LISTENING - 11 балов (1 балл за правильный ответ), 20 минут

**TASK 1.**

You will hear a talk about interview technique. For questions 1-11, complete the gaps with no more than three words and/or a number for each answer. You will hear the recording twice. Remember to transfer your answers to the answer sheet.

**BODY LANGUAGE**

Body language makes the strongest (1) ______ on people we meet. Making (2) ______ often gives a good impression. During the first few minutes of an interview, smile to show that you are (3) _______ . Nodding shows you are listening and (4) _______ . Another good gesture is to (5) _______ slightly to show you are listening. The way you carry yourself or your (6) ______ matters even when you are sitting down. Moving about nervously is called (7) _______ and is a sign that you are nervous.

**WAYS TO IMPROVE BODY LANGUAGE**

Choose a (8) ________ (such as a film star) and imagine you are this person. Practise reading body language signals by (9) ________ in public places. If you are being interviewed abroad, find out about unacceptable (10) _______ . Try to mirror the interviewer’s body language. This is known as the (11) ______ effect.
Summary

The 1_____ is an enormous business enterprise which makes 2_____ from selling refined carbohydrates in the form of 3_____, like cakes and biscuits , to supermarkets. Because of this, the manufacturers do not approve of 4_____ diets, but prefer 5_____ diets. A lot of food can be adapted to this purpose by using 6_____ instead of 7_____ , to attract shoppers who are worried about 8_____, which is believed to cause 9_____. Unfortunately, a low-fat 10_____ diet may be unsuccessful because of the hunger it causes. On the other hand, people on 11_____ diets eat 12_____ food, which satisfies them more. Although they eat animal fats, they often have improved 13_____ as well as lower cholesterol. Some say these diets may cause 14_____ and that they are only successful because the 15_____ becomes so restricted, but this has yet to be proved. In general, it is best to choose a diet suitable for the way you live and your 16_____. You should try out a 17_____ if you do not want to fail.

Low carbohydrate versus low-fat diets

Take a walk around supermarket in any developed Western country and you will find many the shelves are groaning with refined carbohydrates. These include a multitude of starchy snacks, such as potato chips, doughnuts, biscuits, cakes and pastries, which can be produced cheaply and sold in vast quantities. This is the basis of a huge operation which generates million of dollars a year for the manufactures, so it is little wonder that the recent popularity of low-carbohydrate diets has generated such criticism and antagonism from a certain quarters of the food industry.

Traditionally, low-fat diets have been the norm for slimmers, and this poses less of a threat to supermarket suppliers. Many products can be made with a lower fat content , by substituting lighter oils such as sunflower or olive oil rather than animal fats. By seeking out these low-fat products , shoppers convince themselves that they are making a healthier
choice. Concerns about cholesterol-fat deposits in the bloodstream which may lead to heart disease also contribute towards this trend. The main disadvantage of a low-fat, calorie-controlled diets is that a restricted intake of food causes hunger, which means that in the long term the diet is unlikely to be maintained. In other words, people can only tolerate being hungry for a limited period of time, after which the diet is often abandoned.

Alternatively, a diet low in carbohydrates (‘carbs’) allows you to eat as much as you like, but only of certain foods. In the initial two weeks, only meat, fish, cheese or eggs with salads and fresh leafy vegetables are allowed. To put in another way, bread, pasta, potatoes, starchy fruit such as bananas and rice are all forbidden. Most people lost weight rapidly during this period, and the do not feel hungry because high-protein food is more satisfying. The regime gradually increases the amount of carbohydrates which can be eaten, to stabilise weight loss at the desired level. Initially, some dieters have reported bad breath and other negative side-effects, but many have continued to follow the plan for years without any health problems - and without regaining weight. Despite the fact that a low-carb diet does nothing to restrict the intake of animal fats, studies have found the levels of cholesterol actually drop, as do blood-sugar levels. In addition, overall health improves as processed foods are excluded from the diet.

