

**ФЕДЕРАЛЬНОЕ АГЕНТСТВО ЖЕЛЕЗНОДОРОЖНОГО ТРАНСПОРТА**  
**Федеральное государственное бюджетное образовательное учреждение**  
**высшего образования**  
**Иркутский государственный университет путей сообщения**  
**Сибирский колледж транспорта и строительства**

# **БД.03. ИНОСТРАННЫЙ ЯЗЫК**

**Учебно-методические указания к практическим занятиям**  
**для обучающихся всех специальностей I курса и**  
**преподавателей**

**Часть 2**

**ИРКУТСК**  
**2022**



РАССМОТРЕНО:

Цикловой методической  
комиссией иностранных языков  
«08» июня 2022 г.

Председатель:  /Горовая О.В.

СОГЛАСОВАНО:

Заместитель директора по УВР

 /А.П.Ресельс

«09» июня 2022 г.

**Авторы:** О.В. Горовая, М.А. Ибрагимова

**Рецензент:** С.А. Корнилова, председатель ДЦК иностранных языков ГБПОУ  
НО «Иркутский региональный колледж педагогического  
образования»

Данное учебно-методическое пособие (Часть 2) предназначено для студентов 1<sup>х</sup> курсов колледжа, изучавших английский язык в школе.

Каждая тема состоит из словаря, лексических и грамматических упражнений, текстов и диалогов и послетекстовых упражнений. Работа над языковым материалом начинается с введения и закрепления лексики, а для её активизации предложены различные типы упражнений.

## ***Содержание:***

<b><i>1. Shopping. Clothes.</i></b>	
<b><i>Магазин. Покупки. Одежда.....</i></b>	<b><i>4</i></b>
<b><i>2. Seasons. Weather.</i></b>	
<b><i>Времена года. Погода.....</i></b>	<b><i>14</i></b>
<b><i>3. Health. Medicine.</i></b>	
<b><i>Здоровье. Медицина.....</i></b>	<b><i>21</i></b>
<b><i>4. City.</i></b>	
<b><i>Город.....</i></b>	<b><i>38</i></b>
<b><i>5. Список литературы.....</i></b>	<b><i>56</i></b>

## ***Shopping. Clothes. Магазин. Покупки. Одежда.***

clothes	ткань, одежда
ready-made clothes	готовая одежда
footwear	обувь
knitted goods	трикотажные товары
socks and stockings	носки и чулки
underwear	нижнее бельё
ring	кольцо
glassware	стеклянные изделия
skirt	юбка
blouse	блузка
try on	примерять
high (low) heels	высокие (низкие) каблуки
sandals	босоножки
jewellery	ювелирные изделия
bracelet	браслет
millinery	головные уборы женщин
hosiery	чулочно-носочные изделия
stationery	канцелярские товары
haberdashery	галантерейные товары
pin	булавка
lace	кружево
thread	нитки
button	пуговица
zipper	молния
needle(s)	иглолка, спицы
suit-case	чемодан
brief-case	портфель
shopping bag	хозяйственная сумка
perfume	духи
lipstick	губная помада
powder	пудра

make up	грим, косметика
size	размер
be all the fashion	быть в моде
be out of fashion	быть не в моде
pinch	жать (об обуви)
be a perfect fit	прекрасно сидеть
wrap up	заворачивать
cash-desk	касса
cheap	дешёвый
frock, dress	платье
be stock size	иметь стандартный размер
cotton	хлопок
silk	шёлк
wool(len)	шерсть (шерстяной)
fit	хорошо сидеть, быть по размеру
become	подходить (по цвету)
match	подходить, гармонировать
suit	годиться, быть подходящим
go with	подходить к чему-то
leather	кожа
suede	замша
afford	иметь возможность, позволять
window-shopping	смотреть на витрины
cost	стоять
decide on	сделать выбор, остановиться на
shrinkproof	не садящийся
waterproof	водоотталкивающий
tight/ loose	узкий/ просторный, свободный
self-service	самообслуживание
counter	прилавок, отдел
take off the counter	взять с прилавка
shop-assistant	продавец
customer	покупатель
wide-brimmed hat	широкополая шляпа
pair of model shoes	пара модельных туфель
warm cardigan	тёплая вязаная кофта
fashionable jacket	модный жакет
thick pullover	толстый пуловер

wide choice of dresses  
to all tastes  
tie  
handbag  
broad in the shoulders  
short (long) in the sleeves  
scarf  
gloves  
waistcoat  
shorts  
fur coat  
evening dress  
suit  
t-shirt  
baseball cap  
shirt  
the grocer's  
the baker's  
the butcher's  
the greengrocer's  
the confectioner's  
footwear shop  
the jeweler's  
bookseller's  
self-service  
mall

широкий выбор платьев  
на все вкусы  
галстук  
сумочка  
широко в плечах  
рукава короткие (длинные)  
шарф  
перчатки  
жилет  
шорты  
меховая шуба  
вечернее платье  
костюм  
футболка  
бейсболка, кепка  
рубашка (мужская)  
бакалея  
булочная  
мясной магазин  
овощной и фруктовый магазин  
кондитерский магазин  
обувной магазин  
ювелирный магазин  
книжный магазин  
самообслуживание  
торговый центр

### 1.Выполни перевод текста

#### **Shopping**

People do shopping almost every day. When people want to buy something, they go to shops where various goods are sold. Through the shop-window we can see what is sold in this or that shop. Big supermarkets are self-service shop. Customers can buy all the necessary foodstuffs there: bread, milk, meat, fish, grocery, sausages, sweets, vegetables and fruit. When customers come into the shop, they take a food basket and choose the products they want to buy. When they put everything they want into the basket they come up to the

cashier's desk. There is a computer with a laser scanner that reads and sums up the prices on packed goods at the cashier's desk. The saleswoman tells how much to pay. The customers pay the money and leave the shop.

