HEALTHY LIFESTYLE

- **stay healthy** – оставаться здоровым
- **keep fit** – быть в хорошей физической форме
- **cheerful/happy** – счастливый
- **joy** – радость, наслаждение
- **enjoyable** – приятный
- **sleep enough** – достаточно спать
- **avoid stress** – избегать стресс
- **relax** – отдых, расслабление
- **have a rest** – отдыхать
- **fear** – страх
- **nervous** – нервный
- **stressful** – нервный
- **tiring** – изматывающий, утомительный
- **home cooking** – приготовление еды дома
- **healthcare** – здравоохранение
- **to lead healthy lifestyle** – вести здоровый образа жизни
- **sports facilities** – спортивные сооружения/условия
- **take more responsibility for your own health** – брать больше ответственности за свое здоровье
- **organic/vegetarian food** – органическая/вегетарианская пища
- **be overweight/obese** – иметь лишний вес/ожирение
- **have a balanced diet** – придерживаться сбалансированного питания
- **avoid eating too much junk food** – избегать употребления слишком много фастфуда
- **exercise regularly** – регулярно выполнять физические упражнения
- **be conscious about what you eat** – осознавать, что ты ешь
- **avoid alcohol and smoking** – избегать алкоголя и курения
- **set goals and deadlines and keep up with them** – ставить цели и сроки и придерживаться их
- **create/acquire healthy habits** – создавать/приобретать привычки, полезные для здоровья
- **medical treatment** – медицинское лечение
- **suffer from** – страдать от
- **lifestyle related diseases: atherosclerosis, heart disease, stroke, obesity** – болезни, связанные с образом жизни: атеросклероз, порок сердца, инсульт, ожирение
- **suffer from eating disorders** – страдать от расстройств органов пищеварения
- **contain all the essential nutrients** – содержать все необходимые питательные вещества
- **nutritious** – питательный
- **prevention of health problems** – предотвращение проблем со здоровьем
- **be high/low in fibre/vitamins** – иметь высокое/низкое содержание клетчатки/витаминов
- **harm** – вред
- **harmful** – вредный
- **harmless** – безвредный
- **mood** – настроение
- **life expectancy** – продолжительность жизни
- **well being** – благополучие

- How do you take care of your health?
- How old would you like to live?
- Why do some people live so long?
- What is your idea of a healthy diet?
- Would you say that you have a healthy diet?
- How many hours do you sleep every night? How many hours should we sleep?
- Healthy food always tastes bad. Do you agree?
- Have you ever been on a diet to improve your health? Did it work?
- What should you do when you have a bad cold?
- What things are most damaging to a person's health?
- Why are more and more people in the world becoming obese?
- Can the government do anything to improve people's health?
- Do you think a public or private health care system is better?
- What do you think of the quality of the health care system in your country?
- What do you think about the quality of air in your city? Is it a problem?
- What is the best way to exercise and keep fit?
- Do you think people are healthier today than 50 years ago?
- Will we discover the secret of eternal life one day? Would it be a good thing?
- Is it necessary to be healthy in order to be happy?
- Do you think vegetarianism or veganism are healthy?
- What do you think about alternative medicine?
- Do you feel stressful sometimes?
- What causes stress in people's lives?
- How do you deal with stress?
- What do you recommend people who feel stressful very often?
- What should you eat to have a healthy diet?
- Do you agree that healthy food always tastes bad?
- Would you say fast food is harmful to young people?
- Should children be allowed to eat what they want at school?
- Do you think the microwave was a great invention?
- Should cooking be taught at school?
- Vegetarians believe that eating meat is wrong. Do you agree with them?

EXAM LISTENING

TASK 1

Вы готовите тематическую радиопередачу с высказываниями пяти разных людей, обозначенных буквами A, B, C, D, E. Подберите к каждому высказыванию соответствующую его содержанию рубрику из списка 1 – 6. Используйте каждую рубрику из списка только один раз. В списке есть одна лишняя рубрика. Прослушайте запись дважды. АУДИО

1. His/her cooking habits.
2. The ingredients of fast food.
3. The advantages of homemade food.
4. The dangers of fast food.
5. The quality of school food.
6. His/her eating plan.

