski _____.
6. It is important to have some _____ available for emergencies.
7. Always make copies of important _____.
8. Think about your future career _____.
9. Your future _____ may value international experience.
10. Working abroad combines work and _____.

5. Translate the phrases.

Робоча подорож за кордон, набути професійного досвіду, покращити мовні навички, працювати на круїзному лайнері, працювати на гірськолижному курорті, навчати дітей спорту, планувати подорож, витрати на подорож, копії важливих документів, банківська картка,

міжнародний досвід роботи, кар'єрні цілі, знайти тимчасову роботу, заробляти гроші під час подорожі, працювати за кордоном, отримати корисні навички, майбутній роботодавець, приймати важливі рішення, обирати кар'єрний шлях, розширювати професійні можливості.

Reading

6. Read the text and do tasks after it.

Working Holiday

A working holiday is a great way to see the world and earn money at the same time. Every year, thousands of students travel and work in other countries. Some do it because they want to learn a skill (for example, how to speak a second language). Others just want to have fun. Often, you can do both!



Today, there are many companies that can help you get started. Usually these companies can help you get a job and plan your trip. You usually pay for your own travel expenses (for example, your airfare and taxi fares).

What kind of work and travel projects can you do? Here are some ideas! You can:

- work for a popular teen magazine in the United Kingdom.
- teach music or sports to children in Madagascar.
- work on a Norwegian cruise ship or at an Argentinean ski resort.
- work at an amusement park (for example, Disneyland) in the United States.

Some people go for a month. Some others stay for six months to a year. What do you want to do? Think about your goals and then decide.

Here are some tips from other students about what to bring on your trip:

- Bring a credit/debit card. You might need cash for food, clothes, or travel.
- Make two or three copies of important documents (for example,

your passport).

Have fun!

7. Answer the questions after the text.

1) What is the meaning of the title Working Holiday?

2) According to the passage, why do people take working holidays?

3) How long can you work in another country?

4) What does the passage say about money?

5) What kind of work and travel projects can you do?

Grammar Focus

Infinitives after Verbs and Question Words

Study the examples from the text.

- Some students **want to learn** a skill.
- Companies can **help you get** a job.
- They **want to have** fun.
- Think about your goals and then **decide**.
- Here are some tips about **what to bring** on your trip.
- They want to learn **how to speak** a second language.

We use the infinitive (to + verb):

1. After many common verbs

want to, hope to, decide to, learn to, plan to, need to, try to, agree to, promise to

Examples:

- I want **to travel** abroad.
- She decided **to work** in Canada.
- They hope **to find** a good job.

We also use an infinitive after question words:

how to...
what to...
where to...
when to...
who to...

Examples:

- I don't know **what to pack**.
- She learned **how to cook**.
- Can you tell me **where to stay**?
- We haven't decided **when to leave**.

8. Complete with the correct infinitive form.

1. Many students want _____ (work) abroad.
2. I hope _____ (find) a summer job.
3. She decided _____ (travel) to Australia.
4. We need _____ (buy) our tickets today.
5. They learned _____ (speak) English more confidently.
6. My friend plans _____ (work) on a cruise ship.
7. He agreed _____ (help) me with my application.
8. I want _____ (earn) money during my holidays.
9. We hope _____ (meet) new people.
10. She tried _____ (improve) her communication skills.

9. Choose the correct answer.

1. I want ___ abroad next summer.
   a) work
   b) working
   c) to work
2. We decided ___ a working holiday.
   a) take
   b) to take
   c) taking
3. She hopes ___ English every day.
   a) practise
   b) to practise
   c) practising
4. They plan ___ at a ski resort.
   a) work
   b) to work
   c) worked
5. He agreed ___ me with my documents.
   a) helping
   b) help
   c) to help
6. I learned ___ my own meals.
   a) cook
   b) to cook
   c) cooking
7. We need ___ a passport before travelling.
   a) get
   b) to get
   c) getting
8. My sister hopes ___ enough money for university.
   a) save
   b) saving
   c) to save

10. Complete the questions with the words from the box.

where • what • how • when • who

1. I don't know _____ to pack for my trip.
2. Can you tell me _____ to apply for the programme?
3. She isn't sure _____ to stay in London.

4. They haven't decided _____ to leave yet.
5. Do you know _____ to contact for more information?
6. We learned _____ to travel safely.
7. He didn't know _____ to begin.
8. She asked _____ to talk to about the job.

11. Rewrite the sentences using an infinitive with a question word.

Example:

I don't know. What should I take?
→ **I don't know what to take.**

1. I don't know. Where should I stay?
   → _____
2. She doesn't know. How should she get there?
   → _____
3. We haven't decided. When should we leave?
   → _____
4. They don't know. Who should they ask?
   → _____
5. He doesn't know. What should he write in his CV?
   → _____
6. I can't decide. Which job should I choose?
   → _____

12. Find and correct one mistake in each sentence.

1. I want work in another country.
2. She decided working in a hotel.
3. They hope earn enough money.
4. We don't know where go.
5. He plans travelling next summer.
6. I learned speak English at school.
7. She needs buy a plane ticket.
8. They don't know what bring.
9. My friend agreed helping me.
10. We hope finding a good job.

13. Complete the sentences about yourself.

1. I want to _____.
2. I hope to _____ after university.
3. I plan to _____ next summer.
4. I need to _____ before travelling.
5. I don't know what to _____.
6. I know how to _____.
7. I haven't decided where to _____.
8. I would like to _____ one day.

Use of English

14. Read the text below. Match choices (A-H) to (1-9).

How Should You Choose Your Career?

(by https://www.scotthyoung.com/blog/2025/06/11/choose-your-career/)



Work is a huge part of life. A person who starts work at 25, retires at 65, and works the United States' average of roughly 2000 hours per year will spend 80,000 hours on the job during their lifetime.

But work is more than just time spent. It provides us with the m oney we use to live, friends and colleagues who form a community around us, and, for many of us, an identity.

I've written a lot about how to make progress in your career, but less on how to choose what you do in the first place. Today I'd like to share some ideas I think would have benefitted me when I was first starting out:

1. _____. The people who think the most important thing in life is to be rich are delusional. Being rich is better than being poor, but being rich doesn't magically make your life perfect.
2. _____. At least where I went to school, pretty much everyone was broke (or pretended they were). In such an environment, the major you chose functioned like a badge of personality. In the outside world, different career choices have starkly different degrees of renumeration and difficulty, which can lead to an abrupt transition when you get into "real life."
3. _____. Most of higher education is signaling. That doesn't mean you don't learn anything useful, but simply that appearing smart and conscientious (and conformist) is probably the biggest reason college students tend to get better jobs. This means harder majors are more valuable than easier ones, and broad knowledge is probably more useful than highly vocational specializations (which can be risky if the exact job you've trained for isn't available after you finish your degree).



4. _____. It's natural to want to pick a career that highlights your best abilities. But this can be misleading if your best strengths d on't correspond with actual jobs. As an example of this, one paper found that girls' relatively low participation in STEM originates not from low math ability, but from high reading ability relative to boys!

5. _____. A lot of genuine learning happens on-the-job, but not all jobs are created equal. Some will force high performance standards, give you challenging assignments and offer a varied set of work problems. Others will stick you with routine office work that never changes. You'll learn more in the former, even if it's (temporarily) stressful.
6. _____. All else being equal, the career paths that look fun, interesting or high-status tend to be more competitive. That might be fine if you're passionate and highly-ambitious, but it does mean you're picking a steeper hill to climb than a less-glamorous career in which you do useful work.
7. _____. Few people I know deliberately chose the specialty for which they are now renowned. Open-mindedness and flexibility about the eventual path your career will take are virtues. But combine that flexibility with a willingness to take on challenges (or make some, if none are offered to you).
8. _____. Despite universal education and online job application boards, most opportunities still flow through personal connections. Doctor's children are 24x more likely to be in medicine than people whose parents were not doctors. A big part of the reason for this is that the details of a career path are often obscured, and opportunities are hard to find if you don't know someone who is in a given line of work.
9. _____. While ordinary people tend to use the word "productivity" as synonymous with "working hard," the sense in which economists use it is almost the opposite: high productivity means getting a lot of output for relatively little input. Thus, those who work the hardest are often the least productive in the economic sense. Being in a less productive country, city, sector or company can result in orders-of-magnitude differences in the economic value of your work (and, in turn, your pay and perks), which go far beyond what you can achieve by simply putting in extra hours.

A. "Cool" careers tend to be overrated.
B. Focus on making friends.
C. … but it's definitely not nothing!
D. Be receptive, not passive.
E. Money isn't everything …
F. Where you work matters more than how hard you work.
G. Beware of your talents.
H. College is for proving your abilities; it's not a substitute for job training.
I. Early jobs are for learning, not earning.

Writing

15. Write an essay.

My Dream Career

Write 120–150 words.

Include:

- the profession you would like to have

- skills needed for this career
- reasons for choosing it
- future opportunities

Speaking

16. Think about your answers to these questions.

1) What are some common jobs for men and women in your country?

2) Would you like to take part in a working holiday programme? Why?

3) Which country would you choose for temporary work?

4) What skills can students gain while working abroad?

5) Is international work experience important nowadays?

6) What factors influence your future career choice?

7) Is it important to get a job quickly after graduating? Why?

8) What are some questions that are frequently asked in a job interview?

9) What job do you want to have in five years' time?

10) What three adjectives would describe yourself as a worker?

17. Describe an important decision/ choice that you made in your life. You should say:

- what the decision was;
- when you took the decision;
- what the results of the decision were and whether it was a good choice;

and explain why it was an important decision or choice for you.

18. Work in a group. Discuss what people might have to consider when deciding on a career path.

Home work

19. Make a report about qualifications these jobs require.

FACULTY OF BUSINESS AND SERVICE



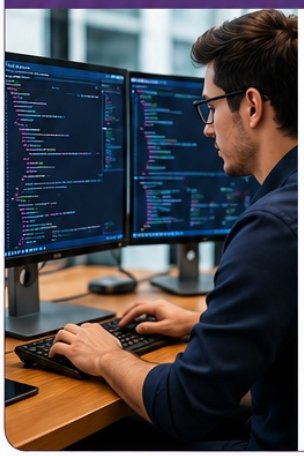
- Business Analyst
- Marketing Manager
- Financial Analyst
- Accountant
- HR Specialist
- Project Manager
- Operations Manager
- Entrepreneur / Business Owner
- Customer Experience Manager
- Supply Chain Specialist

FACULTY OF MINING, ENVIRONMENTAL MANAGEMENT AND CONSTRUCTION



- Mining Engineer
- Geologist
- Environmental Consultant
- Environmental Engineer
- Sustainability Specialist
- Health, Safety and Environment (HSE) Officer
- Construction Manager
- Quantity Surveyor
- Site Engineer
- Project Engineer

FACULTY OF INFORMATION AND COMPUTER TECHNOLOGIES



- Software Developer
- Web Developer
- Systems Administrator
- Network Administrator
- Data Analyst
- Cybersecurity Analyst
- Database Administrator
- IT Support Specialist
- Business Intelligence Analyst
- Cloud Engineer

FACULTY OF COMPUTER-INTEGRATED TECHNOLOGIES, MECHATRONICS AND ROBOTICS



- Mechatronics Engineer
- Robotics Engineer
- Automation Engineer
- Control Systems Engineer
- Embedded Systems Engineer
- Industrial IoT (IIoT) Specialist
- CAD/CAM Engineer
- Maintenance Engineer
- Systems Integration Engineer
- R&D Engineer

FACULTY OF NATIONAL SECURITY, LAW AND INTERNATIONAL RELATIONS



- Lawyer / Legal Counsel
- Legal Advisor
- Policy Analyst
- Diplomat
- International Relations Officer
- Intelligence Analyst
- Cybersecurity Specialist
- Risk and Compliance Officer
- Border and Immigration Officer
- Public Policy Specialist

FACULTY OF HUMANITIES, PSYCHOLOGY AND SPORTS



- Psychologist
- Counselor
- HR Development Specialist
- Sports Coach
- Fitness Trainer
- Sports Manager
- Social Worker
- Content Writer / Editor
- Translator / Interpreter
- Community Development Officer

Objectives: to activate students' background knowledge on the topic "Odd Jobs"; to make students aware of modal verbs *can, have to* and *must* usage peculiarities

Odd jobs

Working hard and working smart sometimes can be two different things.