Another concern which has been raised about the low-carb diet is that high protein foods such as red meat may increase the risk of cancer. Advocates of the diet maintain that, as long as enough fresh fruit and vegetables are eaten, there is no danger of this. Opponents also assert that the real reason people lose weight is that the range of food allowed becomes so restricted that the dieter gets bored with eating altogether. As yet, there is not enough evidence to prove or disprove these theories, and the scientists will have to wait until there are enough long-term cases to study.

On the whole, the diet you choose will depend on your own personal preferences, and your lifestyle. Any diet requires a certain amount of willpower to be successful, and cooking for a family or socialising make it harder to maintain. Although the risks of a low-carb diet may have been exaggerated by the food industry, there is no guarantee that it will be the right one for you. The best advice is to experiment with a range of options, rather than to feel that you have failed if your first choice is the wrong one.
TASK 2.

Read the article again. Do the statements agree with the information in the passage. For questions 18-23 write
TRUE if the statement agrees with the information in the article;
FALSE if the statement contradicts the information in the article;
NOT GIVEN if there is no information about the statement.

18) Supermarkets sell more refined carbohydrates than any other product.
19) Low-carb diets are unpopular with the food industry.
20) Shoppers believe that low-fat foods are good for them.
21) Low-carb diets are only effective for the first two weeks.
22) Eating animal fats causes high cholesterol in dieters.
23) Negative theories about low-carb dieters have not been proved.
TASK 1.

A) For questions 1-15 complete the common sayings and proverbs below. Choose from the following prepositions – some are used more than once.

against before between from in into on out of over up with without

1) A bird _____ the hand is worth two ______ the bush.
2) It's like banging your head _____ a brick wall.
3) ______ the devil and the deep blue sea.
4) To have a card ______ your sleeve.
5) To have several irons _____ the fire.
6) An iron fist_____ a velvet glove.
7) It's no use crying _____ split milk.
8) To keep the wolf_____ the door.
9) To kill two birds _____ one stone.
10) To make a mountain _____ a molehill
11) _______ sight, _______ mind.
12) _______ the frying pan and _____ the fire.
13) To put the cart _____ the horse.
14) The grass is always greener _____ the other side.
15) There's no smoke _____ fire.

B) Now match the expressions you have made to the meanings below. Write A-O in your answer sheets.

16) 1 ) ______
17) 2) ______
18) 3) ______
19) 4) ______
20) 5) ______
A) To take advantage of one action to achieve something else as well.

B) To be surrounded by problems with no escape.

C) There must be some truth in even the most unlikely rumour.

D) This describes someone who is much tougher or stricter than they appear to be on the surface.

E) You can only be sure of what you have at the moment; you cannot be sure of something which you might get in the future.

F) To exaggerate or make a big fuss over something which is not very serious.

G) To do things in wrong order.

H) In negotiations, to have something in reserve that you have not yet revealed.

I) To just manage to earn enough to live on.

J) To express the idea that all your efforts are getting nowhere.

K) An expression which describes the way you no sooner get out of one difficulty than you find yourself in another that is just as bad or worse.

L) An expression which describes our tendency to believe that life would be better for us somewhere else.
M) An expression which describes how easily we forget people as soon as we are no longer with them.

N) To have a number of different interests.

O) This proverb advises you not to waste time regretting things which you cannot change.

**TASK 2.**

For questions 31–35, complete the second sentence so that it has a similar meaning to the first sentence. Use the word in bold and other words. You must use between two and five words in total. The example is given.

*Example*

0 We should leave about six, otherwise we might not get there in time for dinner.

*set*

If __________________________ about six, we might not get there in time for dinner.

*Answer: don’t set off*

31) There’s no way you can succeed.

*bound*

You __________________________ fail.

32) It’s out of the question that Tony lied to us.

*can’t*

Tony __________________________ to us.

33) Providing you pay in cash, you’ll receive a discount.

*as*

So __________________________ in cash, you’ll receive a discount.
34) Without her assistance, I’d have failed.

had

Had __________________________ her assistance, I’d have failed.