A	B	C	D	E

TASK 2

Вы помогаете своему другу, юному радиожурналисту, проанализировать подготовленное им для передачи интервью. Прослушайте аудиозапись интервью и занесите данные в таблицу. Вы можете вписать не более одного слова (без артиклей) из прозвучавшего текста. Числа необходимо записывать буквами. Прослушайте запись дважды. АУДИО

1. Current job	
2. Number of countries he/she visited	
3. The foreign language he/she speaks	
4. City of birth	
5. Favourite drink	
6. Regular sports activity	

TASK 3

Listen to the AUDIO and choose the right option.

The man wants to _____.

1) try out for the company basketball team
2) run a mountain marathon
3) join a soccer club

The woman is worried that _____.

1) her husband's health isn't good
2) her husband is becoming a fitness freak
3) the man works too much

First, the woman suggests that her husband _____.

1) see a doctor
2) visit with a fitness trainer
3) start with light workouts

Her husband should ____.

1) design a postcard on a computer.
2) write a text with birthday wishes.
3) help to choose a birthday present.

Why does the man's wife recommend cycling?

1) It is good for improving muscle tone.
2) It helps strengthen the heart.
3) It helps develop mental toughness.

TASK 4

Listen to the AUDIO and choose the right option.

A. The Young Health Movement asked _____ young people about their experience of social media and mental well-being.

1) 500
2) 1,000
3) 1,500

B. They ranked the social media platforms from _____.

1) best to worst
2) oldest to newest
3) coolest to least cool

C. A half of _____ year-olds surveyed said Instagram and Facebook exacerbated feelings of anxiety.

1) 13- to 23
2) 14- to 24
3) 15- to 25

D. _____ in 10 young people said Instagram made them feel worse about their body image.

1) 5
2) 7
3) 8

E. _____ young people said that Facebook made cyberbullying worse.

1) 2 in 3
2) 3 in 4
3) 4 in 5

F. The Young Health Movement wants a _____ for when you've spent a certain amount of time online.

1) warning notification
2) pop-up notification
3) pop-down notification

G. It also wants a _____ on photos to indicate that the photos have been digitally manipulated.

1) stamp
2) greasemark
3) watermark

H. The Young Health Movement would also like PSHE lessons to include advice on how to use social media in a _____ way.

1) healthy
2) good
3) positive

EXAM READING

TASK 1

Вы проводите информационный поиск в ходе выполнения проектной работы. Определите, в каком из текстов A — F содержатся ответы на интересующие Вас вопросы 1 — 7. Один из вопросов останется без ответа.

1. How can a person oppose bullying?
2. What are the reasons for bullying?
3. How many people are affected by bullying?
4. What are the risks for bullies in their future life?
5. What are the types of bullying?
6. Why do bullies start hurting other people?
7. Why is bullying dangerous for its victims?

A. Every day thousands of teens wake up afraid to go to school. Bullying is a problem that affects millions of students, and it has everyone worried, not just the kids on its receiving end.

B. Two of the main reasons people are bullied are because of appearance and social status. Bullies pick on the people they think don't fit in, maybe because of how they look, how they act (for example, kids who are shy and withdrawn), their race or religion, or because the bullies think their target may be gay or lesbian.

C. Some bullies attack their targets physically, which can mean anything up to punching or hitting, or even sexual assault. Others use psychological control or verbal insults to put themselves in charge. For example, people in popular groups often bully people they think as different by excluding them or gossiping about them (psychological bullying). They may also tease their targets (verbal bullying). Verbal bullying can also involve sending cruel texts, messages, or emails which is known as cyberbullying.

D. One of the most painful aspects of bullying is that it is endless. Most people can take one episode of teasing or name calling. However, when it goes on and on, bullying can put a person in a state of constant fear. Studies show that people who are permanently abused are at risk for mental health problems, such as low self-esteem, stress, depression, or anxiety. They may also think about suicide more.

E. Bullies are at risk for problems, too. Bullying is violence, and it often leads to more violent behavior as the bully grows up. It's estimated that 1 out of 4 elementary-school bullies will have a criminal record by the time they are 30. Some teen bullies end up losing friendships as they grow older. Bullies may also fail in school and not have the career success that other people enjoy.