Warming-up

Byron Dorgan

1. Work individually. Compare the photographs and say:

- *What topic both photos are connected to?*

Imagine you are a careers advisor and you are talking to a group of students about getting work during their free time.

- *Which job would be the best for students?*





Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
an application	to involve	patient	to let smth down
retirement	to strive	ambitious	to move on
unemployment	to exceed	skilful	to sort smth out

Phrases related to odd jobs	
A casual or isolated piece of work	Nonspecialized job or task
To have many different responsibilities	Involve repairing or cleaning things
To earn a little extra money	To get a part-time job

2. Match the words with their definitions.

1. fake	a) an official warning or piece of advice about a possible danger
2. priceless	b) not genuine, incorrect information/fact
3. preserve	c) impossible to replace
4. analyst	d) to protect from damage
5. evidence	e) proof
6. convict	f) specialist who studies information
7. forecast	g) prediction
8. advisory	h) officially declare guilty
9. certified	i) officially qualified
10. sample	j) small amount used for testing

3. Complete the sentences using the words below.

(fake, evidence, forecast, preserve, analyst, certified, sample, priceless, convicted, advisory)

1. Museums work hard to _____ valuable paintings.
2. The expert discovered that the artwork was _____.
3. The police found enough _____ to identify the criminal.
4. An avalanche _____ helps people stay safe.
5. A fingerprint _____ examines crime scene data.
6. The painting is considered _____ because of its historical value.
7. The scientist collected a snow _____ for testing.
8. The court _____ the criminal last year.
9. Only _____ specialists can perform this job.
10. The weather _____ predicts heavy snowfall tomorrow.

4. Translate using the vocabulary from the unit.

Безцінний витвір мистецтва, підроблена картина, аналізувати відбитки пальців, важливий доказ, засуджений злочинець, прогноз лавин, попередження про небезпеку, сертифікований спеціаліст, зразок снігу, досліджувати зміни погоди, захищати культурну спадщину, проводити експертизу картини, збирати докази, працювати на гірськолижному курорті, перевіряти справжність картини.

Reading

5. Read the text quickly without paying any attention to the missing sentences. What are the three jobs described in it?

ODD JOBS: ALL IN A DAYS WORK

Doctor, police officer, lawyer, teacher... Everybody has heard of these jobs, but the most interesting jobs are not always the most obvious. Here are a few people who think they have some of the best jobs in the world – and it is possible that you have never even considered them.



Brad Taylor has enjoyed examining paintings since he was a child. He could tell the difference between a Van Gogh and a Da Vinci before he was seven. **1.** _____ **.** What, you may ask, is that? Well, Brad makes his living by using various techniques to distinguish between a real painting and a fake.

"I *think what I do is a service to mankind*" says Brad. Paintings by Botticelli and Renoir are priceless not only because they are exceptionally beautiful works of art, but because they tell us a lot about the period of time in history in which they were painted. **2.** _____**.** These paintings are therefore a rich source of information for us and it is essential that they be preserved and protected.

Brad works for a prestigious company that examines paintings for

museums. **3. _____ .** "*I might spend most of my time alone with only an old painting to keep me company, but I wouldn't change what I do for anything in the world!*" he says with a big smile on his face.

Gus Wong is a fingerprint analyst at a police station. His job is responsible, and maybe more exciting than Brad's. Analysts use fingerprints to identify criminals. "*Criminals can move away, change their hair colour, even their names,*" says Gus. "*But they can't change their fingerprints*." **4. _____ .**That way, even if a criminal has changed his name, he can be identified.

5. _____ . Many employers also require them to have a post-secondary degree. "*You need good computer skills, an eye for detail and a lot of patience,*" adds Gus. "*I have analysed thousands of individual fingerprints over my career. It is often exhausting, but I have seen many criminals convicted because of evidence that I found.*"

Richard Beamish also does a job that is beneficial to the public, but in a different way. Richard is an avalanche forecaster and he works for a ski resort in the Monashee Mountains. It's his job to take a look at mountain weather, check the snow and write up forecasts, reports and special warnings in order to inform people.

For the past three years, every winter, Richard has been heading out into the mountains before the sun rises in the morning to see what has happened to the snow since his last forecast. He examines the snow, performs tests and takes note of any changes in the weather. **6.** _____. After getting samples of the snow from different areas, Richard prepares an avalanche advisory that people can access by Internet, phone or e-mail to find out about how safe it is to travel in the area.

Richard loves the outdoors and doesn't mind the fact that he spends 75 % of his time sliding around in the snow. He has a science degree although it is not a formal requirement for the job. All avalanche

forecasters must be certified by the Canadian Avalanche Association, but Richard says, "*The one thing that is absolutely necessary in our world of unpredictable snow is personal experience.*"

6. Read the text again and reconstruct a gapped text. Six sentences have been removed from the text. Choose from the sentences A-G the one which best fits each gap (1-6). There is one extra sentence which you do not need to use.

A. He compares the prints found at a crime scene with those in the police database.

B. That gives him a sense of satisfaction because he is helping make the world a better place.

C. The equipment he uses to do this includes shovels, rulers, magnifying glasses and thermometers.

D. Fingerprint analysts need to take a special course to learn the skills needed for their job, which they may do at a college or through the police station.

E. It, therefore, did not come as a surprise to all those who know him when he decided to become a painting authenticator.

F. He spends his day in a special fully-equipped laboratory dressed in a lab coat, baggy tracksuit and trainers.

G. By examining the real thing we learn not only about the lifestyle, ideas and beliefs of those people but also about the materials and techniques in use at that time.

7. True or False?

1. Brad Taylor works as a fingerprint analyst.
2. Brad has loved paintings since childhood.
3. Gus works for a museum.
4. Fingerprints never change.
5. Richard works in a ski resort.
6. Avalanche forecasts help people travel safely.
7. Richard dislikes outdoor activities.
8. Museums employ experts to identify fake paintings.

9. Avalanche forecasters must rely only on technology.
10. All three jobs help society in different ways.

8. Answer the questions after the text.

1) Which of the three jobs mentioned in the text appeals to you most? Why?

2) What's more important, money or job satisfaction? Why?

3) Which three jobs do you think are the most important in society? What makes them so important?

4) Are there any jobs you would refuse to do, regardless of the pay?

5) What do you think the job of being an English teacher is like?

Grammar Focus

Study the examples.

We use **can / can't** to talk about ability.

- Brad can distinguish between a real painting and a fake.
- Fingerprint analysts can identify criminals by their fingerprints.
- Criminals can't change their fingerprints.

We use **have to / don't have to** to talk about necessity.

- Avalanche forecasters have to examine the snow every day.
- Fingerprint analysts have to be patient.
- Brad doesn't have to work outdoors.

We use **must / mustn't** to express strong obligation or rules.

- Avalanche forecasters must be certified.
- Museum workers mustn't damage valuable paintings.
- Analysts must pay attention to detail.

***9. Choose** can, can't, have to, don't have to, must **or** mustn't.*

1. A fingerprint analyst _____ pay attention to every detail.
2. Criminals _____ change their fingerprints.
3. Avalanche forecasters _____ check weather conditions before preparing a report.
4. Museum visitors _____ touch priceless paintings.
5. Brad _____ recognise fake paintings because of his experience.
6. Employees _____ wear special clothes in every museum. It depends on the museum.
7. Richard _____ collect snow samples before writing an advisory.

8. Analysts _____ be patient because their work requires careful examination.

9. You _____ become certified before working as an avalanche forecaster.

10. Visitors _____ take photographs if the museum allows it.

10. Use the correct modal verb to complete the sentences.

1. Brad _____ distinguish between famous artists' paintings.
2. Fingerprint analysts _____ use modern computer technology.
3. Avalanche forecasters _____ ignore changes in the weather.
4. Criminals _____ hide their fingerprints forever.
5. Museum staff _____ protect valuable works of art.
6. Richard _____ work in an office every day because much of his job is outdoors.
7. Tourists _____ follow avalanche warnings.
8. Analysts _____ examine evidence carefully.

11. Correct the mistakes.

1. Brad can to identify fake paintings.
2. Analysts must to examine every fingerprint carefully.
3. Criminals don't can change their fingerprints.
4. Richard have to prepares avalanche reports.
5. Visitors mustn't to touch the paintings.
6. Avalanche forecasters can ignoring weather reports.
7. Museum workers has to preserve valuable paintings.
8. A fingerprint analyst don't have to be patient.

12. Translate into English.

1. Аналітик повинен уважно перевіряти докази.
2. Злочинці не можуть змінити свої відбитки пальців.
3. Працівники музею повинні берегти картини.
4. Лавинні прогнозисти повинні збирати зразки снігу.
5. Туристам не можна ігнорувати попередження.
6. Бред може легко відрізнити справжню картину від підробки.
7. Працівникам не обов'язково працювати у вихідні.
8. Усі прогнозисти повинні бути сертифікованими.

Use of English

How working odd jobs prepares you for your career

(from https://medium.com/@traveld3/how-working-odd-jobs-prepares-you-for-your-career-e45c2a7e9dc5)

I'm an advocate of working while in high school and college. The skills you learn on the job are as important as those you learn in school. You learn about taxes, the value of a dollar, and how to work with coworkers and customers. You don't need to work in as many fields as I did in my day, but the more you do, the more you are **1.**_____ for real adulthood and for a career.

Newspaper route



I delivered papers in the afternoons (thank goodness, as I was not a morning person). After school, I would ride my bike over to the local newspaper distribution center and **2.**_____ a stack of newspapers, rubber bands and plastic bags (I grew up in the rainy Northwest). I would then roll and stuff the newspapers, fill my bag, and **3.**_____ on my route. This was not television — you did not throw papers onto porches. Most of the houses had boxes that the newspaper had to be placed into or they were left nicely on the front mat (otherwise, you would get complaints). I collected each month's subscription fee and **4.**_____ this to the distributor. I was also in charge of collecting any past due amounts.

Skills learned:

I learned responsibility, how to memorize a route, navigation, billing, and collections. Being an independent contractor, I also learned it's hard to get a **5.**_____ so taking vacation and taking a sick day is not a given. This

biggest lesson I learned is that you need the right tools for the job. The first time you flip over your handlebars after your newspaper bag catches in the front tire you know there must be a better way.

Day Care

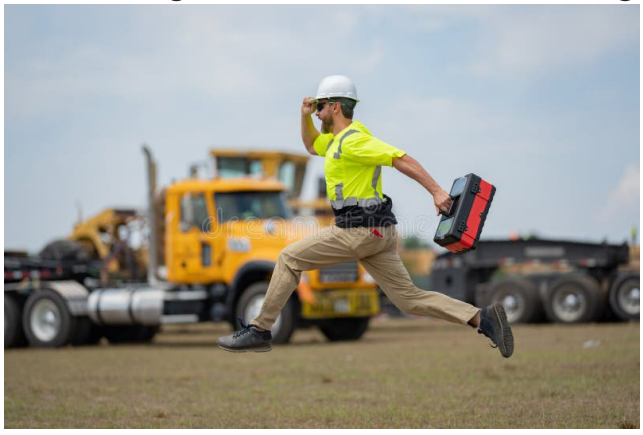
One of my first full-time jobs out of high school was working in a Montessori Day Care. At the time I thought a career in early childhood education was going to be my career path. After babysitting on weekends in junior high and high school I thought this would be a perfect **6.**_____. From 8 am sharp until 5 pm (or when the last child was picked up for the day, always after 5 due to traffic) I was co-responsible for a room of fourteen children ranging from the age of 12 to 18 months. They needed to be fed, changed, put down for naps, entertained and kept out of **7.**_____.