At the grocer's you can buy sugar, tea, coffee, salt, pepper, ham, bacon, sausages, frankfurters and so on. Bread is sold at the baker's, meat at the butcher's. We go to the greengrocer's for vegetables and fruit. Cakes and sweets are sold at the confectioner's. When we want to buy clothes, we go to men's and ladies clothes shop. We buy boots and shoes at the footwear shop. We buy jewelry at the jeweler's. We buy books at the bookseller's.

Some shops may have many departments. These shops are called department stores or supermarkets. Supermarkets are self-service stores with departments for different food products. Supermarkets sell thousands of food products: meat, fresh fruits and vegetables, dairy products, canned groceries, bakery items, delicatessen items, and frozen foods. Some supermarkets also have seafood and alcohol. The supermarkets are located in shopping centres or malls and along main roads. Supermarkets are popular because they save time, have low prices and variety of products in one place. There you can buy almost everything you need. These shops are called self-service shops because there are no salespersons there but only cashiers at the cash desks. The customers choose the goods they want to buy and pay for them at the cash desk.

## 2. Ответь на вопросы

1. Do shops play an important role in our life?
2. Where do people go when they want to buy something?
3. What can see through the shop-window?
4. What can we buy at the grocer's?
5. What can we buy at the baker's?
6. What can we buy at the greengrocer's?
7. What can we buy at the butcher's?
8. What can we buy at the confectioner's?
9. What can we buy at the footwear shop?
10. What can we buy at the bookseller's?
11. Where do the customers pay for the goods at the self-service shop?

## 3. Составь предложения.

a) ***What one can buy:***

At the hosiery department; at the millinery department; at the leather goods department; at the footwear department; at the perfumery department; at the glassware department; at the knitted goods department; at the stationery department; at the furniture department; at the ready-made clothes department.

b) ***Where one can buy:***

High-heeled shoes; a dress; a pair of gloves; stockings and tights; a sweater; a blouse and a skirt; paper and pens; a hat; a coffee-set; a dinner-table; a suitcase; scents; a tea-set; a scarf; strong walking shoes; a coat; lace.

4. Задай вопросы к следующим предложениям

1. No, I can't afford this dress. It's too expensive.
2. I want to buy a brown handbag to match my high boots.
3. She wears 36 size shoes.
4. I want a pair of flat-heeled shoes for every day wear.
5. This blouse costs 700 rubles.
6. I'm sorry but we have these dresses only in blue.
7. Wide-brimmed hats are all the fashion now.
8. This cut is still in fashion but I don't think it will last long.
9. The cash-desk is at the end of the haberdashery department.
10. I didn't buy the dress because the color was too dark for me.

5. Дополни предложения местоимениями some, any, somebody, someone, anybody, anyone, something, anything, где это необходимо.

1. There are ..... cakes on the plate.
2. There aren't ..... children in the schoolyard.
3. Does ..... know how to solve this task?
4. Are there ..... shopping centres here? – Yes, there are ..... .
5. I'm in a hurry. Give me ..... shirt.
6. Is there ..... in the fitting room? – Yes, there is ..... .
7. Do you like soft cheeses? – No, I prefer hard ..... .
8. I can't see ..... on the shelf.
9. Where can I buy ..... needles and thread?
10. Take my pen. – Thank you, I have ..... .



6. Дополните пропуски словами из рамочки.

Shopping, cosmetic, things for sale, basket, counter, in fashion, ready-weighed and packed, select, cashier, food, comfortable, quality.

1. There is a ..... department in this shop where you can buy perfume.
2. You can come to the ..... and choose your purchase.
3. In our greengrocer's you can buy ..... vegetables.
4. You pay money to the .....
5. You can ..... food and put it into the .....
6. She does the ..... in their family.
7. I enjoy going shopping for new .....
8. They spend quite a lot of money on .....
9. I don't feel ..... In these shoes.
10. I always try to be .....

7. Вставь глаголы "to fit, to go with, to become, to suit, to match" в нужной видо-временной форме.

1. The dress doesn't ... me: it is a bit too loose in the waist and tight round the hips.
2. This color doesn't ... you.
3. I want a grey jacket ... my skirt.
4. The gloves don't ... with my shoes.
5. At last I have found the dress which ... me perfectly.
6. The jacket ... you, but the color ... you.
7. What color tie will you recommend ... my light-grey shirt?
8. I don't think grey shoes will ... with your brown coat.
9. The dress is to my taste but the price doesn't ... me.

8. Соедини фразы в правом столбике с репликами из левого столбика.

a. No, I haven't	1. I'd like a kilo of tomatoes, please.
b. I'd love to, but I don't need anything	2. How can I help you?
c. I'm afraid, that's just not possible	3. Why don't you come to the mall with me?
d. Here you are. That's \$ 6.50.	4. How much is this scarf?

e. Here is some aspirin for you. f. Do you have batteries for this camera? g. Yes, we do. h. Let me check for you. Yes, I've got one here. i. Yes, here they are, on this upper shelf. j. It's \$ 19.99. It's a little expensive.	5. I'd like my money back, please. 6. Have you got the receipt, sir? 7. Can you give me something for a headache? 8. Have you got it in a smaller size? 9. Do you accept credit cards? 10. Do you sell dictionaries?
--	---

1 \_\_\_\_\_, 2 \_\_\_\_\_, 3 \_\_\_\_\_, 4 \_\_\_\_\_, 5 \_\_\_\_\_, 6 \_\_\_\_\_, 7 \_\_\_\_\_,  
8 \_\_\_\_\_, 9 \_\_\_\_\_, 10 \_\_\_\_\_.

