

## МОДУЛЬНИЙ КОНТРОЛЬ

### Модульна контрольна робота №1 з іноземної мови

#### I Complete the sentences with the correct present perfect simple or present perfect continuous form of the verbs in brackets.

- 1 Since we opened the gallery yesterday, we \_\_\_ (**sell**) over £2,000 worth of paintings – it's incredible!
- 2 Ding-Lun \_\_\_ (**always love**) drawing, so it's no surprise that she now wants to go to Art College and become an illustrator for children's books.
- 3 Please excuse the mess. We \_\_\_ (**repaint**) the house all week and haven't had chance to clear everything up yet.
- 4 The development of electric wheelchairs \_\_\_ (**really help**) physically disabled people to become more independent and gain greater access to social facilities.
- 5 Philip and Frank \_\_\_ (**interview**) candidates since 9 o'clock this morning. They must be ready to take a well-earned lunch break by now.

#### II Underline the correct alternative.

- 1 Oh no! I don't believe it! My mobile phone *'s been/was/is* stolen!
- 2 Police say that the bank *'s been/was/was being* robbed in the early hours this morning.
- 3 Jim's too scared to leave the house. He's convinced he *is/was being/'s being* watched.
- 4 These days celebrities *are/were/have been* followed everywhere they go.
- 5 The news said that three people *are/have been/are being* injured in a train crash.
- 6 Students are often surprised when we tell them mobile phones *couldn't/shouldn't/cannot* be taken into the exam room.
- 7 Generally speaking, most teenagers don't like *to be/to being/to have been* told what to do by their parents.

#### III Put the letters in order to complete the sentences.

- 1 One of the new police objectives is to reduce the \_\_\_ (**liallge**) copying of digital media.
- 2 Do you *really* think it's \_\_\_ (**anoabersle**) for the directors to receive bonuses on the same day that staff are being made redundant?
- 3 The new policy was considered \_\_\_ (**anihultec**) as it treated disabled people unfairly.
- 4 His increasingly \_\_\_ (**suoguraeto**) demands eventually led to him being fired from the football club.
- 5 The thriller I saw last night was so \_\_\_ (**ndibustirg**) that I couldn't sleep at all afterwards.
- 6 Animal protection agencies are pushing for \_\_\_ (**siripeslebnro**) dog owners who do not clear up after their animals to be fined.

#### IV Match beginnings 1–6 with endings a)–h) to complete the sentences. There are two endings you do not need.

- 1 The pressure of the exams had been really intense and after finishing the final one, I was so \_\_\_
- 2 When the comedian asked me to come up onto the stage, I truly wished \_\_\_
- 3 When I heard I'd won the writing competition, I was completely over \_\_\_
- 4 I decided not to go to the party as I knew it would be \_\_\_
- 5 Although I was scared out of my \_\_\_
- 6 Although I was really nervous and was shaking like \_\_\_
  - a) a leaf, my first jump from the diving board into the pool went well.
  - b) impressed by the game I had played.
  - c) the moon with happiness.
  - d) relieved that I started crying.
  - e) my stomach turn with anxiety.
  - f) wits, I knew I had to make it to the top of the mountain.
  - g) awkward seeing Jim, my ex-boyfriend.
  - h) the earth would swallow me up. I had never felt so embarrassed in my life.

#### V Find and correct two mistakes in each sentence.

- 1 Could you tell to me what time is it?
- 2 I've seen quite a few plays last month but most of them were really disappointed.
- 3 Three climbers have being reported missing. The rescue team must been looking for them now.
- 4 I'd be interested to knowing where do they work at the moment.

5 I've thought he was honest and law-abiding but he's just been arrested for fraud.

6 I'd like knowing why you were being late today.

#### VI Underline the correct alternative.

1 We were **over/on** the moon when we found out we'd been selected for the team.

2 The thought of eating insects made Joanne's stomach **jump/turn**.

3 I was so embarrassed I wanted the earth to **finish/swallow** me up.

4 Sioban decided to **sign up/get in** for evening classes at the local college.

5 The **project/record** gained so much support that over £300,000 was raised.

6 It's **reasonable/outrageous** that he's been paid twice as much as us but has done so much less.

7 Police are **appealing/suspecting** for anyone who witnessed Friday's incident to come forward.

#### VIII Complete the text with the correct answer, a), b) or c).

The Californian government <sup>1</sup>\_\_\_\_ come up with an original way of <sup>2</sup>\_\_\_\_ income: by allowing adverts <sup>3</sup>\_\_\_\_ shown on car number plates. Electronic number plates that scroll adverts when a car is stationary <sup>4</sup>\_\_\_\_ being developed. While the car is moving, the registration number <sup>5</sup>\_\_\_\_ shown on the plate. However, when the vehicle <sup>6</sup>\_\_\_\_ stopped for more than four seconds, say at traffic lights, the number could <sup>7</sup>\_\_\_\_ replaced with a scrolling set of adverts. These <sup>8</sup>\_\_\_\_ chosen by motorists and controlled from inside the car. The Californian government <sup>9</sup>\_\_\_\_ to find ways to cut its budget deficit for many months and says it <sup>10</sup>\_\_\_\_ reduced if this plan <sup>11</sup>\_\_\_\_ into action.

- |                  |                   |                   |
|------------------|-------------------|-------------------|
| 1 a) will        | b) has            | c) is             |
| 2 a) to raise    | b) raise          | c) raising        |
| 3 a) to be       | b) being          | c) to being       |
| 4 a) is now      | b) now are        | c) are currently  |
| 5 a) is          | b) is being       | c) has been       |
| 6 a) is being    | b) 's been        | c) is             |
| 7 a) to be       | b) been           | c) be             |
| 8 a) 've been    | b) would be       | c) should being   |
| 9 a) 's tried    | b) 's being tried | c) 's been trying |
| 10 a) can be     | b) has been       | c) should being   |
| 11 a) is putting | b) will be put    | c) is put         |

#### IX Complete the second sentence with no more than five words so that it means the same as the first. Use the word in CAPITALS.

- 1 I have to finish this by Friday. **MUST** This \_\_\_\_\_.
- 2 We haven't seen them for a year. **LAST** We haven't \_\_\_\_\_.
- 3 Where have you been? **MIND** Would \_\_\_\_\_ you've been?
- 4 Somebody's sending me spam emails every day. **SENT** Spam emails \_\_\_\_\_ every day.
- 5 Could you help me with this? **WONDERING** I \_\_\_\_\_ help me with this.
- 6 He started renovating it three years ago and he hasn't finished it yet. **FOR** He \_\_\_\_\_ three years.

#### X Complete the sentences with the correct form of the word in brackets.

- 1 Experts have \_\_\_\_\_ (**project**) that there will be an upturn in the economy in the final quarter.
- 2 It was totally \_\_\_\_\_ (**embarrass**) having to sing in front of my workmates.
- 3 After days without any news, Helen felt \_\_\_\_\_ (**frustrate**) at not knowing what was going on.
- 4 CCTV cameras may be a deterrent but they are also a \_\_\_\_\_ (**disturb**) invasion of our privacy.
- 5 The idea of living in the jungle for a month was something Bertram found totally \_\_\_\_\_ (**appeal**). He simply had no interest in doing it.
- 6 Olivia's \_\_\_\_\_ (**disappoint**) was obvious as she read her exam results.
- 7 If you want to enter the castle, you have to gain written \_\_\_\_\_ (**permit**) from the king.
- 8 Any \_\_\_\_\_ (**anxious**) Sue may have felt about speaking to such a large crowd didn't show.
- 9 Jamie's friends like him for his \_\_\_\_\_ (**spontaneous**). He's always up for doing something on the spur of the moment.
- 10 The plan was \_\_\_\_\_ (**ethics**) and completely went against the company's moral stance.
- 11 His behaviour was completely \_\_\_\_\_ (**respond**) – luckily nothing serious happened.

## Модульна контрольна робота №2 з іноземної мови

### I Underline the correct alternative.

- 1 By the time Nigel *was arriving/arrived* at the party, everyone *ate/had eaten* and *was dancing/danced*.
- 2 The boys *had been playing/played* in the garden for hours and when I *went/was going* to check on them, they *had kicked/were kicking* a football around and *laughing/laughed*.
- 3 Ellen *was thinking/had been thinking* about going to Hawaii to visit her sister for some time, so when she *had lost/lost* her job and was given a generous redundancy package, she immediately *called/had called* her sister to let her know and then *was booking/booked* her flight.
- 4 When Hannah was young, she *had/would* often climb the trees at the bottom of the garden.
- 5 Mum's *always forgetting/'d always forget* to collect me from school. It's so annoying.