Skills learned:

Do you want to learn how to work independently and work hard? Do you also want to test your patience and stamina? A job in early education may be for you. Having seven toddlers that need to be fed, diapered and entertained for eight hours straight will either kill you or teach you **8.**_____ and what a hard day's work is. You will also be desensitized to a mess and chaos. You will learn to be nice even when you don't feel like it (who could yell at a baby?). This is the ultimate way to learn to be nice to the customer.

Construction

I spent two summers in high school working on a construction site building high-end townhomes. As the only high school kid on sit e, I was the official gofer. Go for this; go for that. Does every unit need to be vacuumed after electrical is finished and after drywall? Do the hundred new garbage cans need a company logo? Does it take four hours on the phone on hold to reach the waste department?



Any job that could be thrown my **9.**_____ was. The hours were also brutal. I am not a morning person. Spending your summers **10.**_____ up at 5 am is a lesson in itself

Skills learned:

If you are worried about working in a clean comfortable environment, then look no further than construction. You will never again complain about the facilities after using a honey bucket with a team full of construction workers. When it's hot, you are hot. When it's cold you are cold. When it's wet…you get the picture. Spend a summer or two working at a construction site and that desk job and a college degree look more **11.**_____. I will never complain if the heat is on a little too hot or the building is slow to turn on the air conditioning in the summer. I learned fortitude during my summers of construction.

Food Service



I spent a year of high school making and delivering pizzas. It was a small town and an independently owned shop. What that means is the owner worked every day and had one or two high school kids helping during the busy time. This also meant that I was able to learn all **12.**_____ of the business. I helped with keeping items in stock, I prepared and baked pizza, I worked the cash register, I cleaned the kitchen and bathrooms, and I also made **13.**_____.

Skills learned:

Customer service! People really don't like when their food isn't what they expected, or it is cold or took too long to get ready. This job teaches you to let rudeness roll off your **14.**_____ _____. You also learn that it only takes one angry person to ruin your **15.**_____. Always ask for some sort of compensation for using your personal car for work. The tips I received for a delivery did not cover gas or wear and tear on my **16.**_____. Even though I am no longer in food service, I have a greater appreciation for those that are and

what they do every day. I am slower to be mad when things are not right and a much bigger **17.**_____.

I also held jobs in retail sales and tourism while putting myself through college. These jobs reinforced all the skills I had been learning along the way. It taught me that the skills you learn in one area **18.**_____ you in the next. It honestly doesn't matter where you work, just having an actual job will help you in the long **19.**_____. So don't take out massive student loans to fund extras while in school, go get a **20.**_____!

What was your most unusual odd job? What did you learn?

1.	a. prepared	b. preparing	c. preparation	d. prepare
2.	a. collect	b. pick	c. bring	d. gather
3.	a. out	b. away	c. off	d. on
4.	a. borrowed	b. remitted	c. gifted	d. donated
5.	a. change	b. option	c. substitute	d. shift
6.	a. fit	b. relation	c. suit	d. agreement
7.	a. danger	b. trouble	c. risk	d. difficulty
8.	a. flexibility	b. duty	c. patience	d. stamina
9.	a. side	b. route	c. direction	d. way
10.	a. reading	b. working	c. getting	d. doing
11.	a. desirable	b. pleasant	c. attractive	d. comfortable
12.	a. facets	b. corners	c. parts	d. elements
13.	a. shipments	b. errands	c. deliveries	d. transportations
14.	a. back	b. shoulders	c. arms	d. hands
15.	a. mood	b. week	c. work	d. day
16.	a. vehicle	b. machine	c. bicycle	d. car
17.	a. spender	b. tipper	c. buyer	d. customer
18.	a. support	b. serve	c. help	d. assist
19.	a. future	b. period	c. run	d. term
20.	a. profession	b. occupation	c. employment	d. job

Writing

13. Write a paragraph (150–180 words) about an unusual job you would like to do in the future.

Include the following information:

- what the job is;
- why you find it interesting;

- what skills and qualifications are necessary;
- what responsibilities this job involves;
- what advantages and disadvantages it has;
- whether you would recommend this career to other people.

Speaking

14. Think about your answers to these questions.

1) What is your ideal job? What are the reasons for your choice?

2) What unusual or strange jobs do you know?

3) Is personal experience more important than formal education?

4) What unusual professions exist in Ukraine?

5) Which job from the text is most useful for society?

6) What skills are necessary for fingerprint analysts?

7) What skills are necessary for avalanche forecasters?

8) Would you like to work outdoors?

9) Can unusual jobs be more satisfying than traditional careers?

10) What are the advantages of having your own business rather than working for someone else?

11) What company is the best to work for?

12) What is the best way to find a job?

15. Describe your ideal job. You should say:

what this job is;

whether you would need any qualifications;

whether it would be easy to find work;

and say why you would enjoy this job in particular.

16. Work with a partner. Make your own job ad. Use the example to help you.

DJ Needed!

DJ2Day is a small company. We need three new DJs to work with us NOW. This is a great part-time job for a student.



Job: about 10–15 hours a week at different locations: company parties, weddings, nightclubs

Looking for: an outgoing, fun, lively person. Knows all kinds of music. 18 and over only.

Pay: $30 an hour

Contact: Email us with information about yourself at jobs@dj2day.heinle.com.

17. Work in a group. Take part in the role play.

Role A – Software designer

You think a software designer is the best job. Tell the others three reasons why. Tell them things that are wrong with their jobs. Also, tell the others which is the worst of these (and why): a farmer, a flight attendant or a teacher.

Role B – Farmer

You think a farmer is the best job. Tell the others three reasons why. Tell them things that are wrong with their jobs. Also, tell the others which is the worst of these (and why): a software designer, a flight attendant or a teacher.

Role C – Flight Attendant

You think a flight attendant is the best job. Tell the others three reasons why. Tell them things that are wrong with their jobs. Also, tell the others which is the worst of these (and why): a farmer, a software designer or a teacher.

Role D – Teacher

You think a teacher is the best job. Tell the others three reasons why. Tell them things that are wrong with their jobs. Also, tell the others which is the worst of these (and why): a farmer, a flight attendant or a software designer.

Home work

18. Create a Job Profile.

Choose an unusual profession and prepare a one-page profile.

Include:

- Job title
- Main duties
- Required skills
- Advantages
- Disadvantages
- Salary information (if available)
- Why you would or would not like this career

Present your findings to the class in 2–3 minutes.

Objectives: to activate students' background knowledge on the topic "Job qualifications"; to make students are aware of *can, could, be good at* and *should* usage peculiarities

Job qualifications

The most important qualification for a job is passion. The rest you can learn.

Linda Poindexter

Warming-up

1. Work individually. Compare the photographs and say:

- *What topic both photos are connected to?*
- *Which person has the most difficult job?*
- *What is the most important/underestimated job in the world?*





Essential vocabulary

Nouns	***Verbs***	***Adjectives***	***Phrasal verbs***
satisfaction maternity leave sick leave	to meet a deadline to run (your own business) to employ	hardworking honest punctual	to be called for an interview to get ahead to figure smth out

Phrases related to job qualifications	
Full-time job	Professional development
Part-time job	Work experience
Job description	Most relevant skills and strengths

2. Match the words with their definitions.

1. personality	a) a profession or type of work
2. occupation	b) the ability to convince people
3. environment	c) a person's character and behaviour
4. investigate	d) conditions in which somebody works
5. persuasive	e) to examine carefully
6. achieve	f) official rules
7. structure	g) an organized system
8. thrive	h) ability to control emotions
9. regulations	i) to develop successfully
10. self-control	j) to reach a goal

3. Complete the sentences with the words below.

(personality • occupation • environment • investigate • persuasive • achieve • thrive • regulations • structure • self-control)

1. A good leader must be _____ enough to motivate employees.
2. Scientists often _____ problems before proposing solutions.
3. Some people _____ in creative workplaces.
4. Following company _____ is essential.
5. Teachers need excellent _____ when working with children.
6. Choosing the right _____ can influence your happiness.
7. Engineers often work in a highly organized _____.
8. It takes determination to _____ professional goals.
9. Successful managers usually have strong _____.
10. Every workplace needs some degree of _____.

4. Choose the correct option.

1. A person who enjoys researching complex problems is usually:
   a) Investigative
   b) Conventional

2. People with artistic personalities usually:
   a) enjoy strict rules
   b) enjoy expressing themselves
3. Conventional people often enjoy:
   a) working with data
   b) performing on stage
4. Enterprising people are often:
   a) persuasive
   b) shy
5. Social personalities usually:
   a) enjoy helping others
   b) prefer working alone
6. Realistic people often like:
   a) practical tasks
   b) theoretical discussions
7. Psychologists and researchers are commonly:
   a) Investigative
   b) Enterprising
8. Teachers are often:
   a) Social
   b) Conventional
9. Graphic designers are usually:
   a) Artistic
   b) Realistic
10. Accountants are often:
    a) Conventional
    b) Artistic

5. Translate the phrases into English.

Вибір кар'єри, особистісний тест, задовільна кар'єра, фундаментальні інтереси, складні проблеми, творче середовище, вільний обмін ідеями, досягати цілей, працювати з даними, приймати рішення, працювати в команді, логічне мислення, висока самодисципліна, правила та нормативи, професійне середовище, допомагати іншим людям, лідерські навички, досліджувати факти, кар'єрний вибір, професійні інтереси.

Reading

6. Read the text and choose the best title to it.

The Right Job for Your Personality

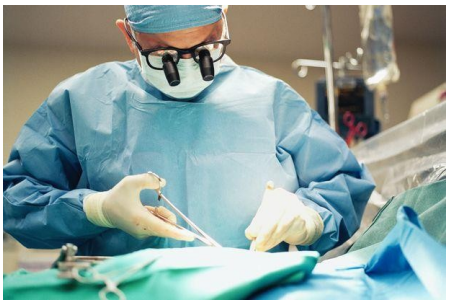
Choosing a career is an important life decision, yet many people settle on one based on the opinions of friends and family. It's very difficult to find something you really enjoy doing, but scientists have devised tests to help people come closer to finding their dream job.

One of the most widely-used tests is the Holland Code. Psychologist John Holland worked for more than 50 years to develop his theories about personality and career choice. He created a set of six personality types to help people understand what careers might be best for them. Dr. Holland believed that people work best in environments that match their personalities, and the key to finding a satisfying career is to match your fundamental interests with an occupation.

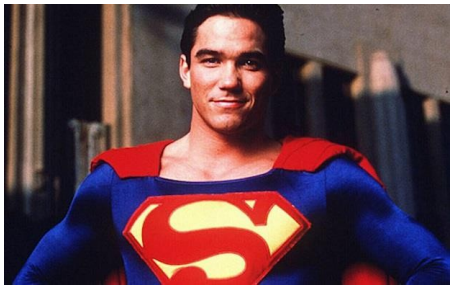
Take a look at the six personality types below and see which jobs might be right for you. Most people are a combination of two or three types.



Realistic. Realistic people like to work with things they can see or touch. They are inclined to solve problems by doing them, rather than thinking or talking about them. They generally like to work outside and are good with tools, machines, plants, and animals. *Job matches:* carpenter, chef, nurse, pilot.



Investigative. People of this personality type value ideas and are strong at tasks that allow them to investigate facts and figure out complex problems. They are better at individual work like research and study, ratherthan leading groups of people or working in teams. *Job matches:* computer programmer, historian, psychologist, surgeon.



Artistic. Artists are creative people. They don't work well with structure and rules, and thrive instead in environments that allow communication and a free flow of ideas. They enjoy tasks

that allow them to express themselves and mix with people. *Job matches:* actor, art therapist, graphic designer, writer.