F. Both guys and girls can be bullies. Many bullies share some common characteristics. They like to dominate others and are generally focused on themselves. They often have poor social skills and poor social judgment. Sometimes they have no feelings of sympathy or caring toward other people. They put other people down to make themselves feel more interesting or powerful. And some bullies act the way they do because they've been hurt by bullies in the past.

TASK 2

Вы проводите информационный поиск в ходе выполнения проектной работы. Определите, в каком из текстов A – F содержатся ответы на интересующие Вас вопросы 1 – 7. Один из вопросов останется без ответа.

1. How quickly can you develop a healthy lifestyle?
2. What is the main rule of staying fit?
3. What are the easiest things you can do to stay healthy?
4. Why is it important to keep positive attitude to life?
5. What kind of food should you eat to stay healthy?
6. Why is it important to stay offline from time to time?
7. What exercises help you stay fit?

A. There are so many things that we can do to make our life healthy. You can start with making sure that you drink at least 8 glasses of plain water throughout the whole day. This is very important because water will help to boost your energy and clean the whole system in our body. Besides, you have to make sure that every day you have a balanced meal which will provide you with all the vitamins and minerals you must have.

B. Sweets, junk food, soft drinks, sugary juices should be taken minimally. It is advisable to increase white meat such as fish, vegetables, fresh fruits and fresh juices in your diet. You also must avoid taking food that contains high calories, fat, preservatives. This kind of food will bring many health problems to our body like high blood pressure and also diabetes.

C. Healthy living would not be successful without any physical activity. Even small activities such as taking a stroll or walking a pet, biking, doing daily chores such as cleaning the house can make a difference. However, for best results, it is advisable to go to the gym two to three times a week or exercise at least thirty minutes daily. You should discipline yourself to follow your exercise schedule.

D. There are thousands of ways that you can do to achieve a healthy lifestyle and you should remember that creating a healthy lifestyle cannot be done by drastic changes like not eating, but you must do it in a simple step first and try to add in the steps one by one. So you have to choose which way is more suitable for you and make sure you build a habit to have a healthy lifestyle.

E. At least once or twice a week, keep away from technology. Being online keeps people from moving and can be very unhealthy. Instead of playing video games or chatting with people on social networks, do something fun and active with your family or friends. Go outdoors, play ball games, take a swim, anything that will be enjoyable and does not involve the use of modem technology.

F. So often it's stress in our lives that leads us off the healthy path. When we are stressed, our defenses get weak. We seek comfort, and that often means unhealthy and excessive eating, vegetating in front of the TV, or other lifestyle choices that do not support good health. Simplify your life. Try slowing down your schedule.

TASK 3

Вы проводите информационный поиск в ходе выполнения проектной работы. Определите, в каком из текстов A – F содержатся ответы на интересующие Вас вопросы 1 – 7. Один из вопросов останется без ответа.

1. What are the complications of bad sleeping patterns?
2. What steps can prepare our bodies for going to sleep?
3. What is the impact of sleepless nights at exam time?
4. Why is sleep so important for people?
5. What can be dangerous about watching a movie late at night?
6. Which lesson should help children sleep well?
7. In what kind of environment do people usually sleep best?

A. It's common knowledge that people sleep best in a dark room that is slightly cool. It's important to close your blinds or curtains and make sure they're heavy enough to block out the light. You can add extra blankets or wear pyjamas if you're cold. Note that an uncomfortable bed, heat and noise can ruin a good night's sleep. A TV is also a distraction.

B. If you don't sleep enough or have a disturbed sleep you can get heart disease, high blood pressure and even diabetes. People who don't sleep enough get colds and flu more often than those who do. Moreover, recent research proves that poor sleepers gain weight more easily than people who sleep well. Extra kilos are the reaction of the body to the stressful sleepless situation.

C. Think twice before watching a movie late at night. Don't spend sleeping time on endless computer games. The thing is that by getting up and going to bed at the same time every day, even on weekends, you teach your body to follow a healthy regime. You'll quickly fall asleep, will have a good night's sleep and will wake up at the expected time feeling fresh and active.