### 9 Вставь нужные предлоги.

1. ... the jewellery department they sell beautiful rings and bracelets.
2. May I try this dress ...? I don't think it fits me perfectly: it is too tight ... the hips.
3. This hat won't go ... your coat and besides its color is too bright ... you.
4. Have you got these woolen dresses ... dark green?
5. What size do you take ... gloves?
6. What does the hosiery department deal ... ?
7. Dresses made ... measure fit one better than ready-made dresses.
8. At last I've decided ... a light-blue sleeveless dress.

### 10. Прочитай и переведи грамматическое правило. Поставь в правильном порядке прилагательные в данных ниже выражениях.

There are two types of adjectives.

**Opinion adjectives** *beautiful, great, expensive, etc* describe what we think of someone or something.

**Fact adjectives** *short, long, red, etc* describe what someone or something really is.

**Opinion adjectives go before fact adjectives.**

When there are two or more fact adjectives in a sentence, they usually go in the following order:

**Fact adjectives**

**size:** small, big, short, long, etc.

**weight:** heavy, light, etc.

**shape:** triangular, round, rectangular, square, etc.

**colour:** blue, yellow, pink, etc.

**material:** cotton, leather, silk, plastic, metal, gold, velvet, wooden, etc.

1. a brown wooden beautiful box;
2. a cotton large grey shirt with a white collar;
3. a silk blue nice scarf with yellow wide stripes on it.

11. Переведи диалоги. Выучи один из диалогов наизусть.

**Dialogue 1      *At the Footwear Department***

Shop-girl: What can I do for you, madam?

Customer: I'd like a pair of strong walking shoes for everyday wear.

Shop-girl: What size do you take in shoes?

Customer: My size is 37.

Shop-girl: Will you try on these brown shoes, please?

Customer: Don't you think that the heels are a bit too high for everyday wear?

Shop-girl: Oh, no, such heels are all the fashion now. But you can try on another pair. Here is a pair of nice flat-heeled shoes. Do they pinch?

Customer: I like them much better than those ones. Will you give me a shoe for the left foot, please?

Shop-girl: 50 dollars.

Customer: Will you wrap them up, please? Where is the cash-desk?

Shop-girl: It's at the end of the department.

Customer: Thank you. Good-bye.

**Dialogue 2      *At the Ready-made Clothes Department***

Customer: I'd like a summer frock.

Shop-girl: Certainly. What size?

Customer: 46. I'm stock size.

Shop-girl: The dresses on that rail are all size 46. Look at them and you may find something to your taste.

Customer: May I try on this cotton dress? Does it fit me?

Shop-girl: It fits you perfectly but I don't think the color becomes you. It's too dark.

Customer: Have you got anything a shade lighter?  
Shop-girl: I'm afraid we haven't. Would you mind trying on this light-blue?  
Customer: But it's not genuine silk. It's too hot for summer wear.  
Shop-girl: Will you drop in a couple of days? We are expecting most of our summer stock at the end of the week.  
Customer: Yes, of course. Thank you. Good-bye.  
Shop-girl: Thank you. Have a nice day.

### **Dialogue 3**                      *At the Greengrocer's*

Salesman: Morning Harry, how's it going?  
Harry: Things are going fine Bob, how's business?  
Salesman: Oh, the usual. So what'll it be for today? There's some fine eggplant, and there's some great zucchini..  
Harry: What's that?  
Salesman: What ... this? This here is a tomato, Harry.  
Harry: No, not that! That yellow thing, there. .  
Salesman: Oh, this, these are yellow peppers. They are sweet. They're good in salad.  
Harry: I'll take three.  
Salesman: Okay, do you want this big one?  
Harry: Yes, I want the three biggest ones.  
Salesman: Okay, here you are.  
Harry: Thanks.  
Salesman: That's two twenty.  
Harry: Two twenty for these peppers!  
Salesman: That's the price.  
Harry: Okay, but it's expensive. Here 's the money.  
Salesman: Thanks. Prices are high for me too. Here 's your change. See you later.  
Harry: Good-bye.

### 12.Распредели слова по названиям отделов, в которых продают данные товары.

Bracelets, sandals, hats, robes, cologne, sports nutrition, sweaters, rugs, shower gels, creams, jackets, bedding, tops, running shoes, weather stations, home phones, flip-flops, floor care, wallets, personal fragrance, boots,

computers, lingerie, cameras, soaps, necklaces, shorts, swimming costumes, vests, handbags, basketball shoes, herbs, lighting, T-shirts, candles, cell phones and devices, lotions, home fragrance, jeans, playstation games, vitamins, sleepwear, home décor, belts, mattresses, luggage+bugpacks, pet care, skating boots, wedding rings, watches, cardigans, mascara, scarves, bath towels, shower curtains, trousers, shoes, earrings.

13 Дополни каждое предложение подходящим словом из списка.

*Hat, glove, shirt, trousers, shoes.*

1. I love your new dress, it's such a beautiful colour and it **fits you like** \_\_\_\_\_.
2. Elaine doesn't want anybody to know about her new job yet, so **keep it under your** \_\_\_\_\_.
3. She's so bossy I think it's obvious who **wears the** \_\_\_\_\_ in her family.
4. I wouldn't want **to be in Mike's** \_\_\_\_\_ when his boss finds out he wasn't really sick last week.
5. If the deal goes wrong, he is going to **lose his** \_\_\_\_\_.