### II Complete the sentences with the correct form of the verbs in brackets.

- 1 I really wish they \_\_\_\_\_ me about that job. I just want to know if I've got it or not! (call)
- 2 If only he \_\_\_\_\_ us the truth! I wonder why he didn't? (tell)
- 3 I wish your mother \_\_\_\_\_ us when she's planning on visiting instead of just turning up on our doorstep unannounced. (tell)
- 4 I wish I \_\_\_\_\_ never \_\_\_\_\_ to help you move house. I had no idea you had so many books! (offer)
- 5 If only I \_\_\_\_\_ that job in France. Now I have to decide if I want to start a new life there or not. (not/offer)

### III Underline the correct answer, a), b), c) or d).

- 1 Gavin admitted it was the initial two weeks that were the hardest when he gave \_\_\_ smoking.  
a) up      b) over      c) in      d) by
- 2 Tomás has got such a talent for languages! He only has to spend a few months in a country to pick \_\_\_ enough of the language to speak fluently to native speakers.  
a) out      b) up      c) off      d) on
- 3 We were all devastated when Fabrizia's grandmother passed \_\_\_ as she had always been at the heart of the family. We miss her very much.  
a) out      b) by      c) away      d) up
- 4 When Dad told me he was going to take \_\_\_ hang gliding when he retired, I assumed he was pulling my leg. How wrong can you be?  
a) on      b) up      c) in      d) over
- 5 Jessie's always looked \_\_\_ his father, Walter, and is keen to follow in his footsteps and become an officer in the navy.  
a) up to      b) out of      c) away      d) up in

### IV Correct two mistakes in each sentence.

- 1 If only he hadn't went out. He should've staying here.
- 2 He's not used to study so hard. He wishes he wouldn't gone to university.
- 3 We were laid by the pool when it was starting to rain heavily.
- 4 Michelle and Jake were looking forward to the concert all year, so was glad they only had one more hour to wait!

### V Complete the sentences with the correct form of the word in CAPITALS.

- 1 After viewing a \_\_\_\_\_ cottage in Wales, we instantly knew it was the property for us. **DELIGHT**
- 2 Uncle Erwin's had a love of \_\_\_\_\_ cars since he was a boy and now spends his free time tinkering with one he bought at auction. **CLASS**
- 3 From the pictures in the brochure, you'd have no idea just how \_\_\_\_\_ the mountains were. **STUN**
- 4 After ten weeks, Rob is making \_\_\_\_\_ progress with his marathon training. **SIGNIFY**
- 5 Carla was a bright student and no one was surprised when she achieved \_\_\_\_\_ grades and was offered a prestigious scholarship. **EXCEPT**

**VI Read the texts below and match questions 1–11 with people A–C.**

**What books mean to them**

**A**

**Hugo Thompson** is an independent bookseller; rather a high-risk business nowadays, given competition from online bookstores like Amazon, and discounted books in supermarkets and large bookshop chains. However, Hugo's not complaining. His bookshop is in a delightful market town in Dorset, in the south of England, where many of the inhabitants believe in supporting their local shops. He has a loyal group of customers who regularly buy books from him. Furthermore, he's recently opened a small café in the shop, where customers can sit and leaf through books they like the look of over a latté and a slice of homemade carrot cake. He's not only made very good friends as a result, but his business is thriving.

**B**

**Marian Taylor** is an avid reader, particularly of historical fiction and biographies of British monarchs. However, she rarely buys new books these days. She's a retired nurse, and although she'd love to support the local bookshops, she can't really afford to now. Fortunately, Marian loves browsing in second-hand bookshops and charity shops, where she can buy two or three books for the price of a new one. Moreover, a friend of hers has introduced her to a local book group, which gets together every week to talk about books they've chosen. They take it in turns to host the meeting, providing drinks and snacks for the others. Naturally, they often find chatting about their own lives even more interesting than the books!

**C**

**Mark Williams** has been working in a bookshop in Manchester for about three years. He found it very hard at first. He hadn't been used to having books around at home and his friends were mostly interested in music and sport. Initially, Mark worked in the bestselling fiction section, which he found quite embarrassing. He'd never heard of most of the authors and began to wish he'd shown more interest in literature at school. However, he's much happier since he was moved to the sports section, where he's more knowledgeable about the subject. He's also discovered he can download ebooks to his MP3 player and read them on the bus. His favourites are autobiographies of great sports stars such as Chris Hoy and Wayne Rooney.

**Which person:**

- 1 hardly ever buys new books? \_\_\_\_\_
- 2 didn't have books in their house when they were younger? \_\_\_\_\_
- 3 has provided comfortable surroundings for people to read? \_\_\_\_\_
- 4 is happier working with a subject they're familiar with? \_\_\_\_\_
- 5 likes reading about the lives of kings? \_\_\_\_\_
- 6 felt uncomfortable in their job at first? \_\_\_\_\_
- 7 runs their own business? \_\_\_\_\_
- 8 reads books about sports celebrities? \_\_\_\_\_
- 9 meets every week to discuss books with other people? \_\_\_\_\_
- 10 works in a supportive community? \_\_\_\_\_
- 11 has been able to meet like-minded people with the help of a friend? \_\_\_\_\_

**VII Read the texts again. Are the statements *true* (T) or *false* (F)?**

- 1 Intense competition makes being an independent bookseller easy. **T/F**
- 2 Hugo has added extras to his shop to make it more attractive to customers. **T/F**
- 3 Marian didn't use to have the money to buy books from her local bookshops. **T/F**
- 4 The book group discussions often end up being more of a social affair. **T/F**
- 5 Mark realises that his lack of interest in literature at school has made him keener to learn about popular fiction as an adult. **T/F**
- 6 He has enjoyed working in the sports section more than in the fiction one. **T/F**

## Модульна контрольна робота робота №3 з іноземної мови

I Read the article. Underline true (T) or false (F).

### Brain change

Do you frequently interrupt what you're doing to check your emails or text messages? Or find it difficult to concentrate on reading a long newspaper article, or a book? Do your children complain because you're too busy writing tweets or checking social media to play with them? It's likely that most people nowadays would answer 'yes' to at least one of these questions.

We are only a decade or so into the internet revolution but scientists are already engaged in a lively debate about the effect it is having on our brains. They say that multi-tasking is changing how we think and behave, and that our ability to focus on what we are doing is being damaged by frequent short bursts of information. According to recent research, these 'bursts' play to a primitive impulse in us to pay attention to new information. In the past, this would probably have meant danger nearby: a lion or some other kind of enemy. The equivalent nowadays is the ping of a new message or email, provoking a feeling of excitement that can become very addictive. Without it, people feel bored.

While many people think that multi-tasking makes them more productive, this has been shown to be false. Researchers say that heavy multi-taskers have more trouble concentrating and find it difficult to ignore irrelevant information. They also experience more stress. On the other hand, the use of technology can also benefit the brain in some ways. Web surfers are said to be better at finding information, while some videogames give users better visual coordination.

Generally speaking, no one would deny that mobile phones and computers have transformed life as we knew it. People have more freedom to work anywhere. The world has shrunk and computers can deal with boring daily tasks, giving us more free time to enjoy life. Nevertheless, we should also be aware of the dangers of these recent discoveries. The time may soon come when we will cherish our ability to be able to 'think for ourselves', of switching off the computer and reading a good book, of being human: in other words, of paying more attention to the people around us.

### **According to the text: T/F**

**1** People can't read well nowadays. **2** Parents sometimes pay more attention to their mobile phones than to their children. **3** Scientists have been researching into the effects of the internet. **4** Exposure to lots of short texts makes it easier to concentrate on one thing. **5** People often feel bored when they receive new texts or emails. **6** People who do more than one task at a time work less effectively. **7** People who do a lot of multi-tasking are usually more stressed. **8** The use of technology can be very good for the brain. **9** The arrival of computers and mobile technology has had little impact on our lives. **10** People have less free time now. **11** The writer thinks that interaction with other people is less important than making new discoveries.