Social. Social personalities love to work with people. They get the most satisfaction out of teaching and helping others, and are driven to serve the community as opposed to making money.

Job matches: coach, counselor, social worker, teacher.

Enterprising. Many great leaders and business people have enterprising personalities. These are persuasive people who are good at making decisions and leading teams. They tend to value money, power, and status, and will work toward achieving them. *Job matches:* business owner, event manager, lawyer, salesperson.





Conventional. Conventional people appreciate rules and regulations, and like having structure to their lives. They are logical thinkers and have a lot of self-control, making them the perfect people to work with data and details. *Job matches:* accountant, analyst, editor, librarian.

Nowadays, anyone can take a Holland Code personality test online (https://www.truity.com/test/holland-code-career-test) to find what jobs might be right for them. Why not try it today?

7. Read the text again. Are these sentences true (T) or false (F) or is the information not mentioned (NM) in the text?

1) A person can fit into several personality types.

2) Realistic and conventional people like working with objects.

3) Most people consider their personality type before choosing a job.

4) Both social and investigative types like working with other people.

5) You need to see an expert to take a Holland Code test.

8. Answer the questions after the text.

1) What are some jobs in which people investigate things? Would you enjoy doing these jobs?

2) What is the best way to persuade someone to do something?

3) Do you think regulations are important in a job? Why, or why not?

4) What is Holland Code personality test?

Grammar Focus

1. CAN

Use **can** to talk about ability.

- I can solve technical problems.
- She can work well in teams.

2. COULD

Use **could** for possible career choices or abilities.

- You could become a psychologist.
- He could work as an engineer.

3. BE GOOD AT

Use **be good at + noun / verb-ing**.

- She is good at organizing events.
- They are good at working with data.

4. SHOULD

Use **should** to give advice.

- You should choose a career that matches your personality.
- Students should consider their strengths and interests.

***9. Complete the sentences with** can, could, should **or the correct form of** be good at.*

1. Investigative people _____ solving complex problems.
2. A social personality _____ become a teacher or counselor.

3. If you enjoy helping others, you _____ consider a career in healthcare.
4. Realistic people usually _____ working with tools and machines.
5. Artistic students _____ work as graphic designers.
6. Enterprising people _____ lead teams successfully.
7. Conventional personalities _____ organizing information and data.
8. If you enjoy creativity, you _____ choose a career in design.
9. A successful manager _____ make important decisions.
10. People who like animals _____ become veterinarians.

10. Choose the correct option.

1. If you enjoy working with people, you **can / should** become a social worker.
2. Investigative personalities are **good at / good in** research.
3. A creative student **could / should to** become a designer.
4. Conventional people **can / are good at** working with details.
5. You **should / could to** think carefully before choosing a career.
6. Enterprising people often **can / are good at** leading others.
7. Someone who enjoys science **could / should** become a researcher.
8. Teachers **should / can** be patient and communicative.
9. Artistic personalities are usually **good at / good in** expressing ideas.
10. Realistic people often **can / should** repair machines.

11. Complete the advice.

Use:

can, could, should, be good at

1. If you like helping people, you _____ become a nurse.
2. If you enjoy mathematics, you _____ be an accountant.
3. People who love nature _____ work as environmental specialists.
4. If you want a satisfying career, you _____ identify your strengths first.
5. Artistic people are usually _____ expressing themselves creatively.
6. Enterprising personalities _____ start their own business.
7. Students _____ choose careers that match their interests.
8. Investigative people are often _____ analyzing information.
9. Realistic people _____ work effectively with tools and equipment.
10. Social personalities _____ consider teaching or counseling.

12. Complete each sentence with your own ideas using can, could, should, be good at.

1. A successful engineer should _____.
2. A teacher should _____.
3. An accountant must be good at _____.
4. A manager can _____.

5. A programmer could _____.
6. A nurse should _____.
7. A lawyer can _____.
8. A designer should _____.
9. A psychologist must be good at _____.
10. A student should _____ before choosing a career.

Use of English

13. For each question, choose the correct answer.

The people below are all looking for a job.
There are descriptions of eight jobs.
Decide which jobs would be the most suitable for the people below.

1. Sandra is doing a four-year degree in hair and beauty and wants to work as a volunteer for her third-year work experience. She likes to be part of a team and would enjoy dealing with customers.

2. Manuela is from Spain and is looking for work to support herself financially while she studies English at a local college. She can only work on Saturdays and Sundays and some evenings.

3. Stella is looking for work during the holidays. She's studying business at college and would love somewhere she can gain experience in a business environment and put her IT skills into practice.

4. John is looking for a job where he can work with customers. He recently completed a course in this area of work and is keen to find a job that would offer support in developing skills in managing staff.

5. Simon has a job but wants to work with teenagers during the weekend. He is planning a career change and is happy to work without pay in order to gain experience.

Jobs Available

A ABC Computer Specialists

Do you have customer service skills? ABC Computer Specialists are looking for sales advisers to join our growing customer service team. This is a full-time post, 37 hours a week, with great opportunities for the right person.

B Mansion House Hotel

An exciting opportunity for students wanting work experience in the Mansion House Hotel on a part-time basis. You will be dealing with international customers and a second language would be an advantage. Hours of work can be agreed to suit your needs though you would be required to work some weekends.

C Susie's Hairdressing

We are a new hairdresser's and we want a young, hard-working volunteer to manage our reception desk. You will take calls, make bookings and help build a relationship with our customers. Suitable candidates will be offered a one-year contract.

D The Daily News

Our business is growing and we need an assistant for our customer service team. The successful person will assist in managing our sales staff and be responsible for reporting on sales. The successful person will receive training.

E Amega

Would you like to work in a modern office environment, building relationships with customers, and working with our excellent team? If you've recently completed your studies at university and are looking for a career in the beauty industry, then please get in contact.

F Peterfield Forum

We are looking for keen volunteers to help run our summer school. You will have experience in working with young people and be prepared to accompany them on trips. The school is open from Monday to Friday and we need volunteers for at least two of these days.

G Hall Green Community Centre

This is a great opportunity to gain experience in youth work. We are looking for a volunteer with work experience to support our young people as they begin to enter employment. You would be expected to work on Saturdays from 9 a.m. to 5 p.m. with occasional Sunday sessions.

H Lucas Media

Are you a student looking for work from Monday to Friday over the vacation period? We are offering a short-term contract to a keen young person to work with our sales team. You will get an idea of how a modern company operates, deal with customer enquiries and have the chance to help develop our website.

Writing

14. Write an essay.

Write a paragraph (120–150 words) about your future career.

Include:

- the profession you would like to have;
- the skills and qualifications needed for this job;
- why this career suits your personality;
- how you plan to achieve your career goals.

Speaking

15. Think about your answers to these questions.

1) Which 3 things are the most important for you and why?

the salary	a company car	opportunities for promotion
location of the job	a company pension	a friendly working environment
good facilities (canteen)	flexible working hours	opportunities for travel
long holidays	opportunities for creativity	others

2) What is more important to you: money or happiness? Why?

3) What career advice should be given to young people?

4) Which jobs would you say are the most respected in your country?

5) What are disadvantages of working from home?

16. Describe a job that you consider highly important. You should say:

- what the job is;
- what the job involves; why it is important;

and explain if people who do this job are appreciated enough by society.

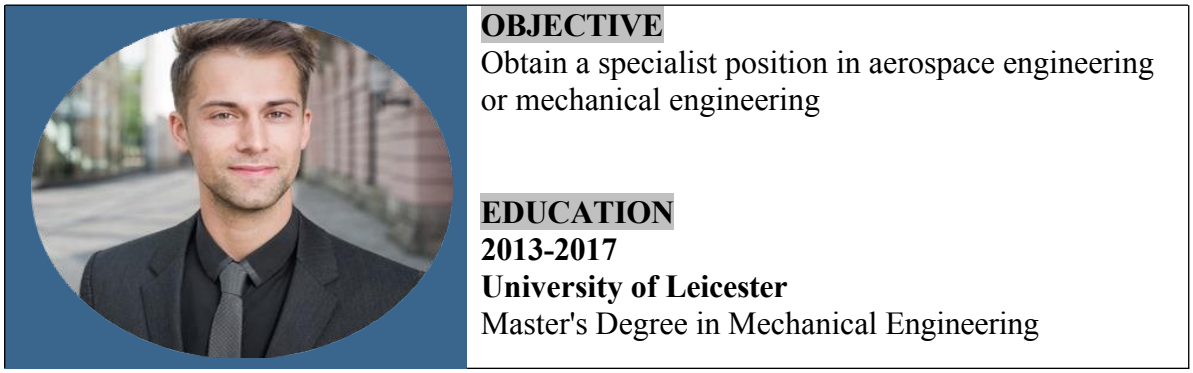
17. Work in a group. You have decided to take a risky job for the summer so that to be able to get some quick money to travel round the world. Discuss all the advantages and disadvantages of each plan and arrive to a final decision.



Home work

18. Write your own resume and cover letter using the samples.

CV (curriculum vitae, BE) /résumé (AE)



OBJECTIVE

Obtain a specialist position in aerospace engineering or mechanical engineering

EDUCATION

2013-2017

University of Leicester

Master's Degree in Mechanical Engineering

JARED BOSWORTH

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Leicester LE2 7EH

Contact
+44 116 254 0654
jared.bosworth@gmail.com

Date of Birth
26·10·1995

LANGUAGES

English ●●●●●○
French ●●●●○○
Spanish ●●●○○○

SOFTWARE SKILLS

Microsoft Word ●●●●●●
Microsoft Excel ●●●●●○
Corel Draw ●●●●●○
Adobe Photoshop ●●●●○○
Webdesign ●●●●○○

PERSONALITY

- ✔ optimistic
- ✔ hard-working
- ✔ loyal
- ✔ patient
- ✔ adaptable
- ✔ creative

2015
Erasmus Year in Toulouse, France
2006-2013
Leicester Grammar School
A-levels: Physics (A), Maths (A), Chemistry (B)

EXPERIENCE

06.2015-10.2015
Internship at **Leadership University Toulouse**
05.2013-09.2013
Internship at **Meggitt** Polymers and Composites
2011-2013
Opinion polls for **Leicester Mercury**

SKILLS

- ✔ High knowledge of web technologies HTML
- ✔ Experience in programming android applications
- ✔ Supervising advertising campaigns in social media

TRAINING

Knowledge in improving usability of websites

HOBBIES


New technologies

Fitness

Photography

Travel

Covering letter (BE)/cover letter (AE)

Akiko Tanaka
52 Orchard Street
London
W2 3BT
Mobile: 07960 999999
E-mail: akiko9999@hotmail.com

Fortnum & Mason's
181 Piccadilly
London
W1A 1ER

3 August 2018

Dear Sir/Madam,

Re: Job as a part-time sales assistant (reference: JBW5014)

I would like to aplly for the job of part-time sales assistant in the food section of Fortnum & Mason's in Piccadilly, as advertised in "Recruit Now" on 2 August. Please find attached a copy of my CV.

My previous jobs include two years as a sales assistant in an organic food shop in Japan. This has given me experience of dealing with customers, as well as cashier skills and a basic knowledge of food retailing.

I have been living in London since last September, and am currently studying English at a language school. I have good English communication skills (recently I passed the Cambridge First Certificate in English exam). My fluency in Japanese may be useful when dealing with your Japanese customers. I am an enthusiastic worker, and enjoy working in a team. My student visa entitles me to work up to 20 hours per week (or longer during my school holidays), and I could start work immediately.

I would welcome the opportunity to discuss the job vacancy with you on the telephone or at an interview. I can be contacted most easily on my mobile telephone or by e-mail (see details at the top of this letter).

Yours faithfully,

Akiko Tanaka

QUESTIONS

1) Which modern invention could you not live without? Explain your choice.

2) How has technology improved our daily lives? Give examples and explain the advantages of technological advances.

3) What things should never have been invented? Why? Can you think of any disadvantages of technology?