14. Подготовь сообщение на тему: «Как я делаю покупки?»

1. Who does shopping in your family?
2. Do you often go shopping?
3. Do you like it?
4. What kinds of thing do you like buying?
5. Where do you like to shop most?
6. What is your last purchase?

15. Прочитай и переведи текст.

*How We Tried to Buy Shoes*

“How can we travel about Britain without knowing a word in English?” I said. “Oh, it's all right,” said Harris. “I've bought a conversation book. Here it is. It gives you a lot of useful phrases, and we shall look into it and speak to the Englishman.”

“Let’s go to London on Wednesday morning,” said George, “and spend an hour or two in shoe shops. We shall try to buy shoes using phrases from this book.”

We thought it a fine plan. The next morning we came to London and stopped at a little shoe shop. Near the door, on the floor and on the shelves there were boxes of boots and shoes. We saw shoes of different kinds everywhere- both for men and women, black and brown, large and small. The man who kept the shop was just going to open another box of shoes.

George raised his hat and said, “Good morning.” He hoped, in answer to his politeness, to hear the polite “Welcome to our shop,” as this was the answer in the conversation book. But the man did not even look at us. He went on with his work.

Then George said, again in the words of the book: “Mr. X, whom I hope you know, has told me about your remarkable shop.”

To these words the conversation book gave the answer: “Mr. X is a very fine young man. I’ve known him for years, and I’ll be happy to be useful to his friends.”

But what the man said was this: “Don’t know him; never heard of him.”

That was a nice beginning! George looked into the conversation book again and read the next sentence which it gave: “They say you have boots to sell.”

For the first time the man raised his eyes and looked at us.

“And what do you think I keep all these boots here for: to eat them?”

He was one of those men who become more and angrier as they go on talking.

“What do you think I am doing here?” he shouted. “Collecting boots for pleasure? What do you think it is- a museum of boots? Have you ever heard of a man who has a shoe shop and doesn’t sell boots? What do you think I am? An idiot?”

“We had better leave,” said Harris and started for the door. But at that moment George suddenly found an answer in the book, the cleverest answer he could find at the moment. “We shall come again, when you have some more boots to show us,” he said. “Till then – good-bye.”

#### 16. Подготовь краткий пересказ текста.

#### 17. Выпиши все ключевые слова по теме и объясни их значение.

The methods of shopping may vary. It may be a self-service shop where the customer goes from counter to counter selecting and putting into a basket what

he or she wishes to buy. Then he or she takes the basket to the check-out counter, where the prices of the purchases are added up. If it is not a self-service shop, and most small shops are not, the shop assistant helps the customer in finding what he or she wants. You pay money to the cashier and he or she gives you back the change.

## *Seasons. Weather. Времена года. Погода.*

weather	погода
forecast	прогноз погоды
precipitation	осадки
season	время года
temperature	температура
climate	климат
autumn	осень
summer	лето
spring	весна
winter	зима
cloud	облако
rain	дождь
shower	ливень
cloud cover	облачный покров
clear, fair	ясное, безоблачное небо
partly cloudy	частично затянутое облаками
overcast	пасмурное
precipitation area	район осадков
fog	густой туман
mist	лёгкий туман
drizzle	мелкий дождь
hail	град
thunderstorm	гроза
lightning	молния
rainbow	радуга
calm	безветрие
wind	ветер
storm	буря
breeze	бриз, лёгкий ветер
gust	порыв ветра, шквал



gale	сильный ветер, шторм
cyclone	циклон
hurricane	ураган
earthquake	землетрясение
bog, marsh	болото
flood	наводнение
to get (be) wet to the skin	промокнуть до нитки
Indian summer	бабье лето
rain cats and dogs	лить как из ведра
blizzard	метель
blossom	зелень (деревьев)
flakes	хлопья (снега)
hiking	пешие прогулки
mountaineering	альпинизм
<i>What is the weather like?</i>	
<i>I wonder what the weather is going to be like?</i>	<i>Какая сегодня погода?</i>

# 1. Составь предложения и переведи.

	raining fast (heavily, a little)
	raining cats and dogs
a) It is	pouring
	drizzling
	snowing hard
	freezing hard
	getting worse
	clearing up
it will turn (to) wet.	
b) I think it will continue (keep) fine.	
c) We shall have snow (frost, rain, a thaw, a thunderstorm).	
d) It looks like rain (snow).	
e) Two degrees (three degrees, etc.) above (below) zero.	

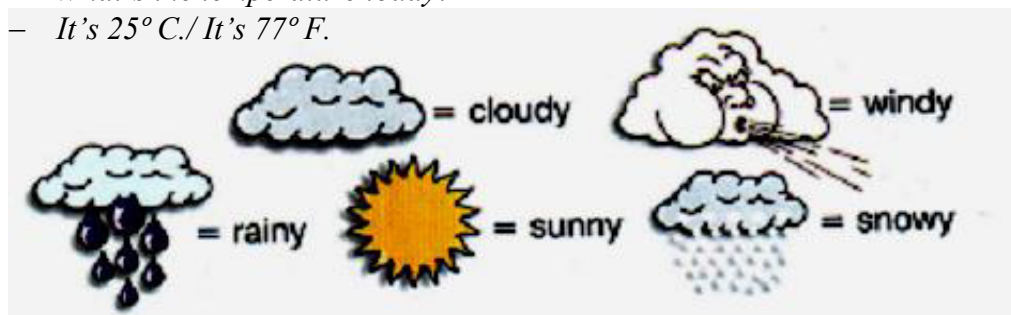
## 2. Напиши транскрипцию данных слов и переведи их.