### **II Read the text again and underline the correct answer, a), b) or c).**

- 1** These days many people \_\_\_. **a)** don't even read short newspaper articles  
**b)** play with their children on social media **c)** are unable to concentrate for long
- 2** Scientists believe that \_\_\_ is changing our brains.  
**a)** our ability to multi-task **b)** social media **c)** how we now view danger
- 3** Research has shown that people are more likely to become \_\_\_. **a)** bored with messaging after a short time **b)** addicted to modern means of communication **c)** productive if they multi-task
- 4** People who frequently multi-task \_\_\_. **a)** may be prone to higher levels of stress  
**b)** find it easier to dismiss useless data **c)** are better able to focus on tasks
- 5** It has been found that some videogames \_\_\_. **a)** reduce levels of stress in individuals  
**b)** aid eye to hand movement **c)** improve people's ability to find information on the internet
- 6** In the future, we might \_\_\_. **a)** miss doing repetitive and boring tasks  
**b)** wish we had more free time **c)** miss having real human contact

### **III Find and correct two mistakes in each sentence.**

- 1** The highest mountain in the South America is the Aconcagua.  
**2** They'll probably have sleeping by now. You should phoned them tomorrow.  
**3** They missed last bus home but fortunately they were able get a taxi.  
**4** If we were to pay deposit on the house, when could we to move in?  
**5** If you'll get up at five, you'll be able to see sun rise over the ocean.

6 Come and have the lunch with us. Mum will have prepare it by now.

**IV Underline the correct alternative.**

- 1 Try not to worry. Life is full of ups and **drawbacks/downs**. It'll all work out in the end.
- 2 The film didn't contain any surprises. It was very **immature/predictable**.
- 3 He **saw/raised** a gap in the market and exploited it.
- 4 The party was absolutely **dreadful/crazy**. Not only was the music terrible but no one was there!
- 5 It's not easy **running/charging** your own business with the economy as it is.
- 6 What's the **minimum/mortal** age if you want to ride a motorbike in this country?
- 7 The last time I visited the U.S., my nephew was just **reaching/coming** of age.
- 8 Unfortunately, the celebrity sportsman we had in mind wasn't interested in **adjusting/endorsing** our new sports drink.
- 9 I wish he wasn't so gloomy. He never looks on the **light/bright** side of life.

**V Complete the sentences with the correct form of the word in brackets.**

- 1 Liane has always been great at dealing with \_\_ (family) situations and seems to enjoy the challenges they create.
- 2 With all due respect, your ideas on how to manage staffing costs are completely \_\_ (logic) and make no sense at all.
- 3 I think you might have \_\_ (interpret) what I meant when I said I wanted more freedom. I was talking about work and my desire to set up my own business.
- 4 I'm ever so sorry but this plan is completely \_\_ (real). Although it may look feasible on paper, in reality it's never going to work.
- 5 The creation of the internet has \_\_ (able) people to have access to a huge amount of information from all around the world.
- 6 The invention of electricity \_\_ (revolution) people's lives and has since developed into a necessity for those people who have it.

**VI Complete the second sentence with no more than five words so that it means the same as the first. Use the word in CAPITALS.**

- 1 The table was large but we finally got it through the door. **MANAGED**  
The table was large but we finally \_\_\_\_\_ the door.
- 2 When I was young I often used to play outdoors. **WOULD**  
When I was young, I \_\_\_\_\_.
- 3 I shouldn't have told her. **SUPPOSED**  
I \_\_\_\_\_ her.
- 4 I can't drive until I'm 18. **ALLOWED**  
I \_\_\_\_\_ until I'm 18.
- 5 You can have a party if you clean up afterwards. **PROVIDED**  
You can have a party \_\_\_\_\_.
- 6 They won't be able to travel if they don't have a visa. **UNLESS**  
They won't be able to travel \_\_\_\_\_.

**VII Underline the correct answer, a), b) or c).**

- 1 \_\_\_\_\_ he needs to look for a job.  
a) Shouldn't      b) Surely      c) Doesn't
- 2 I think we should go \_\_\_\_\_ brighter colour walls this time. What do you think?  
a) at      b) for      c) to
- 3 He can't decide whether or not to take the promotion. He's torn \_\_\_\_\_ his family and his career.  
a) between      b) from      c) of
- 4 Would you \_\_\_\_\_ taking my mother on holiday with us this year?  
a) accept      b) consider      c) agree
- 5 \_\_\_\_\_ we do more to help underprivileged children in our own society?  
a) Don't      b) Shouldn't      c) Unless
- 6 \_\_\_\_\_ you see that he'll never change?  
a) Don't      b) Isn't      c) If

## Модульна контрольна робота №4 з іноземної мови

**I Read the text and underline the correct answer, a), b) or c), for questions 1–6 on page 4.**

Hi Marcela

I'm sorry I haven't been in touch for such a long time. I can't tell you what I've been through in the last few months. You might remember that I was thinking of applying to be on *My New Family* (I can't imagine what possessed me!). Well, it all went ahead. I sent in my application, went through various interview stages and to my surprise, I was accepted on to the show. I couldn't believe it. What had started out as a bit of a joke, turned out to be my worst nightmare. Before I knew where I was, it was too late to pull out.

As soon as I set foot in the *My New Family* house, I knew that I'd made the biggest mistake of my life. Imagine being stuck in a house together with complete strangers for twenty-four hours a day, seven days a week. It was really difficult. You know how it is – the producers are really only interested in getting good viewing figures. They deliberately chose participants who were going to be controversial.

So there I was, a forty-year-old woman on national television, sharing my every waking moment with my new family and wishing I could be anywhere else. However, I decided to give it a go and try to get on with everyone. It was hard work, I can tell you. Some of them were very hard to like!

To be honest though, one of the worst things about the whole experience was sleep – or lack of it. Most of my fellow inmates were night owls and would stay up until the early hours just messing around. As you know, I'm never at my most alert late at night so I started to feel quite groggy after a few days of sleep deprivation.

To cut a long story short, I was voted out after the first week – probably because the viewers thought I was too boring. Well, I suppose I was. I didn't say or do anything outrageous so what was the point of being there?

I still have nightmares about it all and just hope things will get back to normal soon. Next time I have a crazy idea, please do something to stop me! Meanwhile, I've been asked to write about my mad media week for the local paper. Perhaps there is something in me that does rather enjoy being the centre of attention after all!

Love, Jasmine

**1** Jasmine \_\_\_ Marcela what she's been doing lately.

**a)** is unable to tell   **b)** can't imagine telling   **c)** has been too busy to tell

**2** Jasmine \_\_\_ on the show.

**a)** was not expecting to appear   **b)** never regretted going   **c)** told lots of jokes

**3** From Jasmine's point of view, \_\_\_\_.

**a)** her housemates were an interesting group   **b)** being confined in the house for a whole week was really difficult   **c)** living with complete strangers was good fun

**4** Jasmine tells Marcela that she \_\_\_ family.

**a)** enjoyed getting to know her new   **b)** realised that she really missed her own  
**c)** didn't really get on with all her new

**5** Jasmine freely admits that she \_\_\_\_.

**a)** enjoyed staying up as it gave her some space   **b)** probably didn't captivate the viewers much  
**c)** was outraged at having to leave after a week

**6** Jasmine is now \_\_\_\_.

**a)** sharing her experiences in a newspaper article   **b)** relieved that her life has returned to how it was  
**c)** happy not to be in the limelight

**II Read the article again. Underline true (T) or false (F).**

**1** Jasmine's had a very eventful time since she last wrote to Marcela. **2** Jasmine now thinks she was mad to have put herself forward for *My New Family*. **3** Jasmine could have changed her mind about going on the show at the last minute. **4** The producers of the show are most interested in selecting people who will get on well with each other. **5** Jasmine constantly regretted her decision to do the show while she was on it. **6** It wasn't her housemates but the constant pressure of filming she found difficult. **7** Jasmine admits she isn't a night owl. **8** Coping with little sleep was the hardest part of being on the show for Jasmine. **9** Jasmine was very surprised that she lasted through the first week. **10** Jasmine found it went

against her nature to behave outrageously so she didn't try to. **11** Jasmine wants Marcela to join her if she gets the chance to do something out of the ordinary again.