35) If only I hadn’t bought that expensive car.

regret

I __________________________ that expensive car.

TASK 3.

For questions 36–39 decide if the statement is TRUE or FALSE.

36) Windsor Castle was built for Henry VIII to guard the Western approach to London.

37) Tower of London contains the National Collection of arms and armoury.

38) Westminster Abbey is not a living church, it’s a museum.

39) Victoria and Albert Museum contains hundreds of wax figures of famous personalities.

TASK 4.

How well do you know famous people of Great Britain? Complete the gaps with the names of people. Some names are extra.

<table>
<thead>
<tr>
<th>Christopher Wren</th>
<th>Oliver Cromwell</th>
<th>Joshua Reynolds</th>
<th>Horatio Nelson</th>
<th>George Bernard Shaw</th>
</tr>
</thead>
<tbody>
<tr>
<td>George Stephenson</td>
<td>John Galsworthy</td>
<td>Joseph Turner</td>
<td>James Clerk Maxwell</td>
<td>Winston Churchill</td>
</tr>
</tbody>
</table>

40) The painter,______________, became the first president of the Royal Academy.
41) ________ won the Nobel Prize for literature in 1953.
42) “If you want to see his monument, look around”. These words can be found on ________’s grave.
43) _________ defeated Napoleon’s fleet in the Battle of Trafalgar.
44) _______ is a prominent Irish playwright and a co-founder of the London School of Economics.
45) ________’s most famous work is the trilogy “The Forsyte Saga”.
46) ________’s works on the kinetic theory of gases, the theory of heat, dynamics and the mathematical theory of electricity and magnetism are monuments to his great genius.
Your school is going to receive a group of students from England. Their team leader asked you to write a report about climatic conditions in Kazan and propose the best time to visit Kazan (weather, social events, places to see and etc). Write your report based on the given below table in 180-200 words in an appropriate style.

TEMPERATURE AND PERCIPITATION IN KAZAN

<table>
<thead>
<tr>
<th></th>
<th>Max Temperature (°C)</th>
<th>Min Temperature (°C)</th>
<th>Precipitation (mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>-9,4</td>
<td>-16,7</td>
<td>34</td>
</tr>
<tr>
<td>February</td>
<td>-7,9</td>
<td>-15,3</td>
<td>27</td>
</tr>
<tr>
<td>March</td>
<td>-1,3</td>
<td>-8,6</td>
<td>24</td>
</tr>
<tr>
<td>April</td>
<td>9,1</td>
<td>1,1</td>
<td>34</td>
</tr>
<tr>
<td>May</td>
<td>19,1</td>
<td>8,2</td>
<td>37</td>
</tr>
<tr>
<td>June</td>
<td>22,9</td>
<td>12,2</td>
<td>67</td>
</tr>
<tr>
<td>July</td>
<td>24,9</td>
<td>14,4</td>
<td>67</td>
</tr>
<tr>
<td>August</td>
<td>22,9</td>
<td>12,3</td>
<td>60</td>
</tr>
<tr>
<td>September</td>
<td>16,2</td>
<td>7</td>
<td>54</td>
</tr>
<tr>
<td>October</td>
<td>7</td>
<td>0,5</td>
<td>50</td>
</tr>
<tr>
<td>November</td>
<td>-0,7</td>
<td>-6,3</td>
<td>42</td>
</tr>
<tr>
<td>December</td>
<td>-6</td>
<td>-12,7</td>
<td>37</td>
</tr>
</tbody>
</table>

(ru.climate-data.org)

Use the following plan:

– make an opening statement;
– summarize the data by selecting and reporting the main features (2 or more);
– make comparisons where relevant (2 or more);
– give recommendations (2 or more)
– make a conclusion.

Use the following words in your report:
1. pattern
2. respectively
3. as regards
4. varied

USE YOUR OWN WORDS AND EXPRESSIONS in your report.