climate \_\_\_\_\_  
 Baltic \_\_\_\_\_  
 rapid \_\_\_\_\_  
 period \_\_\_\_\_  
 magnificent \_\_\_\_\_  
 stifling \_\_\_\_\_  
 migrate \_\_\_\_\_

mild \_\_\_\_\_  
 icicle \_\_\_\_\_  
 wretched \_\_\_\_\_  
 forecast \_\_\_\_\_  
 rainbow \_\_\_\_\_  
 indicate \_\_\_\_\_  
 isle \_\_\_\_\_

### 3. Составь диалоги, пользуясь данным ниже прогнозом погоды

- *What's the weather like in Cairo today?*
- *It's warm and sunny.*
- *What's the temperature today?*
- *It's 25°C./ It's 77°F.*



<i>freezing cold</i>	<i>cold</i>	<i>chilly</i>	<i>cool</i>	<i>warm</i>	<i>hot</i>	<i>boiling hot</i>
-5°C/ 23°F	5°C/ 41°F	10°C/ 50°F	15°C/ 59°F	25°C/ 77°F	30°C/ 86°F	35°C/ 95°F

*°C: degrees Celsius*

*°F: degrees Fahrenheit*

		C	F			C	F
Cairo		25	77	Paris		5	41
London		10	50	Prague		-5	23
Madrid		5	41	Rome		15	59
Manila		30	86	Singapore		35	95

#### 4.Переведи следующие примеры прогнозов погоды.

Winter: cold, sleet or snow showers. Snow and drizzle. Cloudy. Some rain. Cold, with sunny periods. Cold, dry and bright.

Spring: local rain; some bright periods (intervals) Rain, bright later. Mostly dry; near average temperatures. Dry and very warm. Mainly dry, cool.

Summer: bright periods and showers. Dull and showery; brighter later.

Autumn: rain at times. Cold, northerly winds, with bright periods and scattered showers. Some mist and fog at first; sunny later.

#### 5.Согласись или не согласиcь с данными утверждениями. Найди подтверждение данных утверждений в тексте.

### **How Lightning Strikes**

A thunderstorm is one of the most impressive sights in nature with huge menacing black clouds producing hot bright flashes of lightning and booming thunder as well as torrential rain or hail. But what causes these dramatic storms and what exactly are thunder and lightning?

Clouds are formed when a mass of cold air meets a mass of warm air. Water vapour in the warm air condenses to form clouds. Thunder clouds are typically very tall, dark and deep. Thunder and lightning are both caused when electrical charges build up in these clouds. However they believe that it has something to do with charged water droplets and tiny pieces of ice colliding inside the cloud. Normally a positively charged area forms in the upper region of the cloud and a negatively charged region forms in the lower region of the cloud.

These charges are incredibly large and so thunderstorms contain an enormous amount of energy. A voltage of more than 100 million volts can be generated between the cloud and the ground. Air will not normally conduct electricity but when such huge voltages are generated; the resistance of the air breaks down. We get a sudden spark, called an electrical discharge, which can occur inside the cloud, between the cloud and the ground, or between two different

clouds. Because it is so powerful, lightning generates a lot of heat. A lightning strike can heat the air around it to more than 30,000 °C. That's five times hotter than the surface of the sun! The heat causes the air to expand incredibly quickly and we get the loud explosive sonic boom known as thunder.

So lightning and thunder are created at more or less the same time. If you have been caught in a thunder storm, though, you will know that we normally see the lightning first and then hear the thunder a few seconds later.

The light travels so quickly that it gets to us almost instantaneously but, in air, sound takes around three seconds to travel one kilometre. This means that if we count the number of seconds between seeing the lightning and hearing the thunder and divide by three we can find out how many kilometres away the storm is from us.

It can be very dangerous to be caught outside in a thunder storm. More than 100 people are killed by lightning strikes each year in the USA alone, and many more are seriously injured. If you do find yourself in this situation the safest thing to do is to crouch down close to the ground.

Lightning tends to strike at the highest point in an area so you are much more at risk near a tree, pole, or any other tall structure. You will be safer inside a metal-bodied car, or even better inside a building. If you are inside though, it is best not to take a shower or use the phone since lightning can strike phone lines or water pipes. Whatever you do, you shouldn't believe the saying that lightning never strikes the same place twice. Scientists observing thunder storms have noticed that certain tall buildings or trees can be struck a number of times, even during a single storm.

- A. Whatever you do, don't take shelter under a tree.
- B. This flash of electricity is a lightning strike.
- C. In fact lightning can be attracted to the same spot over and over again.
- D. Compare that to the voltage of the electricity supply in your home which is only about 200 volts.
- E. This is why lightning has its destructive forked shape.
- F. The warmer air is forced to rise quickly above the colder air.

G. Scientists don't understand exactly how the charges are generated.

H. This is because light travels faster than sound and so the light from the lightning reaches us before the sound from the thunder.

6. Ответь на следующие вопросы.

1) How many seasons are there in a year? What are they? Which season do you like best and why?

2) In what season of the year does nature return to life? Which are the spring months?

3) When does a rainbow appear in the sky? What are its colors? Why do we admire a rainbow?

4) Which are the summer months? Which month is the hottest in your town? What is the usual summer temperature in your parts?