4) What could never be replaced by technology? Explain why not

5) What would you like to see invented in the future? Explain why.

6) In your opinion, which invention has had the greatest impact on society in the last 100 years? Explain your choice.

7) Which means of public transport do you know? Make a list.

8) Driving causes pollution. How can we prevent this?

9) What do you think is the safest kind of transport? Why?

10) How could public transport in your city be improved ?

11) How can you travel in your town?

12) How important is the Internet to you?

13) Do you use the Internet more for work or in your free time? Why? Why not?

14) What are your favourite websites? Why? Why not?

15) Are there any negative things about the Internet? Why? Why not?

16) What are the advantages and disadvantages of on-line shopping?

17) Are there any new gadgets that you really want to get?

18) Give some examples of technology that have made the world worse.

19) Do you like new gadgets or do you prefer to use technology you are comfortable with?

20) What do you think robots should be used for?

21) Why do people like gadgets?

22) What are the examples of "virtual reality" that already exist?

23) What are the ways that "virtual reality" technology can be used?

24) How will new innovations change the way people live, work, and interact in the future?

25) Do you like video games? Why or why not?

26) What are the ways virtual reality is improving healthcare?

27) What are some of the most serious environmental problems in the world?

28) What are some local environmental problems you have noticed?

29) What would you do to save our environment?

30) Which countries are leaders in caring about the environment?

31) What kinds of technologies do you know of that might help stop environmental problems?

32) What different forms of pollution do you know? What kind of pollution is worst for our health?

33) What do you know about air, marine and river pollution?

34) Which countries cause the most pollution?

35) What will happen if we keep polluting the environment?

36) What simple, everyday thing could help reduce pollution most?

37) What kind of energy do you use to heat your home?

38) What kind of energy do you use to cook?

39) Do you practise conservation? Is enough attention given to conservation in your country's schools and media?

40) In your opinion, which will be the best source of energy in the future?

41) Which countries have the best and worst records on conservation?

42) What is ecotourism?

43) Why is ecotourism important?

44) How popular is ecotourism?

45) What are the principles of ecotourism?

46) What are some of the pros and cons of ecotourism?

47) Why do you think people should protect wildlife? Why not?

48) What impact do you think human actions have caused on wild life?

49) Why are animals important to us?

50) Can you list a few items that are made from animals?

51) What measures could we take to protect wildlife?

52) How many types of natural disaster can you name? Which is the worst?

53) What natural disasters are common in your country?

54) What is the best / worst natural disaster movie you have seen?

55) Think of three natural disasters. What can you do to stay safe during and after those natural disasters?

56) Which country has the most natural disasters?

57) What do you think is the most popular sport in the world?

58) What is the most dangerous sport?

59) What is the most expensive sport?

60) What is the most popular sport in your country?

61) What do you do to keep fit?

62) What is your favorite food that your mother/father cooks?

63) How would you describe your country's food?

64) What is your favorite foreign food? How is it different from your country's cuisine?

65) Where is the best place to eat in your town? Why is it so good?

66) Do you eat different foods depending on the season or weather? Give some examples.

67) What are famous health resorts in Ukraine?

68) Why do you think people enjoy going to spas?

69) Would you like to spend a weekend at a spa? Why? Why not?

70) What are some things that cause stress? How can you reduce stress in your life?

71) If you were President of Ukraine, what would you do to improve Ukrainians' health?

72) Which country do you think has the best health care?

73) What things do you do that might damage your health?

74) How can people be encouraged to stay healthy?

75) Why do you think some people continue bad habits when they know that they are damaging to their health?

76) Do women pay more attention to their health than men? Why? Why not?

77) What is the difference between physical activity and physical fitness?

78) What are the benefits of physical fitness to physical health?

79) What are the benefits of physical fitness to mental health?

80) What are the benefits of physical fitness to emotional health?

81) What does sedentary lifestyle mean?

82) What are some common jobs for men and women in your country?

83) Is it important to get a job quickly after graduating? Why?

84) What are some questions that are frequently asked in a job interview?

85) What job do you want to have in five years' time?

86) What three adjectives would describe yourself as a worker?

87) What is your ideal job? What are the reasons for your choice?

88) What unusual or strange jobs do you know?

89) What are the advantages of having your own business rather than working for someone else?

90) What company is the best to work for?

91) What is the best way to find a job?

92) Which 3 things are the most important for you and why?

the salary	a company car	opportunities for promotion
location of the job	a company pension	a friendly working environment
good facilities (canteen)	flexible working hours	opportunities for travel
long holidays	opportunities for creativity	others

93) What is more important to you: money or happiness? Why?

94) What career advice should be given to young people?

95) Which jobs would you say are the most respected in your country?

96) What are disadvantages of working from home?

ВИСНОВКИ

У світі існує безліч країн, а мов, якими розмовляють їх жителі, ще більше. Як же населенню Землі зрозуміти один одного? Для цього існують міжнародні мови, які і дають змогу всім нам спілкуватися, незалежно від національності та місця проживання. Однією з міжнародних мов є ***англійська***. Значення англійської мови в сучасному світі важко переоцінити. Адже не можна не зважати на вибір понад 1 мільярда людей, які її використовують. І якщо для половини з них вона є рідною, то близько 600 мільйонів вибрали саме її як іноземну.

Яку ж роль в нашому житті зараз відіграє англійська мова? В цілому політичне, економічне, наукове, спортивне життя всього світу "протікає" англійською мовою. Всілякі саміти і зустрічі глав держав, підписання указів, дебати – все це проводиться англійською мовою. Міжнародна торгівля, робота банківської системи, діяльність транспортної системи здійснюється англійською мовою. Міжнародні конференції, вивчення світового досвіду та обмін інформацією відбувається лише з використанням англійської мови. Та що там говорити – олімпійські ігри і всілякі змагання між країнами вибрали офіційною мовою саме англійську. Ми ще не враховували кіноіндустрії та музичного олімпу. Фільми американського виробництва міцно ввійшли в наше життя, а будь-який поп-виконавець уважає престижним заспівати не менше однієї пісні англійською мовою.

Значення англійської мови в сучасному світі настільки велике, що її знання не є розкішшю. Її вчать скрізь: у школах, університетах, на курсах. Будь-яка освічена людина просто зобов'язана володіти англійською мовою, тому що саме вона є ключем до подальшої самоосвіти та самовдосконалення. Хочете подорожувати і не відчувати себе білою вороною, а вільно спілкуватися з людьми різних національностей? Хочете

стати студентом закордонного університету? Хочете престижну роботу з просуванням по кар'єрних сходах? А, може, ви бажаєте працювати закордоном? Порада одна – вивчайте англійську мову!!!

Головна мета навчально-методичного посібника "Англійська мова" для студентів 2-го року навчання Житомирського державного технологічного університету – закріплення, поглиблення та оцінювання мовленнєвих навичок із трьох видів діяльності (читання, письма, говоріння), які необхідні студентам ВНО під час складання заліку / екзамену з англійської мови.

Кожна тема містить нову лексику, а також мовні ситуації, вправи на закріплення лексичного матеріалу, завдання для самостійного опрацювання. Метою навчально-методичного посібника є наближення словникового запасу та навичок усного мовлення до живого спілкування, а також удосконалення усного та писемного мовлення на основі запропонованих комунікативних ситуацій.

Комунікативні вправи та ситуації спрямовані на розвиток у студентів здібностей грамотно, аргументовано й послідовно висловлювати свою думку англійською мовою, демонструвати ерудицію. Рольові завдання додають навчальному спілкуванню комунікативної спрямованості, зміцнюють мотивацію вивчення іноземної мови і значно підвищують якість оволодіння нею у сфері мовної підготовки.

Для ефективного формування іншомовної компетентності у студентів немовних вузів необхідне педагогічне керівництво цим процесом з боку науково-педагогічних працівників, що дозволить: розвинути у студентів ініціативу, самостійність, активність, взаємодію та партнерство між ними; формувати й розвивати у студентів як суб'єктів навчання мотивацію до навчально-пізнавальних дій та комунікативної діяльності.

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APPENDIX 1

READING 1

1. In the text, the journalist, Ann Halliday, describes what are for her the seven wonders of the modern world. Read about them.

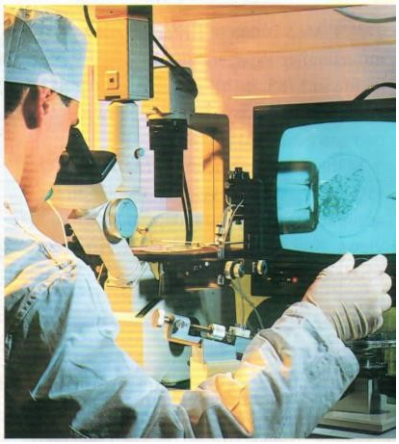
2. In what way does she say modern wonders are different from ancient wonders? Put them in order, 1 – 7, according to which you think is the most important (1 = the most important, 7 = the least important).

	computers		***space travel***
	medical science		***holidays***
	the Olympic Games		***agriculture***
	we are still here		

Discuss your decisions as a class.

Wonders of the Modern World

by Ann Halliday



I DON'T believe that today's wonders are similar in kind to the wonders of the Ancient World. They were all buildings and statues. In the last two centuries we have seen unprecedented technical and scientific achievements. These are surely our modern wonder Here is my list.

1. Computers

They have already revolutionized the way we live a work. But it is early days for computers. We don't know how much they are still changing the world. More computer wonders are yet to come.

2. Space Travel

Only a few years before men were walking on the moon, reputable scientists declared that it was impossible. But in 1969 Neil Armstrong stepped out ofhis space cap; and made his famous statement: "That's one small step for a man, one giant leap for mankind".

3. Medical Science

Surely nothing has done more for the comfort and happiness of mankind than the advance of medical knowledge! How many millions of people have benefited from the humble aspirin? How many live; has penicillin saved? Average life expectancy in Europe has risen dramatically over the last hundred years, from about 50 years in 1906 to about 75 years today.

4. Holidays



Yes − holidays! In fact there have always been holidays − in ancient Rome there were more than 150 a year − but a holiday used to mean simply a day when you didn't work. Now holidaymakers travel to all parts of the world. Perhaps you don't like so many tourists in your country, but you must agree that a phenomenon which sees the population of Greece treble in summer, and which sends office workers and shop assistants to Spain, Turkey, or the Caribbean is a wonder of the world.

5. The Olympic Games

It is true that the Olympic Games are now commercialized and there is greed and drug abuse. However, it is a competition in which every country in the world takes part. Every four years, for a brief moment, we see these countries come together in peace and friendship. We feel hope again for the future of mankind.

6. Agriculture



In 1724, Jonathan Swift wrote, "Whoever makes two blades of grass or two ears of corn grow where only one grew before serves mankind better than the whole race of politicians". In Europe our farmers have done this. In 1709, whole villages in France died of hunger. Now, in Europe we can't eat all the food we produce. If only the politicians could find a way to share it with those parts of the world where there is still famine.

7. We Are Still Here

The last wonder of the modern world is simply that we are still here. We have bombs that could destroy the world but we have not used them. This is surely the greatest wonder of all!

3. Comprehension check. Here are seven more statements made by Ann about her choice of wonders. Which statement goes with which wonder? Discuss your answers with a partner.

a. Surgeons can perform the most amazing operations.

b. We see people from warring countries shake hands.

c. Small children can program them, sometimes more easily than adults!

d. No government dares to use such weapons,

e. Maybe visiting one country a day is not your idea of the best way to see the world!

f. We produce enough to feed the world.

g. Progress in this area is slower now. Not as much money goes into research as in the 1960s.

APPENDIX 2

READING 2

1. In the text, the author describes what is the Internet. Read about it.

Faces of the Internet

What the Internet is

The Internet is an International computer Network made up ol thousands of networks finked together. Ail these computers communicate with one another; rhey share data, resources, transfer information, etc. To do it they need to use the same language or protocol: TCP / IP (Transmission Control Protocol / Internet Protocoil and every computer is given an address or IP number. Ibis number is a way to identity the computer on the Internet.