### III Underline the correct answers, a), b), c) or d), to complete the text.

People talk <sup>1</sup> \_\_\_\_\_ about the effect of TV on kids, but what about the rest of us? If you <sup>2</sup> \_\_\_\_\_ to ask most people how <sup>3</sup> \_\_\_\_\_ time they spend watching television each week, I suspect you would <sup>4</sup> \_\_\_\_\_ shocked. In many households, the television is on a good <sup>5</sup> \_\_\_\_\_ of the time, although often no one will be watching. Take my sister yesterday for example. As soon as she got in, the television was turned on. <sup>6</sup> \_\_\_\_\_ of the time she just does it out of habit as she doesn't even seem <sup>7</sup> \_\_\_\_\_ watching it. I'm sure if it had been turned off, she <sup>8</sup> \_\_\_\_\_ even have noticed the difference. But I do wonder how <sup>9</sup> \_\_\_\_\_ people <sup>10</sup> \_\_\_\_\_ manage if someone took their television away for a few days. I think very <sup>11</sup> \_\_\_\_\_ of us could live without it.

- 1 a)** a lot      **b)** a few      **c)** plenty      **d)** lots of      **2 a)** were      **b)** will      **c)** are      **d)** have  
**3 a)** much      **b)** many      **c)** few      **d)** a little      **4 a)** being      **b)** be      **c)** to be      **d)** been  
**5 a)** number      **b)** section      **c)** much      **d)** deal      **6 a)** All      **b)** Hardly      **c)** Most      **d)** Many  
**7 a)** to being      **b)** being      **c)** be      **d)** to be      **8 a)** 's not      **b)** wouldn't      **c)** won't      **d)** can't  
**9 a)** every      **b)** many      **c)** any      **d)** all      **10 a)** will      **b)** could      **c)** won't      **d)** would  
**11 a)** much      **b)** little      **c)** few      **d)** a few

### IV Correct the two mistakes in each sentence.

- 1** Don't apologise for put off your decision. There's a good deal in time and you really need to be sure. **2** There isn't a large amount in coffee left so please just have a few. **3** I hadn't have been so angry if you would have told the truth. **4** We don't get the chance meeting often so let's go out for dinner. It's still early and we've still got so many to talk about. **5** When I arrived home late, my husband asked me if I ate. When I said I hadn't, he told me he'll cook something for me.

### V Underline the correct alternative.

- 1)** The construction company decided to ***postpone/reach*** the agreed start date until the bad weather had passed.  
**2)** I want you to apologise and take ***on/back*** what you just said.  
**3)** She's a very ***sensitive/sensible*** individual who can always be trusted to make the right decision.  
**4)** It turns ***out/on*** that our new boss has known the owner for years and they went to the same college.  
**5)** I ***promise/insist*** to help you with your packing if you come out to dinner with me tonight.  
**6)** Do you tend ***sleeping/to sleep*** late at the weekend or prefer getting up early?  
**7)** The man ***admitted/agreed*** having stolen the clothes from the department store.  
**8)** It's important to stick ***on/to*** your principles if you want to be respected.

### VI Complete the second sentence with no more than five words so that it means the same as the first. Use the word in CAPITALS.

- 1** 'David's been driving my car without asking.'  
Ben \_\_\_\_\_ his car without asking. **ACCUSED**  
**2** I really don't like to stay at home all day when the weather's good.  
I \_\_\_\_\_ at home all day when the weather's good. **STAND**  
**3** Ted can pass the exam.  
Ted \_\_\_\_\_ the exam. **CAPABLE**

### VII Complete the sentences with the words and phrases in the box. There are two extra options you do not need to use.

**although    Despite    For    However    so that    so as not to    so as to    While**

- 1** They asked for the deadline to be extended \_\_\_\_\_ they had more time to complete the project.  
**2** \_\_\_\_\_ not having time to read the paper every day, I do enjoy listening to the news on the radio.  
**3** We have to agree with each other in public \_\_\_\_\_ present a united front.  
**4** Jana refused to sell her story \_\_\_\_\_ she was offered a lot of money.  
**5** \_\_\_\_\_ some readers enjoy reading gossip, there are those who do not.  
**6** A lot of people would like to be rich and famous. \_\_\_\_\_, there are many drawbacks to fame.



## Модульна контрольна робота № 5 з іноземної мови

### I Put the words in the correct order.

- 1 I was amazed to learn that the pianist I'd been listening to was **a(n) old / year / seven** girl.  
I was amazed to learn that the pianist I'd been listening to was **a (n)** \_\_\_\_\_ girl.
- 2 Julia bought **a(n) freshly-baked / hugely / organic / expensive** apple pie for the picnic.  
Julia bought a(n) \_\_\_\_\_ apple pie for the picnic.
- 3 We watched the children **in / of / the / and / water / out / running** as we sat relaxing on the beach.  
We watched the children \_\_\_\_\_ as we sat relaxing on the beach.
- 4 Renovating the old building turned out to be **a(n) incredibly / process / time-consuming**.  
Renovating the old building turned out to be **a(n)** \_\_\_\_\_.
- 5 Jane always has her morning coffee in her **cup / lime / favourite / coffee / green**.  
Jane always has her morning coffee in her \_\_\_\_\_.
- 6 The warm, rich colours from the **slowly / sun / setting** created a magical-looking sky.  
The warm, rich colours from the \_\_\_\_\_ created a magical-looking sky.

### II Match 1–6 with a)–h). There are two options you do not need.

- |                                  |   |                                                    |
|----------------------------------|---|----------------------------------------------------|
| 1 We watched the match,          | — | a) on which the school had once stood.             |
| 2 Tom got up to speak,           | — | b) all of whom work as teachers.                   |
| 3 We've got several TVs at home, | — | c) on whom he relied whole-heartedly.              |
| 4 Rose has three brothers,       | — | d) who both love gourmet food, now live in France. |
| 5 That is the man whose          | — | e) son is travelling around Asia at the moment.    |
| 6 Nicholas and Lorella,          | — | f) the result of which was inevitable.             |
|                                  |   | g) none of which actually work any more.           |
|                                  |   | h) at which point I decided to leave the room.     |

### III Complete the sentences with a relative pronoun where necessary. If no relative pronoun is needed, write (-).

- 1 Adrianna's aim, \_\_\_\_\_ I'm sure is achievable, is to earn enough money to buy a car this year.
- 2 I've got two sons, both of \_\_\_\_\_ are architects.
- 3 That's the car \_\_\_\_\_ I saw outside our house.
- 4 My best friend, \_\_\_\_\_ has just moved away, is hoping to become a travel writer.
- 5 Isn't that the lady \_\_\_\_\_ husband has just sailed round the world single-handed?
- 6 Our washing machine, \_\_\_\_\_ we bought online last year, is incredibly quiet.

### IV Complete the sentences with the words in the box. There is one extra word you do not need.

*ancient bustling deserted picturesque run-down tranquil unspoilt*

- 1 These \_\_\_\_\_ ruins date back to Roman times and are a must-see if you're into Roman history.
- 2 It was hard to believe just how beautiful and \_\_\_\_\_ the island was. It was clear why it had become a thriving holiday resort.
- 3 At midnight the streets were \_\_\_\_\_ with people celebrating the arrival of a new year.
- 4 By the time we arrived at the venue, it was completely and utterly \_\_\_\_\_. I hadn't realised the concert would finish so early.
- 5 Although very \_\_\_\_\_ and much in need of restoration, the old lodge was still attractive.
- 6 The coastline is largely \_\_\_\_\_ due to the rugged cliffs that protect it from development.

### V Complete the -y adjectives in the sentences.

- 1 I'd like a house that is light and **a** \_\_\_\_\_, with high ceilings, big windows and a sense of space.
- 2 The dark, ominous-looking clouds added to the **d** \_\_\_\_\_ outlook from the cottage.
- 3 The pantomime players wore bright, **g** \_\_\_\_\_ costumes in an array of clashing colours.
- 4 Jeff has a pessimistic take on life and remains **g** \_\_\_\_\_ even on the brightest summer days.
- 5 Once erected, they were all surprised at how **r** \_\_\_\_\_ their tent actually was – it had more than enough space for them all.
- 6 The fungus we are looking for is only found in damp, **s** \_\_\_\_\_ places lacking sunlight.