5) Are you afraid of thunder? Is it dangerous to stand under a tree during a thunderstorm? Why?

6) Which are the autumn months? What was the weather like in autumn? Did it often drizzle? Do you like autumn? Why?

7) Which are the winter months? Which month is the coldest in your town? What was the weather like this winter? Was it very changeable?

8) What is the weather like now? Has it stopped raining or is still raining a little? Is it windy? Do you think the weather will clear up?

7. Подбери как можно больше слов, подходящих к следующим ситуациям и продолжи высказывания.

1) It seems a... day.

2) It's raining.

3) What... weather!

4) The heat is... .

5) It is going to...

6) It was... yesterday

7) I think it will...

8) It looks like...

## 8. Прочитай и переведи текст

### ***ENGLISH WEATHER***

The weather in England is very changeable. A fine morning can change into a wet afternoon and evening. And a nasty morning can change to a fine afternoon. That is why it is natural for the English to use the comparison “as changeable as the weather” of a person who often changes his mood or opinion about something. “Other countries have a climate, in England we have weather”. This statement is often made by the English to describe meteorological conditions of their country

The English also say that they have three variants of weather: when it rains in the morning, when it rains in the afternoon or when it rains all day long.

The weather is the favorite conversational topic in England. When two Englishmen meet, their first words will be “How do you do?” or “How are you?” And after the reply “Very well, thank you; how are you?” the next remark is almost certain to be about the weather. When they go abroad the English often surprise people of other nationalities by this tendency to talk about the weather, a topic of conversation that other people do not find so interesting.

The best time of the year in England is spring (of course, it rains in spring, too). The two worst months in Britain are January and February. They are cold, damp and unpleasant. The best place in the world then is at home by the big fire in the fireplace.

Summer months are rather cold and there can be a lot of rainy days. So most people who look forward to summer holidays, plan to go abroad in summer to France or somewhere on the Continent

The most unpleasant aspect of England weather is fog and smog. This is extremely bad in big cities and especially in London. The fog spreads everywhere, it is in the streets and it creeps into the houses. Cars move along slowly, but still street accidents are frequent in the fog. People can not see each other. They creep along the houses touching them with their hands not to lose their way or to be run over by a car.

## 9. Ответь на вопросы к тексту

1. Is the weather in England very changeable?
2. How often does it rain in England?

3. What do Englishmen often say to describe the weather of their country?
4. Englishmen often talk about the weather. Do you find this topic of conversation interesting?
5. What is the worst time of the year in England?
6. When do Englishmen prefer to stay at home by the big fire?
7. How do the English spend their short English summer?

10. Прочитай и переведи текст. Составь 5 вопросов к тексту.

### ***3 DEGREES BELOW FREEZING***

Looking for an exciting winter holiday? Then try the Ice Hotel in northern Sweden and spend a few days in a giant igloo. 2,000 tons of ice and 30,000 tons of snow are needed to build the ice Hotel every year. When the thermometer hits 3 degrees below freezing, the building of the hotel starts.

The hotel has rooms for over 100 guests, as well as an ice sauna, a cinema, the Ice Chapel and the world-famous Absolut Ice Bar. The temperature inside the hotel is minus 3 degrees Celsius, but that seems warm when you compare it to the temperature outside, which can fall below minus 30 degrees Celsius.

It is the perfect place for outdoor activities such as ice-fishing, skiing. A visit to the Ice Hotel is an unforgettable experience. Don't miss this chance of a lifetime!

11. Опиши свое любимое время года и как тебе нравится его проводить.

12. Прочитай и переведи текст.

### ***WEATHER***

In the morning, I looked out of the window and was very surprised. Everything was covered with snow! Snowy flakes were falling from the sky, everything was pleasant and beautiful! It was not frosty, and children were skating and making snowmen.

But look! The wind has risen! Snow is falling from the roofs to the ground. Small icicles are falling too. That's a real blizzard. It's not the best time for going out.

The Russians say, "The first snow always melts". And I know that after some months winter will be over, the trees will be in blossom, and birds will be

singing and building their nests. This is spring, the time when all the nature awakes from its winter sleep.

Then summer will come – a long period of sunshine and time of holidays for schoolchildren and students. We can go swimming, diving or mountaineering. It's great to go cycling or hiking. We mustn't forget to take photos: they will remind us of these exciting days.

Time flies, and autumn comes. This is the period of harvest for countrymen, and for me it's the beginning of a new year of studies.

### 13. Прочитай и переведи диалог.

#### ***ENGLISH WEATHER***

Russian: "What's the weather like in England?"

Englishman: "Today it's raining, and it's very foggy, as usual. You see, there is no hot summer, and there is no cold and snowy winter."

"Really? Why is it so?"

"You see, Britain is near the ocean, and the water there changes its temperature slower than the ground, it has greater thermal heat capacity. That's why the changes are not so great."

"Do you like when it rains?"

"When I was a child, I liked it! Now I simply don't notice it. I can walk without any umbrella when it's drizzling, and I never catch a cold."

"Do you have central heating at home?"

"Yes, I have a radiator, but I don't have central heating yet. The weather in the world becomes more and more unusual. That's why I must think about it."

"That's a good idea. Are there any beaches in England?"

"Yes, there are, mostly on the south coast, but the water isn't really warm. You'd better go to Spain. Many Englishmen do it. It's not so far, but the weather is completely different."

"Sure, I will do so."

### 14. Угадай слово при объяснении его значения.

- 1) One of the twelve parts into which the year is divided
- 2) A great snowstorm
- 3) A device that gives out heat
- 4) A piece of ice hanging from the roof



- 5) Indication of how hot or cold a person or thing is
- 6) Area of water bigger than the sea.