D. Some easy steps can prepare your body for going to sleep. You probably have some regular bedtime habits, even if you don't realise it. Brushing your teeth, taking a shower, reading a book and setting your alarm clock may all be part of your evening routine. Remember that you should perform these activities in the same manner and in the same order every night.

E. Sleepless nights at exam time are very bad for students. If you prepare for your exam late at night, it will not improve your performance during the exam. On the contrary, it will affect your ability to concentrate, to react quickly and to analyse information. Recent research shows that the results of the tests written after sleepless nights are lower than usual grades.

F. If you think that during sleep, the brain rests, you're mistaken. It's a common myth about sleep. Sleep is definitely needed – but it's not your brain that needs to rest, it's your body that needs to relax. Your brain is still working when you're asleep, controlling physical functions like breathing and your heart beat. However, because the brain does not have to go through the constant stress of thinking, you get up refreshed and recharged.

EXAM GRAMMAR

Прочитайте приведённые ниже тексты. Преобразуйте слова, напечатанные заглавными буквами, так, чтобы они грамматически соответствовали содержанию текста. Заполните пропуски полученными словами. Каждый пропуск соответствует отдельному заданию 20–28 в ОГЭ.

TASK 1

Поставьте выделенные слова в правильную грамматическую форму.

Some people choose to live in a flat share or community. 1) **OTHER** can't imagine leaving their perfect flats to live with lots of other people. Why would you ever do such a thing?! I 2) **MOVE** into a house with 13 other 3) **PERSON** I 4) **NOT**/**KNOW** when I moved to a new town in Switzerland. Your dream home or 5) **BAD** nightmare? If you live alone, you always know who made that mess in the kitchen. You 6) **BE** responsible for your own space – both the tidy bits and the messy bits! You have the advantage of being able to control the environment; if you like it cool and clean, no heating battles or other people's mess for you! If you need your quiet space, you 7) **GUARANTEE** guaranteed to have it. You 8) **HAVE** don't have to share the sofa or your Netflix subscription with anyone and you always have peace and quiet to catch up with work or have a long, undisturbed bath.

TASK 2

Поставьте выделенные слова в правильную грамматическую форму.

You know the obvious behaviors that describe someone who is healthy and 1) **TAKE** care of 2) **THEY**. In general, a healthy person 3) **NOT**/**SMOKE**, 4) **TRY** to maintain a healthy weight, eats nutritious foods, and exercises regularly. Then there 5) **BE** other elements to add to the list. A healthy person also 6) **KNOW** how to manage stress, gets good quality sleep each night, 7) **NOT**/**DRINK** too much, doesn't sit too much —basically, does everything in moderation all the time. When you look at everything that could possibly go into a healthy lifestyle, you can see just how hard all of 8) **THESE** things are in our current world. The good news is, you 9) **NOT**/**HAVE** to change everything at the same time. In fact, the trick to healthy living is 10) **MAKE** small changes—taking 11) **MANY** steps each day,1 adding fruit to 12) **YOU** cereal, having an extra glass of water, or saying no to that 13) **TWO** helping of buttery mashed potatoes. One thing you can do right now to make your lifestyle 14) **HEALTHY** is to move more.

EXAM WORD FORMATION

Прочитайте приведённые ниже тексты. Преобразуйте слова, напечатанные заглавными буквами, так, чтобы они грамматически и лексически соответствовали содержанию текста. Заполните пропуски полученными словами. Каждый пропуск соответствует отдельному заданию 29–34.

TASK 1

There are pills for everything. If you can't sleep you take a pill. If you're depressed or just 1) **HAPPY**, you also can take a pill. These days scientists are developing a new pill that you can use for improving your 2) **FIT**. It will have the same effect on people's bodies as doing sports. The 3) **SCIENCE** experiments on mice have given wonderful results. The animals got stronger and healthier without any exercise. However, some doctors think that such pills can be 4) **DANGER** for health, especially in certain situations. The problem is that there will be people who may use the pill unwisely. For example, young girls who want to lose weight and get slim may take several pills at once. It will be very 5) **HARM** for their health. That's why our government should think a lot before making the 6) **DECIDE** that allows the medicine to be produced.