**VI Complete the sentences with the correct form of the word in CAPITALS.**

- 1 Fiona has always been a very \_\_\_\_\_ manager and whenever she faces a difficult situation with a customer, she quickly takes control and resolves it. **ACT**
- 2 On inspection, he was shocked to find the building he'd bought at auction was totally \_\_\_\_\_. It had no power, no water and no roof. **HABIT**
- 3 My aunt explained that the stolen locket was not only unique but was also of such sentimental value that it was completely \_\_\_\_\_. **REPLACE**
- 4 Once the full extent of the \_\_\_\_\_ came to light, the decision was made as to who would be held responsible for the financial losses incurred. **ADMINISTRATE**
- 5 \_\_\_\_\_ protests erupted around the capital the moment that the president accepted the imposition of economic austerity measures. **ESTABLISH**
- 6 \_\_\_\_\_ was always one of Uncle Oswald's most noticeable traits. He seemed to have a natural aversion to yielding to socio-cultural norms or dictated ideologies. **CONFORM**

**VII Underline the correct answer, a), b) or c).**

- 1 Public \_\_\_\_\_, such as libraries, are struggling to find sufficient funding.  
a) amenities b) resources c) utilities
- 2 There was uproar from motorists when \_\_\_\_\_ were introduced on the country's motorways.  
a) tolls b) payments c) taxes
- 3 A ten-year, six-million-pound \_\_\_\_\_ project to improve the city has just been given the go-ahead.  
a) upgrade b) regeneration c) infrastructure
- 4 In an attempt to reduce \_\_\_\_\_ during peak hours, more efficient public transport facilities are being developed.  
a) barriers b) congestion c) obstructions
- 5 The \_\_\_\_\_ of old factories soon transformed a once prosperous area into a slum.  
a) emptying b) retirement c) abandonment
- 6 The country's \_\_\_\_\_ is in dire need of an upgrade if we are to effectively keep up with predicted population and economic growth.  
a) framework b) foundation c) infrastructure

**VIII Complete the sentences with the correct perfect form of the verbs.**

*go lock revise run teach visit*

- 1 By this time next week we \_\_\_\_\_ three capital cities on our European cruise – I can't wait to get going!
- 2 I couldn't gain access to the house because I \_\_\_\_\_ myself out and unfortunately, no-one else was at home.
- 3 Alex \_\_\_\_\_ hard all month so I'm sure she'll excel in her exams. She certainly deserves to.
- 4 I was really sorry \_\_\_\_\_ to the concert. I heard that it was absolutely amazing!
- 5 Can you believe that this time next year I \_\_\_\_\_ chemistry for twenty years?!
- 6 Louise was red in the face and out of breath because she \_\_\_\_\_.

**IX Complete the sentences using one word from Line A and one from Line B.**

**Line A:** *capital child economic environmental freedom gun human illegal*

**Line B:** *awareness control development immigration labour of speech punishment rights*

- 1 \_\_\_\_\_; namely the breach of border regulations, may be prompted by civil war or racial persecution.
- 2 Undemocratic nations do not allow their citizens \_\_\_\_\_ and often punish those who speak out against the ruling party.
- 3 State-owned enterprises have been found to promote more sustainable \_\_\_\_\_ in rapidly changing nations such as India.
- 4 In 1965 Great British abolished \_\_\_\_\_ for murder. However, it wasn't until 1998 that the death penalty was completely prohibited for all crimes.
- 5 After recent mass shootings, many people are demanding reforms to the laws governing \_\_\_\_\_ in the USA.

6 Amnesty International, the world's largest grassroots \_\_\_\_\_ organisation, was established to protect those facing injustice or abuse due to their beliefs.

7 The company stands accused of using \_\_\_\_\_ after underage workers were discovered during an unannounced inspection of the factory.

8 Programmes to increase \_\_\_\_\_ need to bring home to people the reality that looking after our planet is in everyone's interests.

**X Underline the correct answer, a), b) or c).**

1 The detective \_\_\_\_\_ the situation and decided it was safe to leave the premises.

a) estimated    b) asserted    c) assessed

2 It's vital to always consider both the benefits and the \_\_\_\_\_ of any business proposal so you can predict what problems might occur.

a) defects    b) pros    c) drawbacks

3 \_\_\_\_\_ the points I've just made in mind when you discuss whether to accept my offer or not.

a) Take    b) Bear    c) Hold

4 He knew he was in quite a \_\_\_\_\_ when his car skidded uncontrollably on the icy forest road.

a) hardship    b) predicament    c) catastrophe

**XI Complete the sentences. Use the correct form of the words in brackets.**

1 The investigating team agreed that a \_\_\_\_\_ (**carry**) of justice had indeed occurred.

2 Having read all the positive reviews, I'd have to say that in my opinion the restaurant was completely \_\_\_\_\_ (**rate**).

3 The cottage, which had been \_\_\_\_\_ (**habit**) for nearly a decade, was in a very poor state of repair.

4 This is the only one of its kind in the whole world so it's \_\_\_\_\_ (**place**) and, therefore, priceless.

5 Although she was given the best treatment money could buy, her condition continued to \_\_\_\_\_ (**generation**).

6 Abbey Road has been \_\_\_\_\_ (**mortal**) by the music of the Beatles and will always have a place in the history of the 60s music scene.

**XII Complete the sentences with one word.**

1 The judge severely condemned the man for having taken the law \_\_\_\_\_ his own hands.

2 His lawyer said the only course of action left to him was to appeal \_\_\_\_\_ the sentence he'd been given.

3 It was shocking to see how run-\_\_\_\_\_ grandfather's farmhouse had become in the years since his accident.

4 This government will not tolerate those individuals or gangs who are known to mete out their own type of rough \_\_\_\_\_.

5 The police were amazed that someone had the gall to \_\_\_\_\_ out a robbery of that scale in broad daylight.

6 Fortunately, education systems and local action groups are working to improve environmental \_\_\_\_\_, so most citizens nowadays do know about the issues that are affecting our planet.

7 Amnesty International has always been a fierce defender of and advocate for human \_\_\_\_\_ worldwide.

8 If we are to minimise cultural misunderstandings in relation to gender, we need to bear in \_\_\_\_\_ the role that women play in other societies.

**XIII Correct two mistakes in each sentence.**

1 It's the pity that your sister, whose lives in Hawaii, can't make it to your wedding.

2 To approach the car from the front, I looked at the two front tyres, both of whom were flat.

3 A big group of people, many whom were from the village, watched in horror as the huge waves crashing against the side of the small boat.

4 It looks me as though I'll be late as there's a five-miles tailback on the motorway.

5 Since when are you interested in visiting old, beautiful Egyptian ruins?

6 I could hardly believe when my leather brown coat was stolen from work. I really thought it was a safe place to have left it.

- 7 Adam went on a twenty-miles-long run, the result for which was that he slept all afternoon.  
8 It's not coincidence that he ran away on the night of the arson attack and isn't seen or heard of since.  
9 For her birthday I baked a chocolate, large rich cake, which I then decorated with gold leaf.

**XIV Read the email and choose the correct answer, a), b) or c). PART A**

Dear Maggie

How are you and the boys? I hope everything's going well and you managed to sort out that misunderstanding with Jack. I'm sorry I didn't get to see you before I left but things were a bit frantic – you know me, leaving everything until the last minute. I'm sitting on the balcony of my hotel room, overlooking the clear blue waters of the Black Sea. A few sailing boats are drifting by but otherwise there is just limitless blue as far as the eye can see. The sun is high in a cloudless sky while seagulls fly past on the warm, gentle sea breezes.

This is Sozopol, a picturesque Bulgarian seaside town. May is a very good time to be here because it's not yet high season. I don't think you've been to Bulgaria, have you? I've wanted to come here for a long time as I've read so much about the country and we only see a very one-dimensional picture on those awful property programmes on television. All the streets here in the centre of the old town are cobbled and very narrow. The buildings are made of wood and stone and most of them have overhanging balconies so you could almost jump from one house to the next! You get the feeling that time has somehow stopped here. Many of the buildings are in a poor state of repair but the shabbiness adds to the charm. Just next door is a traditional restaurant with a huge terrace. The vines are heavy on the trellises that cover the outdoor area and offer shade from the heat of the sun. It's so atmospheric and peaceful. There are, of course, the inevitable and ubiquitous shops selling tourist stuff but if you're a little more adventurous you can find some fabulous glass and ceramics. This must be a haven for the local artists as the environment is certainly very inspiring. I'm going to buy a couple of paintings for the new house and perhaps some glassware as well.