15. Вставь предлоги или отглагольные наречия. Предложения переведи.

1. In the morning, I looked \_\_ \_\_ the window and was very surprised.
2. Everything was covered \_\_ snow! Snowy flakes were falling \_\_ the sky!
3. It's not the best time \_\_ going out.
4. And I know that \_\_ some months winter will be over.
5. Summer is a long period \_\_ sunshine.
6. Photos will remind us \_\_ these exciting days.
7. Britain is \_\_ the ocean, and the water there changes its temperature slower than the ground.
8. I can walk \_\_ any umbrella when it's drizzling.
9. The weather \_\_ the world becomes more and more unusual.

## ***Health habits. Здоровье.***

illness	болезнь
disease	заболевание
catch a disease	заболеть
pneumonia	воспаление лёгких
influenza, flu	грипп
I've got a cold	у меня простуда
catch cold	простудиться
rheumatism	ревматизм
mumps	свинка
cancer	рак
heart attack	сердечный приступ
indigestion	несварение, нарушение пищеварения
quinsy	ангина
high blood pressure	высокое давление крови
low blood pressure	низкое кровяное давление
cough	кашель
ache	тупая боль
pain	острая боль
AIDS	СПИД, синдром приобретённого иммунодефицита
headache	головная боль
toothache	зубная боль
dizziness	головокружение
faint	обморок
accident	несчастный случай
hurt	травма
burn	ожог
dislocation	вывих (сустава)
sprain	растяжение (связок)
bruise	синяк
remedy	средство от болезни
medicine	лекарство
tablet	пилюля, таблетка

powder	порошок
drops	капли
chemist's shop	аптека
ambulance	скорая помощь
hospital	больница
I feel sick	у меня слабость
dentist	зубной врач
surgeon	хирург
nurse	медсестра
call the doctor	вызвать врача
treat smb for an illness	лечить кого-л. от какой-л болезни
recover	вылечиться, выздороветь
fibre	волокно
habit	привычка
junk food	неполноценная еда
kidney	почка (орган)
kind-heartedness	доброта
lifestyle	стиль жизни
nutrition	питание
restore	восстанавливать
temper	нрав, настроение
I want to make an appointment with...	Я хочу записаться на приём...
I've got a pain here	у меня болит здесь
I'm allergic to...	у меня аллергия на ...

### 1. Переведи с английского на русский данные ниже речевые клише

#### **A      What are your symptoms?**

I've got a cold/ a cough/ a sore throat/ a temperature/ a stomach ache/ chest pains/ earache/ a pain in my side/

I feel sick/ particularly bad at night.

I am depressed/ tired all the time.

I've lost my appetite/ voice; I can't sleep, my nose itches and my leg hurts.

#### **B      What do doctors do?**

take your temperature, listen to your chest, look in your ears, examine you, take your blood pressure, ask you some questions and weigh and measure you before sending you to the hospital for further tests.

**C      What's the diagnosis?**

You've got flu/ chickenpox/ mumps/ pneumonia/ rheumatism/ an ulcer/ a virus/ a bug something that's going round.

You've broken your wrist and sprained/ dislocated your ankle.

You're pregnant/ a hypochondriac.

He died of lung cancer/ a heart attack/ AIDS

**D      What does the doctor prescribe?**

- a) Take one three times a day after meals.
- b) Take a teaspoonful last thing at night.
- c) Rub a little on before going to bed each night.
- d) We'll get the nurse to put a bandage on.
- e) You'll need to have some injections before you go.
- f) I'll ask the surgeon when he can fit you in for an operation.
- g) You'll have to have your leg put in plaster.
- h) I think you should have total bed rest for a week.

2. Расскажите о своём здоровье, используя фразы и наречия внизу.

- 1. Clumsy, often have accidents
- 2. Often feel tired
- 3. Get ill more often than other people
- 4. Suffer from indigestion/headaches etc.
- 5. Have health problems (e.g. heart problem, muscular pains etc.)
- 6. Have a regular sleep pattern
- 7. Have meals at the same times every day

*I am not usually clumsy*

*I don't often have accidents*

3. Напиши транскрипцию следующих слов и переведи на русский язык.

Headache, temperature, pulse, tablet, prescription, pneumonia, ambulance, breathe, breath, stomach, throat, weight, medicine, remedy, thermometer, complication, measles, quinsy, diphtheria, tuberculosis, rheumatism.

#### 4. Заполни пропуски артиклем

I had had ..... toothache for several days, but just hadn't enough courage to go to ..... dentist. As ..... matter of fact I went twice, but just as I got on his doorstep and was going to ring ..... bell, ..... toothache seemed to have gone away, so I went home again. But at last I had to go back, and this time I rang ..... bell and was shown into ..... waiting-room.

There were ..... number of magazines there, and I had just go into ..... middle of ..... exciting story when ..... maid came in to say Mr. Puller was ready to see me. I'll have to wait for ..... next toothache to finish that story!

Well, I went into ..... surgery (зубоврачебный кабинет) and he told me to sit in ..... chair, and then he had ..... look at ..... inside on my mouth. He put ..... little mirror on ..... long handle inside my mouth and said, "I'm afraid we can't save that one, it will have to come out. I'll just give you ..... injection."

So he filled ..... syringe (шприц) with ..... liquid. I felt ..... little prick on ..... gum (десна) and that was all. Then he waited for ..... minute or so. Then he took ..... instrument, got hold of my tooth, gave ..... twist, then ..... quick pull, and ..... tooth was out. He said, "There's ..... tooth, ..... very nasty one."