Getting Connected

To use the Internet you basically need a computer, the right connection software and a modem to connect your computer to a telephone line and then access your ISP (Internet Service Provider).

The modem (modulator-demodulator) converts the digital signals stored in the computer into analogue signals that can he transmitted over telephone lines. There are two basic types: external with a cable that is plugged into the computer via a USB port, and internal, an expansion card inside the computer. A PC card modem is a different, more versatile option for laptops and mobile phones.

At first most computers used a dial-up telephone connection that worked through the standard telephone line. Now a broadband connection, a high data transmission rate Internet connection, has become more popular: either ADSL (Asymmetric Digital Subscriber Line), which allows you m use the same telephone line for voice and fast access to the Internet, or cable, offered by most TV cable providers.

The basic equipment has changed drastically in the last few years. You no longer need a computer to use the Internet. Web TV provides email and access to the Web via a normal TV set plus a high-speed modem. More recently, iGcneration mobile phones and PDAs, personal digital assistants, also allow you ro go online with wireless connections, without cables.

Telephone lines arc not essential either. Satellites orbiting the earth enable your computer to send and receive Internet files, Finally, the power-line Internet, still under development, provides access via a power plug.

Components of the Internet

The Internet consists of many systems that offer different facilities to users.

WWW, the World Wide Web, a collection of fifes or pages containing links ro other documents on the Net. It's by far rhe most popular system. Most Internet services are now integrated on the Web.

Email, or electronic mail, for the exchange of messages and attached files.

Mailing lists (or listservs) based on programs that send messages on a certain topic to all rhe computers whose users have subscribed to the list.

Chat and instant messaging, for real-time conversations; you type your messages on the keyboard.

Internet telephone, a system that lets people make voice calls via the Inrernet.

Video conference, a system that allows the transmission of video and audio signals in real time so the participants can exchange data, talk and see one another on the screen.

File Transfer Protocol (FTP), used to transfer files between computers.

Newsgroups, where people send, read and respond to public bulletin board messages stored on a central computer.

TELNET, a program thar enables a computer to function as a terminal working from a remote computer arid so use online databases or library catalogues.

2. Read A and B opposite and decide if these sentences are true or false. If they are false, correct them.

a. The Internet and the World Wide Web are synonyms.

b. Computers need to use the same protocol (TCP / IP) to communicate with each other.

c. Web TV can provide access to the Net.

d. ADSL and cable are two types of dial-up connections.

e. External, internal and PC card are types of connections.

f. Information can be sent through telephone lines, satellites and power lines.

g. The computer IP number is a way to identify it on the Internet.

3. What Internet system from C opposite should these people use?

a. I like receiving daily updares and headlines from newspapers on my computer.

b. I'm doing some research and need computer access to the University library.

c. I'd like to avoid flying to Japan to attend the meeting but I want to see what's going on there.

d. I want to read people's opinions about environmental issues and express my views.

e. I have designed a web page and want to transfer the data to my reserved web space.

f. I'd like to check my students' draft essays on mv computer and send them back with my suggestions.

g. I don't want to spend too much money on international phone calls but I love hearing his voice.

h. I live in a small village where there are no other teenagers. I wish I had the chance ro meet and chat with friends.

APPENDIX 3

READING 3

1. You are going to read some extracts from a story by the French writer, Jean Giono (1895-1971), called The Man Who Planted Trees. In it Giono describes the world of a solitary shepherd who plants trees, while in the background there are two world wars. Read the extracts and answer the questions after each one.

THE MAN WHO PLANTED TREES

Extract 1. About forty years ago, I was taking a long trip on foot over mountain heights quite unknown to tourists. All around was barren and colourless land. Nothing grew there but wild lavender.

After five hours' walking I had still not found water. All about me was the same dryness, the same coarse grasses. I thought I saw in the distance a small black silhouette. It was a shepherd. Thirty sheep were lying about him on the baking earth. He gave me a to drink and took me to his cottage on the plain.

I felt peace in the presence of this man. I asked if I might rest here for a day. He found it quite natural − or, to be more exact, he gave me the impression that nothing could surprise him. I didn't actually need to rest, but I was interested and wished to know more about him.

1. Giono wrote the story in 1953. In which year does the actual story begin?

2. The story takes place in France. Which part of France do you think it is? Why? What is the countryside like?

3. Why do you think the writer is interested in the shepherd? What do you think he likes about his lifestyle?

The shepherdputs a large sack of acorns onto the table. He inspects each acorn and carefully chooses one hundred perfect ones before going to bed. The writer is curious. The next day when he goes out with the shepherd into the hills, he discovers what the acorns are for.

Extract 2. I noticed that he carried for a stick an iron rod as thick as my thumb and about a metre and a half long. He began thrusting his iron rod into the earth, making a hole in which he planted an acorn; then he refilled the hole. He was planting oak trees.

After the midday meal he resumed his planting. I suppose I must have been fairly insistent in my questioning, for he answered me. For three years he had been planting trees in this wilderness. He had planted one hundred thousand. Of the hundred

thousand, twenty thousand had sprouted. Of the twenty thousand he still expected to lose half. There remained ten thousand oak trees to grow where nothing had grown before.

That was when I began to wonder about the age of this man. He was obviously over fifty. Fifty-five he told me. His name was Elzeard Bouffier. I told him that in thirty years his ten thousand oaks would be magnificent. He answered that if God granted him life, in another thirty years he would have planted so many more that these ten thousand would be like a drop of water in the ocean.

The next day we parted.

4. How old do you think the writer was at the time of the story? A boy in his teens? In his twenties? Middleaged? Older? Why?

5. How old will Elzeard be in thirty years time? What year will it be?

6. What do you think Elzeard's ambition is? What is his vision of the future?

For the next five years the writer is a soldier and fights in World War I. The war ends in 1918 and his thoughts turn again to the tree-planterin the mountains. He returns to lookfor him.

Extract 3. I had seen too many men die during those five years not to imagine easily that Elzeard Bouffier was dead, especially since, at twenty, one regards men of fifty as old men with nothing left to do but die. He was not dead. As a matter of fact, he was extremely well. He had changed jobs. He had got rid of the sheep because they threatened his young trees. For, he told me, the war had disturbed him not at all. He had imperturbably continued to plant.

The oaks were then ten years old and taller than both of us. It was an impressive spectacle. I was literally speechless, and as he did not talk, we spent the whole day walking in silence through his forest. It measured eleven kilometres in length and is three kilometres at its greatest width. When you remembered that all this had come from the hands and the soul of this one man, you understood that men could be as effective as God in ways other than destruction.

7. Why did the writer think that Elzeard might have died?

8. How had the war affected Elzeard?

9. Why is the writer speechless?

10. What thoughts about human behaviour does he have in the last sentence?

The writer returns for a final visit in 1945 after World War II. Elzeard is still alive. The writer is amazed at what he sees. Not only is there theforest, but many villages have been rebuilt, and by 1953 more than ten thousand people in the area owe their happiness to Elzeard Bouffier.

Extract 4. The bus put me down in Vergons. In 1913 this village of ten or twelve houses had three inhabitants. All about them nettles were feeding upon the remains of abandoned houses. Now everything had changed.

Even the air. Instead of the harsh dry winds, a gentle breeze was blowing, laden

with scents. A sound like water came from the mountains: it was the wind in the forest. Most amazing of all, I heard the actual sound of water falling into a pool. I saw a fountain had been built. Ruins had been cleared away, and five houses restored. Now there were twenty-eight inhabitants, four of them young married couples. It was now a village where one would like to live.

When I think that one man was able to cause 15 this land of Canaan to grow from wasteland, I am convinced that in spite of everything, humanity is good.

Elzeard Bouffier died peacefully in his sleep in 1947.

11. What has happened in the writer's life that could have made him pessimistic? Is he in fact pessimistic about the world? Give a reason for your answer.

12. How is it that so many people owe their happiness to one man? What are the results of histree-planting?

13. How old is Elzeard when he dies? Why is it so important that he had a long life? What do you think?

2. Work in groups and discuss the questions.

1. Do you think the story about Elzeard is true? Do you think Elzeard was ever married? Give reasons for your opinions. Your teacher will tell you if you are correct.

2. How would you describe the personality of Elzeard Bouffier? Do you know any people like him in your life?

3. In the context of the twentieth century and its two world wars, what message is Giono trying to make about nature and the importance of individual human beings?

3. Write a review on a book.

4. Write an essay, giving you opinion concerning the quotation: "*Only when the last tree has died and the last river has been poisoned and the last fish has been caught will we realize that we can't eat money".*

APPENDIX 4

READING 4

1. Read about three charity appeals and fill in the chart:

Who or what the charity tries to help?	*How the charity helps?*	*Some of their successes and / or problems*

The RSPCA

Founded in 1824, the RSPCA is the world's oldest animal welfare organization. We work to promote kindness and to prevent cruelty to animals within all lawful means throughout England and Wales. Every year we find new homes for about 80,000 animals, we treat over 200,000 sick animals ranging from hedgehogs to horses, and we investigate over 100,000 complaints of cruelty.

We also work for the welfare of animals in the wild, such as whales and badgers. We are the world experts at cleaning and rehabilitating birds that have been damaged in oil spills. Every year nearly 3 million animals are used in research laboratories, and we oppose all experiments that cause pain and suffering.

We work with both governments and the farming industry to promote humane methods in the rearing of farm animals. Intensive farming methods can cause many animal welfare problems.

The society is a charity, and receives no aid from the government. Our running costs amount to £38 million a year. Please give generously.

Drought and Famine in Africa

Drought and famine have come to Africa again this year, just as they have every year for the past fifteen years. In some parts of Africa it hasn't rained for three years. There have been no crops, and the animals on which many people depend died long ago. Refugees are pouring from the countryside into the towns in their desperate search for food, and it has been estimated that over a thousand people are dying every day.

We are supplying towns and camps with food and medical supplies, but our efforts are drops in the ocean. We need a hundred times more food and medical supplies, as well as doctors, nurses, blankets, tents, and clothes. Your help is needed now before it is too late. Please give all you can. No pound or penny will ever be better spent or more appreciated.

2. Work in pairs and discuss the following question: Have you ever given money or things to charity, or worked for a charity?

3. Work in groups and imagine that you have £ 5.000 that you want to give to charity. Who would you give the money to? How would you divide it.

APPENDIX 5

READING 5

1. Read about three people talking about their favourite sport or leisure activity and make notes under the following headings:

→ Which sport or activity are they talking about?
→ How often do they do it?
→ Where do they do it?
→ What equipment do they need?
→ Why do they like it?
→ Are they good at it?

Sports Talk

1. Suzanne. I love many sports, but best of all – skiing. I first skied when I was six years old, and lived in Canada, and then for many years, in fact decades, I wasn't able to ski again because I was living in hot places. But since I've been living in England, I've resumed skiing and it's even better than it was. For me now the place to ski is the Alps, and particularly France. I live in England and the winters are gloomy, and there's not much sun, so one of the wonderful things about skiing for me, is the light and the brilliant sunshine that you find high, high up in the mountains. A lot of other people like it, too, and it can be rather crowded, especially around the lifts because you now have mechanical lifts that take you zooming up, flying up the mountains like a god, whereas in Canada I had to walk up if I wanted to ski down.

The equipment you need ... skis, and boots, and poles. Many people own their own equipment but I hire mine in the resort. I do have my own clothes though, and clothes are very important because skiing is quite a fashionconscious sport. Also, it's necessary to have clothes that will protect you because the weather can be very severe. You need a ski-suit, a hat, goggles to protect your eyes, socks, mittens, and a rucksack is useful to carry around your bits and pieces. Now at this point, have to confess that I am not the world's greatest skier. I would say I am a respectable skier. I'm a safe skier, but that doesn't stop you having a wonderful time. Also, there is the social life that is such an important part of skiing. You can eat and drink as much as you want because you know you're burning it all off. And then at the end of the day there's the evening, food and wine with friends and everybody talking about their excitements during the day. I love it!