My eyes have certainly been opened though. I would hesitate to come here at the height of the tourist season as it must be heaving. You know me and my dislike of crowds! Anyway, tomorrow I'm heading inland to explore the mountains. I don't know whether there'll be any reception there but if there is, I'll write to you again next week.

Love, Fiona

- 1 Fiona was \_\_\_ Maggie before she went on holiday.    a) thankful that Jack made up with  
b) glad she managed catch up with                    c) apologetic for not seeing  
2 Fiona decided to visit Sozopol \_\_\_\_.    a) because Maggie recommended it  
b) when it wasn't at its busiest                    c) as she'd only heard good things about it  
3 The houses are \_\_\_\_.    a) built pretty close together  
b) well maintained                    c) charming because of the way they've been modernised.  
4 The nearby restaurant \_\_\_\_.    a) has a bright and sunny terrace  
b) is always bustling with people    c) serves traditional cuisine  
5 More curious visitors \_\_\_\_.    a) might be surprised by the lack of shops  
b) can discover the work of local artisans    c) won't be able to resist the tacky souvenirs  
6 Fiona imagines that Sozopol might be \_\_\_\_\_.    a) her kind of place when busy  
b) quite an interesting place in the summer    c) best to avoid in the peak season

**Read the letter again. Underline true (T) or false (F). PART B**

- 1 Fiona admits she's not one to keep on top of things. (T/F) 2 She's writing on a calm, still day. (T/F)  
3 In May, Sozopol is just entering the busiest time of year for tourism. (T/F) 4 Fiona's knowledge of Bulgaria comes solely from reading guidebooks. (T/F) 5 She thinks the country is largely misrepresented by TV programmes. (T/F) 6 The old town is full of character. (T/F) 7 The author remarks that all the local buildings are dilapidated and in need of attention. (T/F) 8 Fiona's hotel is located close to an eatery that has a wonderfully relaxed ambience. (T/F) 9 You have to be prepared to look beyond the obvious, typical souvenirs to find more interesting local products. (T/F) 10 Fiona feels that this place must really

attract and influence artists in the area. (T/F) **11** Fiona doesn't recommend visiting in the summer because of the heat. (T/F)

## Модульна контрольна робота №7 з іноземної мови

### I Read the texts opposite and match questions 1–6 with people A–E.

Which person:

- 1** regrets an earlier indiscretion? \_\_ **2** feels it would be too much of a strain to be laden with some secrets? \_\_  
**3** believes some information is best kept out of the public domain? \_\_  
**4** gets a personal sense of relief from disclosing secrets? \_\_  
**5** questions whether people should divulge personal information? \_\_ **6** lost a friend after revealing their secret? \_\_

### Secrets and lies

**A) Lara:** I'm not sure that honesty and openness are always necessarily the best policy. Surely there are extenuating circumstances when it's actually best to keep quiet? Take classified information as an example. Some might argue that those in power have a duty to their citizens to keep them informed but others would say that ignorance is bliss. We have no idea what really goes on behind closed doors and how would it help us to know anyway? I think we just have to trust that the decision makers have our best interests at heart.

**B) James:** I take your point on a national security kind of level and that's why we have the Official Secrets Act after all, but what about personal secrets? If you knew something about someone and that secret could potentially harm others, what then? Is there always a case for divulging the information? How much right do we have to interfere in other people's lives? After all, looking in from the outside, we never know the whole picture or people's motivations, so I think it's better to keep schtum.

**C) Sam:** I think it depends on the situation and the kind of secret it is. I also think it's a lot to ask of someone. Once you have been burdened with the knowledge, which can often be rather overwhelming, you have to be mindful that you don't somehow inadvertently let the cat out of the bag. For example, if you're in on a secret surprise birthday party, you certainly wouldn't want to be the one to give the game away but it wouldn't be the end of the world if you did. If, however, your knowledge could in effect jeopardise someone's safety, then that's a different matter entirely.

**D) Kate:** As someone who has had secrets of her own, I must say that it's always very liberating if you feel you can share rather than keeping everything hush-hush. Obviously you have to know your confidant very well and be sure that they're entirely trustworthy. As long as your motivations for having a secret are clearly understood, I don't see a problem.

**E) Mark:** My best friend once confided in me, and when he found out that I'd told someone else, he never spoke to me again. I can't excuse what I did but I really didn't think that his secret was such a big deal. Of course now that I'm older I can see that it wasn't so much about the secret itself, more about the fact that I wasn't to be trusted in his eyes. Once that trust has gone, there's no going back and to this day I'm sad that we fell out over such a trivial thing.

### II Read the article again. Underline *true (T)* or *false (F)*.

- 1** Lara thinks that there is always justification for restricting what information is shared. T/F  
**2** Lara adheres to the view that citizens need to have confidence in the choices made by the people we appoint to run our country. T/F  
**3** James concurs that it wouldn't be detrimental for information relating to how a nation is safeguarded to be openly available. T/F  
**4** James disapproves of interference into people's private lives. T/F  
**5** James feels that an onlooker will rarely get a distorted view of someone's reality. T/F

- 6 Sam considers that the pressure of keeping a secret is always a huge strain on the individual involved. **T/F**
- 7 Sam is of the view that betraying a trust may lead to devastating consequences. **T/F**
- 8 Kate has always been one to keep her cards close to her chest. **T/F**
- 9 Kate thinks you should be wary about who you confide in and make sure that they understand exactly why you need to have the secret kept. **T/F**
- 10 Mark admits he would often blurt out what friends had told him in confidence without a second thought. **T/F**
- 11 As an adult Mark appreciates that it's not always the secret itself that has meaning to an individual but the whole idea of putting faith in another person. **T/F**

### III Complete the sentences using one word or phrase

- 1 It's a \_\_\_\_\_ that left-handed people tend to be more creative and artistic as well as more musical. 2 Scientists have now \_\_\_\_\_ that goldfish only have a three-second memory through the discovery that their memory span is actually around three months.
- 3 The journalist was keen to \_\_\_\_\_ behind the mysterious sightings of unidentified flying objects above the desert. 4 If you are seeking to \_\_\_\_\_, you need to present an impressive quantity of hard evidence which shows it to be untrue.
- 5 If \_\_\_\_\_ teaches us that beauty is only skin deep, why are so many people nowadays undergoing operations to change their appearance?

### IV Choose the correct answer, a), b), c) or d).

- 1 I'd be grateful if you could look \_\_\_\_\_ my homework just to check for any mistakes.  
a) on b) over c) after d) up
- 2 Looking \_\_\_\_\_, I realise how completely unnecessary the feud was between myself and my half-brother. a) up b) away c) back d) over
- 3 At nearly six feet tall and with the most amazing red hair, Debbie always stands \_\_\_\_\_ in a crowd. a) out b) on c) over d) around
- 4 Let's narrow \_\_\_\_\_ the options to those that sound most feasible, and then we can try to reach a final decision. a) off b) out c) down d) on
- 5 The new laws aim to crack \_\_\_\_\_ on late night anti-social behaviour in city centres. a) off b) away c) down d) over
- 6 The witness cast her mind \_\_\_\_\_ to the night in question and told the police all she remembered. a) over b) back c) on d) around
- 7 The concert had to be called \_\_\_\_\_ because the band's singer had lost his voice. a) off b) away c) back d) on
- 8 Stop messing \_\_\_\_\_ and go and wash your hands. Dinner's going to be ready in a minute. a) on b) over c) away d) around
- 9 Fortunately they realised what a momentous decision it was for me to make, and they gave me a week to mull it \_\_\_\_\_. a) down b) around c) over d) up

### V Complete the second sentence with **no more than five words** so that it means the same as the first. Use the word in capitals.

- 1 Our car is being repaired at the moment. (**GETTING**) - We're \_ at the moment.
- 2 They've built a lot of new houses in the village. (**BEEN**) - A lot of new houses \_ in the village.
- 3 There's a chance that someone saw what happened. (**MIGHT**) - Someone \_.

### VI Complete the words in the sentences.

- 1 The judge ruled that no \_\_\_\_\_ information pertaining to the case was to leave the courtroom in any form whatever.
- 2 Legal action often prevents tabloid newspapers from publishing sensational, headline-making \_\_\_\_\_ about the private antics of well-known Hollywood actors.