TASK 2

People are afraid of lots of things. There are many 1) **DIFFER** kinds of fears called phobias. They affect at least a quarter of the 2) **POPULATE**. The 3) **TRADITION** treatment for people with strong phobias is some kind of therapy. In most cases it doesn't work but doctors still believe that phobias can be cured. 4) **RECENT** they have discovered a drug which can help people to overcome their phobias. It doesn't work for everybody but when it does, it is very 5) **EFFECT**. People, who take the pill feel much better – most of their fears 6) APPEAR.

TASK 3

Yoga is a very popular activity and lots of people practise it nowadays. There is an opinion, however, that to be 1) **SUCCESS** in this activity you should start yoga in early childhood. This is not true! You can start yoga at any time in your life. What you really need is enthusiasm and a good 2) **TRAIN** – yogis often call them a guru. Yoga is not a 3) **COMPETE**. You can choose any pace that is 4) **COMFORT** for you. The aim is not to win but to make your body flexible and strong. It's definitely 5) **POSSIBLE** to improve your body in a few days. It may take lots of time but it's worth the time and effort. Yoga is an 6) **EFFECT** way to relax your mind. So it's useful not only for your body.

TASK 4

There are lots of products that help us fight bad moods and depression. If you feel down and 1) **SLEEP**, just get a bar of dark chocolate from the fridge. Chocolate will improve your mood and you'll feel 2) **CHEER** and happy again. This 3) **INFORM** is often used in chocolate adverts. Unfortunately, we can't use this method too often. The positive effect does not last long. Meanwhile chocolate is not 4) **HARM** food. It contains fat and sugar which can make you overweight. Some people may also be allergic to chocolate and it can affect their 5) **APPEAR**, causing skin problems. The alternative and 6) **ABSOLUTE** safe method to fight depression is doing sport. It can be recommended to everyone!

EXAM GRAMMAR

TASK 5

Scientists have found that there is a direct 1) **CONNECT** between sunshine and our good mood. They noticed that people are kinder and more 2) **HELP** and easy-going when the sun is out. Sunlight 3) **DEFINITE** improves negative moods and makes us feel less tired and more energetic. On the other hand, very hot weather may cause strong 4) **COMFORT**. As a result, we may feel depressed, irritated and even aggressive. On 5) **RAIN** days people say they're less satisfied with their lives. But whatever the weather is, it's important to spend enough time outdoors. Fresh air and sports can make any day feel 6) **FANTASY**!

EXAM WRITTING

TASK 1

Напишите электронное письмо другу по переписке.

You have received a letter from your English-speaking pen friend, Ben.

From: Ben@mail.uk

To: Russian_friend@mail.ru

Subject: Keeping fit

...Yesterday our teacher asked us to stay after classes. A basketball star came to us to talk about sport in everyday life. The way he spoke about being a teenager was funny. He said he didn't like getting up early!...

...When do you get up in the morning? What do you do to keep fit? Would you like to go in for sports professionally, why? ...

Write him an email and answer his 3 questions. Write 100–120 words. Remember the rules of email writing.

TASK 2

Напишите электронное письмо другу по переписке.

You have received an email from your English-speaking pen friend, Jim.

From: Jim@mail.uk

To: Russian_friend@mail.ru

Subject: Health

... I have caught a bad cold. Most people hate being ill. But I sometimes like it. It gives me some time for my hobby ...

... How often do you miss school because of health problems? How can you entertain yourself when you are ill and have to stay indoors? What do you do to stay healthy?...

Write him an email and answer his 3 questions. Write 100–120 words. Remember the rules of email writing.

EXAM SPEAKING

TASK 1

. Imagine that you are preparing a project with your friend. You have found some interesting material for the presentation and you want to read this text to your friend. You have 1.5 minutes to read the text silently, then be ready to read it out aloud. You will not have more than 2 minutes to read it.

Robots start to play an active role in the medical check-ups of patients. They can even do it at a distance if a patient is very far away from the hospital. Robotic technology is very important in telemedicine, but these days robots go one step further. They can now patrol hospital corridors and call on the rooms to check on patients' health. After the examination of the patient, the robot can put all the results on record for the doctor to see and make further instructions to the medical staff. Medical robots look like a mobile cart with a video screen and medical monitoring equipment. The cart "knows" which way to go and which patients to monitor at a given time. This device frees the doctors' time.