2. Dorothy. I'm an elderly lady of eighty-three and I've always been interested in keep-fit, yoga and anything to keep myself mobile, and er ... two years ago, I joined a little club run by the Salvation Army, where about eighteen of us meet together and we go through all our movements with music – it's very enjoyable. Needless to say, I am the eldest one there, but I'm able to do most of the exercises, when I feel OK. When I've got a bad bout of sciatica, I've got to ease up a bit.

How often? I go once a week on a Thursday for ..., oh we exercise for about three quarters of an hour, and then we end up with having a nice lunch, which is always very good, and that is at the Salvation Army Hall in Branksome. Who with? Lots of my friends; I have made friends since joining because I was a complete . stranger when I went there but now there's a lot of people I can call my friends. And for this keep-fit we just wear a leotard with a nice bright yellow top and feel very smart. And across the top it says, "Branksome is fighting fit". And am I good at it? Well – I think I am ... and the instructress tells me, or tells the others rather, that I am an example to the rest of them.

I = Interviewer M =

Martin I: So Martin, what sports do you play?

M: I play football, volleyball, tennis, and table tennis but volleyball is my favourite game as it's a team game and you can play it with your friends, and enjoy it as a team.

I: Is it quite a fast game as well?

M: Yeah. It is a fast game and that's another reason why I enjoy it.

I: How exciting ...

M: Yes.

I: Where do you play, then?

M: I play at local sports centres more during the winter and sort of play in tournaments around England. I also, in the summer, play beach volleyball.

I: Is beach volleyball different from the volleyball you play in the centres?

M: Yes, it's a very different game. Instead of six players on a team, it's only two players.

I: You mentioned you played in tournaments – now do you do quite well in the tournaments?

M: Yes, I've played for South West England and we've got through to the semi-finals of different England tournaments, and for Wessex, my other volleyball team, we've actually won a few tournaments. So yes, I have done quite well.

I: Oh well done! What sort of equipment do you need?

M: Well, first of all you need the ball and the net, and obviously the court ... but you may also need knee pads and your volleyball kit.

I: OK ... knee pads because you fall on your knees a lot? **M:** Yes ... 'cos you ... when diving and things like that ... **I:** Diving?

M: Diving ... yeah.

I: It sounds like swimming. That means jumping to catch the ball?

M: Yeah, jumping to get a ball up in the air.

I: Yes, all right. So how often do you play volleyball then Martin?

M: Well during the season, which is about September to June, I play twice a week. One of those is training, and one of those is a match. And during the summer 1 play beach volleyball, but that's only once a week.

2. Work in pairs. Discuss questions: 1) What sports do you do? Where? How often? Are you good at ...?

APPENDIX 6

READING 6

1. Work in pairs. Do you know any typical meals from the following countries?

France	Turkey	Italy	England	India		Spain
	Mexico		Switzerland	America	Greece	

2. What do you think influences a country's food? What influences the food in your country?

3. Read the text.

In Search of English Food

by Verona Paul and Jason Winner

How come it is so difficult to find English food in England? In Greece you eat Greek food, in France French food, in Italy Italian food, but in England, in any High Street in the land, it is easier to find Indian and Chinese restaurants than English ones. In London you can eat Thai, Portuguese, Turkish, Lebanese, Japanese, Russian, Polish, Swiss, Swedish, Spanish, and Italian – but where are the English restaurants?

It is not only in restaurants that foreign dishes are replacing traditional British food. In every supermarket, sales of-pasta, pizza and poppadoms are booming. Why has this happened? What is wrong with the cooks of Britain that they prefer cooking pasta to potatoes? Why do the British choose to eat lasagne instead of shepherd's pie? Why do they now like cooking in wine and olive oil? But perhaps it is a good thing. After all, this is the end of the 20th century and we can get ingredients from all over the world in just a few hours. Anyway, wasn't English food always disgusting and tasteless? Wasn't it always boiled to death and swimming in fat? The answer to these questions is a resounding 'No', but to understand this, we have to go back to before World War II.

The British have in fact always imported food from abroad. From the time of the Roman invasion foreign trade was a major influence on British cooking. English kitchens, like the English language, absorbed ingredients from all over the world − chickens, rabbits, apples, and tea. All of these and more were successfully incorporated into British dishes. Another important influence on British cooking was of course the weather. The good old British rain gives us rich soil and green grass, and means that we are able to produce some of the finest varieties of meat, fruit and vegetables, which don't need fancy sauces or complicated recipes to disguise their taste.

However, World War II changed everything. Wartime women had to forget 600 years of British cooking, learn to do without foreign imports, and ration their use of home-grown food.

The Ministry of Food published cheap, boring recipes. The joke of the war was a dish called Woolton Pie (named after the Minister for Food!). This consisted of a mixture

of boiled vegetables covered in white sauce with mashed potato on the top. Britain never managed to recover from the wartime attitude to food. We were left with a loss of confidence in our cooking skills and after years of Ministry recipes we began to believe that British food was boring, and we searched the world for sophisticated, new dishes which gave hope of a better future. The British people became tourists at their own dining tables and in the restaurants of their land! This is a tragedy! Surely food is as much a part of our culture as our landscape, our language, and our literature. Nowadays, cooking British food is like speaking a dead language. It is almost as bizarre as having a conversation in Anglo-SaxonEnglish!

However, there is still one small ray of hope. British pubs are often the best places to eat well and cheaply in Britain, and they also increasingly try to serve tasty British food. Can we recommend to you our two favourite places to eat in Britain? The Shepherd's Inn in Melmerby, Cumbria, and the Dolphin Inn in Kingston, Devon. Their steak and mushroom pie, Lancashire hotpot, and bread and butter pudding are three of the gastronomic wonders of the world!

4. Read the article more carefully. Choose the best answer, a, b or c.

1. The writers believe that British cooking ...

a. has always been very bad.

b. was good until World War II.

c. is good because it is so international.

2. They say that the British ...

a. eat only traditional British food in their homes.

b. don't like cooking with foreign ingredients.

c. buy lots of foreign ingredients.

3. They say that the British weather ...

a. enables the British to produce good quality food.

b. often ruins fruit and vegetables.

c. is not such an important influence on British food as foreign trade.

4. They say that World War II had a great influence on British cooking because ...

a. traditional British cooking was rediscovered and some good cheap recipes were produced.

b. people had limitless supplies of home-grownfood.

c. people started to believe that British food was boring, so after the war they wanted to cook more interesting and international dishes.

5. They say that ...

a. British tourists try lots of new dishes when they are abroad.

b. nowadays it is very unusual for British people to cook British food.

c. literature and language are more culturally important than food.

6. The writers' final conclusion about British cooking is that ...

a. there is no hope.

b. you will only be able to get British food in expensive restaurants.

c. you will be able to get more good traditional British dishes, especially in pubs.

5. Do you agree that food is as much a part of a country's culture as its landscape, language, and literature?

6. Which are your favourite places to eat in your country? Why?

APPENDIX 7

READING 7

1. You are going to read about three modern servants. Divide into three groups.

Group A Read about the nanny.

Group B Read about the cook.

Group C Read about the gardener.

2. Read your article and answer the questions. Use your dictionary to help with new words. Discuss your answers with your group.

a. What and who influenced her / his choice of career?

b. What did her/his parents want her / him to do?

c. What was the parents' attitude to the choice of career at first?

d. Has the parents' attitude changed? If so, why?

e. In what ways do the parents think that times have changed since they were young?

3. Read your article again. Which of the following multi-word verbs can you find in your article? Underline them.

bring up (1)	look after, educate (a child)
bring up (2)	mention (in conversation)
carry on	continue
drop out	leave, not complete (a college course)
fall out	quarrel and no longer be friends
get on with	have a good relationship with
get over	recover from (an illness, a shock)
give up	stop (a job, a habit, e.g. smoking)
go through	experience
grow up	change from child to adult
look after	take care of
make up (1)	invent
make it up (2)	be friends again after an argument
pick up	learn unconsciously (e.g. a language)
put off	postpone
be taken aback	be surprised
take after	resemble
turn out	be in the end
take over	take control of

The modern servant − the nanny, the cook, and the gardener

The nanny. Amanda Peniston-Bird, 21, is the daughter of a judge and has just completed a two-year training course to be a nanny at the Norland Nursery Training College. She and her mother talk about her choice of career.

Amanda. My sister Charlotte was born when I was seven and my mother decided she needed a nanny to look after us. So we got Alison. She was very young, seventeen I think, and wonderful. I adored her. She only worked part-timewith us before she

started

her training at Norland College. She had to dress us in the morning and take me to school. After school she made us delicious teas and read us stories in bed. On Charlotte's birthday she organized a fantastic party.

When Alison left, we had a trained nanny who lived with us and worked full-time. She was called Nanny Barnes by everyone, including my parents. She was older and quite traditional and wore a uniform. It was then that I realized that I wanted to be a nanny. I have always got on well with children. 1 have always enjoyed taking care of my sister and younger cousins. My father wanted me to be a solicitor. I told Mummy very firmly that I wanted to be a nanny when I grew up. At the time she laughed. I know that she and Daddy thought it was just a childish phase I was going through, but it wasn't. They thought I would follow in my father's footsteps and study law. But I didn't. There were some terrible rows but I didn't go to university. I left school and spent a year working at Ludgrove School, where Prince I William used to go. Then I started my training course at Norland College. I finished the course last month and I've applied for the post of nanny to twins aged six months. Mummy and Daddy weren't angry for long, we made it up before I went to college, and they have encouraged me ever since.

Amanda's mother. Her father is still a wee bit disappointed that she didn't take after him and study law, but I think we're both proud, and also pleased, that she has made her own decisions in life and done so well. We have brought her up to be an independent thinker, so we can't complain. Everything has turned out for the best. I had a nanny when I was a child but I never thought of being one myself, but times have changed and 'nannying' has been socially acceptable for a long time. It wasn't just Princess Diana who made it fashionable!

The cook. Giles Mildmay, 24, has been a professional cook for three years. His father, George, owns a two-hundred-acrefarm in Devon. The family have farmed in Devon for over three hundred years. Giles' younger brother Tobias is studying farm management at Exeter University. Giles and his father talk 10 about his choice of career.

Giles. My grandfather thinks I'm mad! I think I've always been interested in food. My grandparents (on my mother's side) lived in a huge old manor house in Lincolnshire is and they had a wonderful cook. She made fantastic standard English food; her roast beef and Yorkshire pudding was out of this world. I used to love going down to the kitchen and watching her work, and I picked up a lot of cooking tips from her. I realized that I wanted to be a cook when I was about 12. I went to a boarding school and when other boys chose to do sport, I chose cookery. By the time I was 15. I had taken over the cooking at home for my parents' dinner parties, and I had started to make up my own recipes. I knew my parents would not approve of cooking as a career, so I decided to introduce them slowly to the idea. I told them that I wanted to do a cookery course for fun, and I went for a month to a hotel in Torquay. I enjoyed it so much, I knew I couldn't put off telling my parents any longer, so I brought the subject up one night over dinner.

At first there was silence, and then my father asked me why. I explained that cooking was like painting a picture or writing a book. Every meal was an act of creation. I could see that my father was not convinced, but he didn't get angry, he just patted me on the shoulder and smiled. My mother kissed me. And now that I have opened my own restaurant, I think they are very proud of me. However, my grandfather (on my father's side) is not so kind, he thinks I'm mad to have given up farming.

Giles' father. I know that times have changed, but I was brought up with a butler and a cook to look after me, and I never went near the kitchen. I was taken aback at first when Giles announced what he wanted to do. His grandfather still hasn't got over it, but his mother and I are delighted that he is doing something he enjoys. Nowadays anyone with a job that they enjoy is very lucky.