3 After receiving advice from a solicitor, Lily was persuaded by her friends and family to take out a court \_\_\_\_\_ so as to prevent her ex-partner from contacting her, following his threatening behaviour.

### **Модульна контрольна робота №8 з іноземної мови**

**I Read the text. Six sections have been removed. Match sections A–F with gaps 1–6.**

Athletes eat a lot. The more you train, the more your body needs increased levels of carbohydrate to produce the glucose demanded by muscles. Proteins build up bulk, and masses of fruit and vegetables provide the essential nutrients to keep the whole process going.

1 \_\_\_\_\_ But recent trends in dieting, and a greater understanding of the impact that sustaining a healthy microbiome has on long-term fitness, have somewhat shifted perceptions and practices.

2 \_\_\_\_\_ So, what's the science behind this sea of change? Many of the theories stem from research on calorific restriction and longevity conducted by Dr Valter Longo, Director of the University of Southern California Longevity Institute. For many years he has analysed the effects of intermittent fasting on the mechanisms of ageing.

3 \_\_\_\_\_ Longo's work has shown that on a cellular level, fasting allows the body to deplete its reserves of glucose in the liver. Once this occurs, the body then switches to burning fatty acids, which in turn produces ketones. After going through this state temporarily, then returning to a normal level of calorie intake, cells receive the glucose they require to build up once more. And it is this process of 'rebooting' the body that brings health benefits.

4 \_\_\_\_\_ It is this increased understanding of physical well-being, and desire for greater mental-acuity that appeals to athletes. Furthermore, there are strong suggestions that fasting may increase endurance levels.

5 \_\_\_\_\_ Their study also looked at the effects of 16 hour fasting on body-building. The results showed that despite limiting the number of calories they consumed, the subjects, who all took part in regular strengthening exercises, gained muscle mass.

According to the research team having a body and brain which operates efficiently in the fasting state reflects an evolutionary perspective.

6 \_\_\_\_\_ And while the stakes aren't so high for modern athletes, the drive to succeed is encouraging to eat like our ancestors did.

**A** Difficult as it may seem to believe, some of the biggest names in sport have turned to fasting. Giving up the food that, it would logically seem, goes some way to fuelling their success.

**B** It is thought that early-man likely went long periods without food, and then had to hunt prey while hungry. Peak mental and physical performance would result in better rates of survival.

**C** Neuroscientists have conducted a series of experiments in an attempt to correlate the two. During one experiment they showed that professional cyclists who regularly fasted (albeit for short overnight periods by skipping breakfast), had better race times the following day than on days when they didn't fast.

**D** We're used to reading stories of high-profile Olympians consuming 12,000 calories a day; sport nutritionists carefully calibrating diets which will deliver a host of benefits.

**E** According to numerous studies, it is the presence of ketones in the bloodstream which increase resistance to chronic disease, and there is also some suggestion it may have the cognitive effect of improving speed of decision-making.

**F** Over the course of these studies there has been evidence that limiting or better management of calorific intake can stimulate molecular pathways which protect the body against multiple stresses, and even prevent cancer and Alzheimer's Disease.

**II Read the article again. Choose the correct option, a), b) or c).**

1 The author suggests that it's \_\_\_\_\_ to eat seemingly excessive amounts.

**a)** risky for sport people **b)** unusual for sports people **c)** commonplace for sports people

- 2 The author implies that \_\_\_\_\_ has influenced changing trends. **a)** the reward associated with success  
**b)** clearer correlation between food and health **c)** ongoing change within fashion
- 3 The author expresses \_\_\_\_\_ that athletes may reduce their calorific intake.  
**a)** amusement **b)** some surprise **c)** scepticism
- 4 Valter Longo's area of interest is \_\_\_\_\_. **a)** the interaction between diet and life expectancy  
**b)** technology associated with ageing and diet **c)** stem cell research and life expectancy
- 5 Longo's research indicates reduced diet could have an impact on \_\_\_\_\_.  
**a)** stress levels **b)** how people move **c)** high-profile medical conditions
- 6 The author draws parallels between the fasting and \_\_\_\_\_. **a)** a low-maintenance computing process  
**b)** a sophisticated system of fuel consumption **c)** a programme of body-building
- 7 Ketones are thought to have \_\_\_\_\_. **a)** important effects on the body **b)** important effects on the mind **c)** a and b
- 8 The author suggests that athletes are interested in fasting as it may assist them to \_\_\_\_\_.  
**a)** concentrate more **b)** move more quickly **c)** reduce their chances of illness
- 9 The cyclists who were most successful on endurance tests \_\_\_\_\_.  
**a)** were subjected to brief fasting routinely **b)** extended the usual fasting period **c)** tended not to fast at all
- 10 There is evidence that intermittent fasting overnight followed by exercise will result in \_\_\_\_\_.  
**a)** loss of muscle **b)** loss of weight **c)** increased muscle
- 11 The author concludes that the process of intermittent fasting \_\_\_\_\_.  
**a)** emulates an already established pattern of behaviour **b)** is a new trend which could have damaging consequences **c)** is a guarantee to ensure sporting success

### III Complete the text with the correct form or structure using the verb in brackets.

'Can you attend an interview?' <sup>1</sup> \_\_\_\_\_ (**doubt**) one of those phrases that sends the majority of people into paroxysm of panic. I <sup>2</sup> \_\_\_\_\_ (**guess**) most of us feel a sense of impending dread walking into a room with the tables and chairs configured for a cursory examination of our strengths, weaknesses, hopes and dreams. <sup>3</sup> \_\_\_\_\_ (**motivate**) by a desire to keep up with trends, these seem <sup>4</sup> \_\_\_\_\_ (**become**) increasingly geared towards showcasing talents and explaining your 'narrative.' <sup>5</sup> \_\_\_\_\_ (**be**) express yourself in an articulate manner is, without doubt, important. But it can't be the only criteria for selecting staff. Fortunately, more and more companies are reconsidering the format, and managers <sup>6</sup> \_\_\_\_\_ (**permit**) to select staff based on fit, rather than stilted performance under pressure. <sup>7</sup> \_\_\_\_\_ (**come**) a time, with this growing change in attitude, when traditional interviews are consigned to history. <sup>8</sup> \_\_\_\_\_ (**sit**) through more than my fair share of excruciating interrogations, that news is more than welcome to me.

### IV Complete the second sentence with no more than five words so that it means the same as the first. Use the word in CAPITALS.

- 1 Elon Musk said that we could colonise Mars. **IT** \_\_\_\_\_ said Mars could be colonised.
- 2 The council really ought to do something about it. **SHOULD** Something \_\_\_\_\_ about it, really.
- 3 A lot of people say he can't be trusted. **SAID** \_\_\_\_\_ can't trust him.
- 4 They warned him about the dangers, but he still swam in the bay. **BEEN** \_\_\_\_\_ the dangers, he chose to swim in the bay.

### V Complete the sentences.

- 1 Although he's one of the most competent programmers we have, he lacks the \_\_\_\_\_ skills to work as part of a team.
- 2 Unless they decide to \_\_\_\_\_ more resources there will be a crisis in long-term healthcare. **3** Her pitch was incredibly well-received, but I felt it was a bit too \_\_\_\_\_ – I needed more detail before I was ready to commit.



- 4 That forum is completely useless; it's just an echo \_\_\_\_\_ for the opinionated and objectionable. 5 The danger with public figures that are put on a \_\_\_\_\_ is that one day they may do something which tarnishes their reputation. 6 At last he's shown his \_\_\_\_\_ colours, and I for one strongly disagree with his policies. 7 While a degree from a leading university was once a strong \_\_\_\_\_ point, employers now seek candidates who have experience in their field.

**VI Complete the sentences using one word or phrase from box A and one from box B. There are two words or phrases that you do not need.**

**Group A: trigger deliver eating fashion enhance on your out of repudiated call pleaded**

**Group B: your appearance innocence weight loss tangible results place disorders doorstep claims for victims**

- 1 Despite claims that eating food high in saturates could \_\_\_\_\_, the diet has been openly criticised by most nutritionists.
- 2 Reporters provided a mass of evidence to show that there had been financial irregularities, but officials \_\_\_\_\_ of there being any wrongdoing.
- 3 While there is some evidence that fashion models could contribute to impressionable teens developing \_\_\_\_\_, there are other underlying causes that have to be addressed.
- 4 It's not the most glamorous neighbourhood in town but with so many amazing bars and cafés \_\_\_\_\_, it's certainly a vibrant place to live.
- 5 If you are really so keen to \_\_\_\_\_ you should probably consider losing a little weight.
- 6 Although the misappropriated funds were traced to a bank account which he had access to, he \_\_\_\_\_ during the subsequent trial.
- 7 When I first arrived in Glasgow I felt completely \_\_\_\_\_ – the city was more intimidating than I thought.
- 8 He's been spending a good deal of time doing cardio work at the local gym, but we've yet to see it \_\_\_\_\_.