TASK 2

Take part in a telephone survey. You have to answer six questions. Give full answers to the questions. Remember that you have 40 seconds to answer each question.

1. Do you take care of your health? How?
2. Do you have enough sleep?
3. Do you feel stress in your daily routine?
4. How do you deal with stress?
5. What would you recommend to a person who wants to stay healthy longer?
6. Do you prefer healthy or junk food?

TASK 3

You are going to give a talk about a healthy lifestyle. You will have to start in 1,5 minutes and speak for not more than 2 minutes (10-12 sentences).

Remember to say:

- what good and bad habits people have;
- what a healthy way of life is;
- what people should do to keep fit;
- what your attitude to a healthy lifestyle is.

You have to talk continuously.

EXAM SPEAKING

TASK 4

You are going to give a talk about keeping fit. You will have to start in 1,5 minutes and speak for not more than 2 minutes (10-12 sentences).

Remember to say:

- why doing sport is very important for modern teenagers
- what else besides sport young people do to keep fit and healthy
- what you enjoy doing in your free time
- what your attitude to doing sports activities is

You have to talk continuously.

TASK 5

Take part in a telephone survey. You have to answer six questions. Give full answers to the questions. Remember that you have 40 seconds to answer each question.

1. Electronic assistant: How many meals a day do you usually have?
2. Electronic assistant: What is your favorite food?
3. Electronic assistant: What do you usually have for lunch at school?
4. Electronic assistant: Do you prefer fast food, or homemade food?
5. Electronic assistant: Would you like to take part in a TV cookery show?
6. Electronic assistant: What would you recommend to a teenager who wants to keep fit?

EXTRA MATERIALS

- статья про воду + задания
- статья
- видео о вреде социальных сетей
- 5 причин заниматься спортом
- статья «Time out to recharge»
- статьи о здоровье для подростков
- статья о счастье для подростков
- советы, как вести здоровый образ жизни
- большой выбор распечаток
- Игры по теме «правильное питание»
- задание на чтение
- задание на чтение
- текст о завтраке + обсуждение в комментариях
- статья о питании в разных странах
- рецепты смузи
- интерактивные задания по теме “Здоровье»

EXAM LISTENING

TASK 1. 65341
TASK 2. 1) DRIVER 2) THIRTY 3) FRENCH 4) OXFORD 5) JUICE 6) SWIMMING

LISTENING

TASK 1. 1 1 1 1 2
TASK 2. 3 1 2 2 1 2 3 1

EXAM READING

TASK 1. 325746
TASK 2. 357164
TASK 3. 715234

EXAM GRAMMAR

TASK 1. 1) OTHERS 2) MOVED 3) PEOPLE 4) DID NOT KNOW 5) WORST 6) ARE 7) ARE GUARANTEED 8) DO NOT HAVE
TASK 2. 1) TAKES 2) THEMSELVES 4) TRIES 5) ARE 6) KNOWS 7) DOES NOT DRINK 8) THOSE 9) DO NOT HAVE 10) MAKING 11) MORE 12) YOUR 13) SECOND 14) HEALTHIER

EXAM WORD FORMATION

TASK 1. 1) UNHAPPY 2) FITNESS 3) SCIENTIFIC 4) DANGEROUS 5) HARMFUL 6) DECISION
TASK 2. 1) DIFFERENT 2) POPULATION 3) TRADITIONAL 4) RECENTLY 5) EFFECTIVE 6) DISAPPEAR
TASK 3. 1) SUCCESSFUL 2) TRAINER 3) COMPETITION 4) COMFORTABLE 5) IMPOSSIBLE 6) EFFECTIVE
TASK 4. 1) SLEEPY 2) CHEERFUL 3) IMFORMATION 4) HARMLESS 5) APPEARANCE 6) ABSOLUTELY
TASK 5. 1) CONNECTION 2) HELPFUL 3) DEFINITELY 4) DISCOMFORT 5) RAINY/RAINING 6) FANTASTIC