The gardener. Hugo Grantchester, 26, has been a gardener and a tree surgeon for four years. He went to Oxford University to study archaeology, but he dropped out after just one term. His father, Hector, is a surveyor and his mother, Geraldine, is an interior designer. Hugo and his mother talk about his choice of career.

Hugo. My parents were furious. When I was 11, we moved to a large Tudor house in Fast Anglia which had three acres of garden. We had a gardener who lived in a little cottage at the end of our drive. I used to spend hours watching him work and talking to him. I think I picked up a lot about gardening without realizing it, because one summer, when I was still at school, I took a job at a garden centre and I knew all the names of the plants, and I could give people advice. Then I went to university and it was a disaster. After a term T told my parents that I was going to give it up and go back to work in the garden centre. They were furious, we had a terrible row, and they didn't speak to me for months. But I knew it was a waste of time to carry on studying archaeology, and the moment I started gardening again, I knew I'd made the right decision. I've enjoyed every moment of the last four years and my parents have learnt to accept what I do, not only because they can see how happy I am 35 but also because a lot of my university friends have found it difficult to find good jobs or have been made redundant. Sometimes people are quite taken aback when they find out that their gardener went to university, but I think it makes them respect my opinion more when I'm helping them plan their gardens.

Hugo's mother. Hisfather and I were so delighted when he went to Oxford, but when he gave it up so soon we were very, very angry. We thought manual labour was not the careerfor our only son. We fell outfor months, Hector refused to allow Hugo into the house, and we allfelt thoroughly 50 miserable. But our daughter told us not to worry because Hugo would be a millionaire by the time he wasforty. Anyway, we've made it up now we can see how happy he is, even though he hasn't become a millionaire yet!

Times have changed and all kinds of people do all kinds of work, and I think the world's a better place for it!

APPENDIX 8

LINKING WORDS

Personal opinion:
In my opinion, / In my view, / To my mind, / To my way of thinking, / Personally I believe that / It strikes me that / I feel very strongly that / I am inclined to believe that / It seems to me that / As far as I am concerned, / I think that the world would be a much better place without nuclear power.
To list advantages and disadvantages:
One advantage of / Another advantage of / One other advantage of / A further advantage of / The main advantage of / The greatest advantage of / The first advantage of travelling to work by bicycle is that it is cheap; you don't have to pay for fuel. **One disadvantage of / Another disadvantage of / One other disadvantage of / A further disadvantage of / The main disadvantage of / The greatest disadvantage of / The first disadvantage of** travelling to work by bicycle is that you have no protection from the rain.
To list points:
Firstly, / First of all, / In the first place, / Secondly, / Thirdly, / Finally, / To start with, people who live in the country suffer fewer health problems than those who live in the city.
To list points in a specific sequence:
BEGINNING - **First, / To start with, / To begin with, / First of all**, wash the wound with cold water. CONTINUING - **Secondly, / After this/that, / Afterwards, / Then, / Next**, wrap a bandage around the cut. CONCLUDING - **Finally, / Lastly, / Last but not least**, place the patient in a comfortable position and allow them to rest.
To add more points on the same topic:
What is more, / Furthermore, / Apart from this/that, / In addition (to this), / Moreover, / Furthermore,/ Besides (this), / … **not to mention the fact that** cars are extremely expensive to maintain. Cars are **also** extremely expensive to maintain. Cars are extremely expensive to maintain **too**. Not only are cars harmful to the environment, but they are extremely expensive to maintain **as well.** Cars are **both** harmful to the environment **and** expensive to maintain.
To refer to other sources:
With reference to / According to the article in yesterday's Guardian, the unemployment rate is falling in Britain.
To give examples:
For instance, / For example, by reducing your intake of red meat you can decrease your chances of having a heart attack in later life. By reducing your intake of foods **such as / like** beef and lamb you can decrease your chances of having a heart attack in later life.

To express cause:
The government decided not to fund the scheme **because /owing to the fact that / due to the fact that / on the grounds that / since / as** it seemed likely to fail. **In view of / Because of / Owing to** the scheme's high chances of failure, the government decided not to fund it. The scheme is likely to fail; **for this reason** the government has decided not to fund it.
To express effect:
He passed his exams; **thus, / therefore, / so / consequently, / as a result, / as a consequence, / for this reason,** he was able to go to university.
To express purpose:
The government decided not to introduce the death penalty **for fear (that)** innocent people would die. The government decided not to introduce the death penalty **so that** innocent people would not die. The government decided not to introduce the death penalty **so as to / in order to** avoid the deaths of innocent people.
To emphasise what you say:
Clearly, / Obviously, / Of course, / Needless to say, if everyone were allowed to carry a gun, the crime rate would rise considerably.
To express reality:
It is a fact that / In effect, / In fact, / As a matter of fact, / The fact of the matter is (that) / Actually, / In practice, / Indeed, / To tell you the truth, a crash helmet would be quite useless in the event of a serious motorcycle accident.
To express the difference between appearance and reality:
Initially, / At first, / At first sight, his injuries seemed minor, but when the doctors examined him, they discovered he had fractured his skull.
To make partially correct statements:
Up to a point, / To a certain extent, / To some extent, / In a sense, / In a way, this is true as women in society are far less likely to use physical violence than men.
To express limit of knowledge:
To the best of my knowledge, / As far as I know, there is no firm proof of the existence of aliens.
To state other people's opinion:
It is popularly believed that / People often claim that /It is often alleged that / Some people argue that / Many argue that / A lot of people think that / A lot of people believe that the earth is the only planet in our solar system that has ever supported life.
To make contrasting points:
It is a known fact that smoking causes cancer, **yet / however, / nevertheless, / but / at the same time / even so, / still, / nonetheless,** millions of people around the world continue to smoke. **Although / Even though / Regardless of the fact that / In spite of the fact that / Despite the fact that / While** it is a known fact that smoking causes cancer, millions of people around the world continue to smoke.
To express balance (the other side of the argument):
ogs are good pets in that they provide companionship; **however, / but / on the other hand, / although / yet, / at the same time, / in contrast**, feeding and grooming a dog can be expensive and time-consuming.

To express exception:
He read all the books **but / apart from / except (for)** one: “Oliver Twist”.
To clarify/rephrase:
In other words, / That is to say, / To put it another way, if people made more of an effort to protect the environment, the world would be a much healthier place to live in.
To express similarity:
Alcohol reduces our ability to concentrate on our work; **similarly, / likewise, / in the same way**, it reduces our ability to concentrate while driving.
To give an alternative:
We could switch to (**either**) solar power **or** wind power. We could switch to solar power. **On the other hand, /Alternatively**, wind power is also an environmentally friendly option.
To express condition:
I told him that he could borrow my car **on the condition that / provided (that) / providing (that) / only if / as long as** he didn't drive it too fast. **In the event of** trouble, / **In the event that** trouble should start, / **If** trouble should start, lock all the doors and windows. Take an umbrella **in case of** rain/**in case** it rains. He asked me **whether (or not)** I wanted to go. You had better lock all the doors **otherwise/or (else)** you will be in trouble.
To express the consequence of a condition:
The company is hoping for a government loan; **consequently, / then / so / in which case**, it will be able to provide fifty new jobs. I'm hoping the club will be open tonight; **if so**, we'll have a great time, **if not, / otherwise**, we'll have to go home.
To express comparison:
This car is **as** fast **as** / **more** comfortable **than** / **twice as** fast **as** / **less** comfortable **than** mine.
To conclude:
Finally, / Lastly, /Above all, /All in all, /Taking everything into account, /On the whole, /All things considered, / In conclusion, /As I have said, /As was previously stated, /To sum up, it is unlikely that mankind will ever bring an end to all wars.
Reference:
I wish to make a complaint **regarding / concerning** one of your shop assistants. I am writing **with respect / regard / reference to / in regard / reference to** your recent letter of application.
Summarising:
In short / Briefly / To put it briefly, the film was the best I’ve ever seen.

APPENDIX 9

IRREGULAR VERBS

INFINITIVE (PRESENT)	PAST	PAST PARTICIPLE	TRANSLATION
1st Group: IMPORTANT VERBS			
be (am-is-are)	was / were	been	
do (does)	did	done	
have (has)	had	had	
come (comes)	came	come	
get (gets)	got	got	
go (goes)	went	gone	
make (makes)	made	made	
say (says)	said	said	
tell (tells)	told	told	
2nd Group: PERCEPTION VERBS			
hear (hears)	heard	heard	
see (sees)	saw	seen	
smell (smells)	smelt	smelt	
3rd Group: NO CHANGE			
cost (costs)	cost	cost	
cut (cuts)	cut	cut	
hit (hits)	hit	hit	
hurt (hurts)	hurt	hurt	
let (lets)	let	let	
put (puts)	put	put	
read* (reads)	read*	read*	
shut (shuts)	shut	shut	
4TH Group: I – E / O – E / I – EN and others			
bite (bites)	bit*	bitten	
break (breaks)*	broke	broken	
choose (chooses)*	chose	chosen	
drive (drives)	drove	driven	
eat (eats)*	ate*	eaten	
fall (falls)*	fell*	fallen	
give (gives)	gave*	given	
forget (forgets)*	forgot*	forgotten	
forgive (forgives)	forgave*	forgiven	
freeze (freezes)*	froze	frozen	
hide (hides)	hid*	hidden	
ride (rides)	rode	ridden	
rise (rises)	rose	risen	
shake (shakes)*	shook*	shaken	
speak (speaks)*	spoke	spoken	
steal (steals)*	stole	stolen	
take (takes)*	took*	taken	
wake(up) (wakes)*	woke	woken	
write (writes)	wrote	written	
5th Group : I / U*-A / U			
begin (begins)	began	begun	
drink (drinks)	drank	drunk	
ring (rings)	rang	rung	
sing (sings)	sang	sung	
swing (swings)	swung*	swung	
swim (swims)	swam	swum	

6th Group: AW-OW / EW / OWN			
blow (blows)	blew	blown	
draw (draws)	drew	drawn	
fly* (flies)	flew	flown	
grow (grows)	grew	grown	
know (knows)	knew	known	
throw (throws)	threw	thrown	
7th Group: -AUGHT / -OUGHT			
bring (brings)	brought	brought	
buy (buys)	bought	bought	
catch (catches)	caught	caught	
fight	fought	fought	
teach (teaches)	taught	taught	
think (thinks)	thought	thought	
8TH Group: -STAND / -STOOD / -STOOD			
stand (stoods)	stood	stood	
understand (understands)	understood	understood	
9th Group: -EE- / -E- / -E- /			
bleed (bleeds)	bled	bled	
feed (feeds)	fed	fed	
feel (feels)	felt	felt	
keep (keeps)	kept	kept	
meet (meets)	met	met	
sleep (sleeps)	slept	slept	
sweep (sweeps)	swept	swept	
10th Group : -D / -T / -T			
build (builds)	built	built	
lend (lends)	lent	lent	
send (sends)	sent	sent	
spend (spends)	spent	spent	
11th Group : -T / -T			
burn (burns)	burnt	burnt	
dream (dreams)	dreamt	dreamt	
learn (lesrns)	learnt	learnt	
leave (leaves)	left	left	
light (lights)	lit	lit	
lose (loses)	lost	lost	
mean (means)	meant	meant	
shoot (shoots)	shot	shot	
sit (sits)	sat	sat	
spell (spells)	spelt	spelt	
12th Group : MISCELLANEOUS			
become (becomes)	became	become	
find (finds)	found	found	
hang (hangs)	hung	hung	
hold (holds)	held	held	
lay (lays)	laid	laid	
lie (lies)	lay	lain	
pay (pays)	paid	paid	
run (runs)	ran	run	
sell (sells)	sold	sold	
shine (shines)	shone	shone	
show (shows)	showed	shown	
wear (wears)	wore	worn	
win (wins)	won	won	

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