**VII Complete the sentences with a suitable word.**

1 Due to a rapid expansion in population, and a younger demographic, the pace of life here is increasingly \_\_\_\_\_ – but it does make for an incredibly dynamic city. 2 I've been reading an article that suggests that taking a cold shower immediately after exercise can enhance your \_\_\_\_\_ to successfully recover from minor injuries. 3 Paul was caught in a tremendous storm while walking in the mountains but fortunately he got back safe and \_\_\_\_\_. 4 I've modified my diet and am carrying out a regular exercise programme now I've reached 60 but I have to say it's no \_\_\_\_\_-all for truly dealing with older age. 5 That part of the city is a real \_\_\_\_\_ zone. Very dodgy at night so don't walk around on your own. 6 It would seem to be make or \_\_\_\_\_ time in their relationship. They've got a lot to discuss if they want to stay together. 7 Sadly there's no magic \_\_\_\_\_ for curing long-term illnesses. It requires a wholesale change in attitude. 8 If you want to make an impression, I suggest you wine and \_\_\_\_\_ them at that fantastic new Spanish restaurant.

**МОДУЛЬНА КОНТРОЛЬНА РОБОТА №8  
3 ІНОЗЕМНОЇ МОВИ**

**I Put the letters in order to complete the sentences to do with safety and risk.**

- 1 My parents have always given me opportunities to take responsibility for myself, which on reflection encouraged \_\_\_\_\_ (dneiepnednec) from my early teens.
- 2 We live in such a \_\_\_\_\_ - \_\_\_\_\_ (kaversesir) culture nowadays that health and safety regulations seem to have thwarted any freedom for common sense to prevail in matters of day-to-day life.

3 Oscar knew the window had been \_\_\_\_\_ (ebalyetilerd) broken as he'd seen the culprit running off moments after the brick came flying through it.

**II Complete the idioms to do with relaxing.**

1 I'm going to have a \_\_\_\_\_ now as I've been at the computer for hours.

2 Perry finds the best way to \_\_\_\_\_ after a fraught day in the office is to do some calming activities like yoga and meditation.

3 Vic always goes for a long run when she wants to take her \_\_\_\_\_ off of her family problems.

4 After two months of working crazy hours, Kay decided to take the weekend off and let her \_\_\_\_\_ down completely.

**III Correct one mistake in each sentence.**

1 It was Joseph he left you the message.

2 Dreamt of a romantic holiday in the sun, Julia booked a sailing holiday around the Greek islands.

3 The thing she said she found the most challenging was to get used to driving on the left side of the road.

**IV Complete the second sentence with no more than five words so that it means the same as the first.**

1 May remembered her passport at the last minute.

It was only \_\_\_\_\_ May remembered her passport.

2 I love travelling because you meet so many interesting people.

What I enjoy most \_\_\_\_\_ you meet so many interesting people.

3 I want to know who told Tim where I was.

What \_\_\_\_\_ who told Tim where I was.

**V Complete the sentences with the correct form of the verbs in brackets.**

1 (encourage) by her friends, she decided to take up salsa.

2 (not like) the music, he left the concert.

3 (wait) anxiously, I stood in the queue for the ski lift .

**VI Complete the sentences with the correct form of the word in CAPITALS.**

1 Derek's \_\_\_\_\_ was predominantly due to his poor social skills, which meant that he had a virtually non-existent social life.

**HAPPY**

2 The sudden \_\_\_\_\_ of our much-loved cat, who had been missing for months, brought us no end of joy and relief.

**APPEAR**

3 When our lead actor \_\_\_\_\_ fell off the stage and broke his leg in a dress rehearsal, we wondered if the show would be cancelled.

**DRAMA**

4 The problem with using \_\_\_\_\_ to clean your home is that it eradicates both good and bad bacteria.

**INFECT**

**VII Read the competition entry below. Underline true (T), false (F) or not given (NG).**

**A chance encounter**

I remember the day as clearly as if it were yesterday even though the events I'm about to relate took place fifteen years ago. A friend and I were driving along those wonderful, winding English country lanes on a crisp, winter's afternoon. The sky was a deep January blue and frost lingered on the bare branches. We'd been on the road for a few days just going wherever the mood took us, with no plan and no deadlines. I was at a metaphorical crossroads in my life and was looking for a new direction, so this road trip had been arranged to help me clear my head and show me the way forward.

As we approached a hidden turning in the road, I spotted an old wooden sign with barely legible writing on it. Intrigued, we decided to explore and drove up the path to find ourselves in front of an imposing old country house on a beautiful green estate. We parked and got out, wondering whether we were trespassing but curious to find out more. As we were looking at the majestic façade we heard some rustling behind us and we turned to see a dishevelled old man with wild hair and staring eyes. He asked if he could help us and in response we said we were interested in finding out more about the house. As the estate's office was closed, we weren't able to pick up any information so he offered to take us on a personal tour instead. The house was cloaked in silence. We stepped through the door and found ourselves in front of an impressive sweeping staircase with beautiful, gilt framed family portraits adorning the walls. We followed our guide and discovered that the house was used for residential workshops. It's strange to relate now, but I distinctly recall feeling as if I'd lived there before. It all seemed so familiar and yet I knew I'd never been there before. I felt a sense of peace and knew that this place would somehow feature in my life. Without thinking, I heard myself utter the words, 'I could really see myself living here.' 'We're always looking for people to work here,' was the immediate reply.

I contacted the estate's office the next day with no clear idea why I was calling, but was asked to send in an email explaining what skills and experience I had and what I felt I could offer them, which I duly did. A few days later I was invited to stay at the house for a probationary period, during which time I helped out in the office, the kitchen and the grounds. Having successfully completed my probationary month, I was offered a permanent position as events manager for the estate. Who could have predicted that a chance encounter with the gardener would lead to such a life-changing experience?

- 1 The author's recollections of the day in question are hazy at best. **T/F/NG**
- 2 It was sunny on this particular day. **T/F/NG**
- 3 They were following an itinerary. **T/F/NG**
- 4 The writing on the sign to the old house was pretty much indiscernible. **T/F/NG**
- 5 Their sense of inquisitiveness far exceeded any concerns they might have about being on private property. **T/F/NG**
- 6 The house they came across had once been a grand, impressive building. **T/F/NG**
- 7 The author and her friend were approached by a man dressed in flamboyant attire. **T/F/NG**
- 8 On entering the house the author felt a sense of déjà vu. **T/F/NG**
- 9 The author felt as if the place emanated serenity. **T/F/NG**
- 10 The author decided to ask whether there happened to be any vacancies at the house. **T/F/NG**
- 11 If the author hadn't met the gardener, she would be doing a very different job now. **T/F/NG**

**VIII Read the text again and choose the correct answer, a), b) or c).**

- 1 The author recalls \_\_\_\_\_.
  - a) how the hedgerows looked on that day
  - b) turning left at the crossroads
  - c) her mission to get her life on course
- 2 The author and her friend \_\_\_\_\_.
  - a) duped the old man into giving them access to the property
  - b) were given brochures on the history of the house
  - c) were able to explore the house
- 3 The hallway of the house \_\_\_\_\_.
  - a) fell short of their expectations
  - b) had a stately charm to it
  - c) was full of vulgar pretention
- 4 The author had a premonition that \_\_\_\_\_.
  - a) the house would have a bearing on her future
  - b) she'd seen the house in a dream
  - c) she'd end up working there
- 5 Within a matter of days she \_\_\_\_\_.
  - a) had been contacted by the estate manager

- b)** found herself returning to the house
  - c)** had been invited for an interview
- 6** She believes that her life changed \_\_\_\_\_.
- a)** due to a road diversion
  - b)** because of an incidental meeting
  - c)** as a result of her proactivity