

Демоверсия текущей аттестации

Task 1. Read the letter and answer the questions.

Dear Meng,

I received your letter yesterday. In your letter, you told me that you have put on a lot of weight. All your shirts and trousers are too tight now. Your weight gain has made you lazy. I'm not surprised that you feel this way.

Well, I have to tell you that this is going to cause you many health problems.

It is not difficult to get rid of some weight. All you need is to exercise some discipline.

You will also need tons of willpower. Follow a program of healthy eating and exercise.

Eat lots of fresh fruits and vegetables. At the same time, you have to go easy on foods that are rich in fat and oil. Avoid sweet food like chocolate and cakes. Such food contains a lot of sugar and this will make you gain a lot of weight.

Eating healthy food must be accompanied by good eating habits as well. Take three meals a day at regular times.

And of course, you need to exercise. Take up walking, cycling or swimming. Exercise burns calories and builds up muscle.

I hope you will follow my advice. It is guaranteed to help you lose weight. Do tell me if you have lost some weight. I am waiting to hear the good news.

Love,

Alice.

1. What did Alice advice to lose weight?
2. What food shouldn't Meng eat?
3. Why is sweet food unhealthy?
4. Why is it important to exercise?

Task 2. Complete the sentences using the words on the right in the appropriate forms.

1. In Andorra people live longer than in any other European country. It seems they have discovered the secret of a long and _____ life.	HEALTH
2. People in Andorra stay active and _____ at old age.	ENERGY
3. They attend gyms and public _____ pools for free.	SWIM
4. Exercise is one reason, the others are clean air and a diet based on vegetables and olive oil. People of all ages in Andorra are cheerful and _____.	FRIEND
5. They think that life is _____ and they do their best to enjoy it.	FANTASY
6. Andorra is the most _____ country in Europe – they haven't had a war for 700 years.	PEACE

Task 3. Complete the text.

Jane was not an ordinary girl. She was an extremely popular person due to (1 she) unusual gift. She was very good at arranging all sorts of (2 party) and events. In fact, all the scripts and programmes for our school events (3 write) by Jane. We helped her as much as we could but she always did most of the work. Once I asked Jane if she could help me to make a surprise for my mum. Jane (4 agree) at once. "I (5 help) you, no problem," she said, "But I need to know some details about your mum." Jane asked me about what time my mum usually got up and when she went to bed, what food she liked and hated, what her favourite films, colours, and flowers (6 be). She asked me a lot of questions and I (7 not can) answer most of them. I felt uneasy but Jane laughed, "It's a common thing. Unfortunately, we often do not notice even our own family – our parents, sisters and brothers. If we (8 know) other people better, we would understand them better. And we would be much (9 kind) to them, wouldn't we?"

Task 4. Complete the sentences using "would rather" or "had better".

1. You _____ talk to her: she feels depressed.
2. Meg says she _____ do all the housework today than tomorrow.
3. _____ you _____ go to the cinema or watch TV?
4. If they want to take part in the competition, they _____ come on time.
5. They _____ do it themselves.

Task 5. Complete the sentences. Use the right form of the word in brackets.

1. I (learn) English since I was 8.
2. If I (stay) in this city, I (visit) all the famous places.
3. Whenever I met Tom he (talk) constantly about his new BFF.
4. He (write) a greeting card to his grandparents this morning.
5. I wanted to know if he (see) Gloria the next day.