"May I have ..... tooth, please?" I said. "It has worried me ..... good deal for ..... last week, and so now I am going to put it on my dressing-table and watch it ache."

#### 5. Закончи предложения.

- 1) On Saturday I went out without my warm coat on and now...
- 2) The doctor took the patient's temperature and said ...
- 3) Our health often ... on ecology.
- 4) When she came home she complained of a headache and her mother....
- 5) In spring, our body lacks ... and minerals necessary for our living.
- 6) Change your ... , or you'll ruin your .... In several years!
- 7) This medicine will work wonders if ...
- 8) If you follow the doctor's instructions you'll ...
- 9) He is very active: he goes to work by bicycle and always uses ... instead of the lift.
- 10) If you eat much, you'll gain ....

6. Замени русские слова, данные в скобках, английскими эквивалентами.

- 1) Why are you looking so (плохо)\_\_\_\_\_ today? –Am I? I thought I was looking only (усталой)\_\_\_\_\_.
- 2) I'm sure you feel (здоровым)\_\_\_\_\_ after your two months' rest. – Indeed, I feel very (хорошо)\_\_\_\_\_ now.
- 3) To say that I am feeling (неважно)\_\_\_\_\_ is to say nothing. I'm feeling (плохо)\_\_\_\_\_ and dead (усталой)\_\_\_\_\_.
- 4) You're looking (больным)\_\_\_\_\_ today. What's the matter with you ?
- 5) She always looks (свежей)\_\_\_\_\_ and (привлекательной)\_\_\_\_\_.

7.Переведи следующий текст на английский язык

Петя стал учиться хуже, чем обычно. Он решил, что ему нужно больше заниматься спортом и сбросить лишний вес. Это для него очень полезно, но недостаточно. Тогда он решил купить витамины, так как до свежих фруктов и овощей было ещё далеко. И наконец, он взялся за учёбу и постарался наверстать упущенное. Витамины ему очень помогли.

8 Заполни пропуски предлогами **ahead, at, into, down, in, on, for, to, over, from.**

1. There are a lot of hospitals and clinics ..... the area.
2. .... first, the doctor was worried that the cut would not heal properly.
3. The doctor told him to return ..... the hospital for a check-up.
4. I have had a bad cold ..... the last two weeks.
5. That student has a good career ..... of him.
6. My doctor wrote ..... the medicines I had to buy.
7. John had chickenpox and had sports all ..... his body.
8. Make sure you keep all the medicines away ..... children.
9. The nurse comes ..... duty at ten o'clock.
10. The scientists are doing reseach ..... the causes of cancer.

9. Используй выражения , данные ниже, чтобы закончить диалоги

put some cream on it, put it in cold water, put a plaster on it, go to the gym tonight, get some cough medicine, get you an aspirin, see your dentist, get some ice

1 A: Your back is sunburnt. (**back/be sunburnt**)

B: Shall I put some cream on it for you?

2 A: I \_\_\_\_\_ (**get/ terrible headache**)

B: Shall I \_\_\_\_\_?

3 A: I \_\_\_\_\_ (**cut/hand**)

B: You should \_\_\_\_\_.

4 A: I \_\_\_\_\_ (**get/bad cough**)

B: You should \_\_\_\_\_

5 A: I \_\_\_\_\_ (**get/really bad toothache**)

B: Why don't you \_\_\_\_\_?

6 A: I \_\_\_\_\_ (**burn/finger**)

B: You should \_\_\_\_\_.

7 A: My \_\_\_\_\_ (**stomach muscles/hurt**)

B: You shouldn't \_\_\_\_\_

8 A: I think I \_\_\_\_\_ (**hurt/ankle**)

#### 10. Образуй от следующих глаголов Причастия II.

1 break \_\_\_\_\_ 7 crack \_\_\_\_\_

2 twist \_\_\_\_\_ 8 treat \_\_\_\_\_

3 burn \_\_\_\_\_ 9 sprain \_\_\_\_\_

4 cut \_\_\_\_\_ 10 hurt \_\_\_\_\_

5 bang \_\_\_\_\_ 11 cure \_\_\_\_\_

6 scratch \_\_\_\_\_ 12 hit \_\_\_\_\_

#### 11. Заполни пропуски словами **yet**, **already** или **just**.

1. A: I've been feeling ill all week.

B: Have you seen a doctor \_\_\_\_\_?

A: I've \_\_\_\_\_ got back from the doctor's. He says I've got a flu.

2 A: Has Janet returned to work \_\_\_\_\_?

B: No. She's still in hospital.

3 A: John is staying at home again today. He's got a temperature.

B: He's \_\_\_\_\_ missed two days of school! I hope he gets better soon.

4 A: I've \_\_\_\_\_ found out that my son has got measles. Perhaps you shouldn't come to the use.

B: Oh don't worry. I've \_\_\_\_\_ had measles.

5 A: I've still got a terrible headache.

- B: Would you like an aspirin?

A: I've \_\_\_\_\_ taken one, it hasn't worked.

12. Поставь глаголы в скобках в **present perfect** или **past simple**.

- What's the matter ,Bill?

- I \_\_\_\_\_ (hurt) my arm.

- Oh, when \_\_\_\_\_ (you /do) that?

- I \_\_\_\_\_ (do) it yesterday when I was playing football.

- Is it still painful?

- Well, it \_\_\_\_\_ (hurt) a lot when it \_\_\_\_\_ (happen).

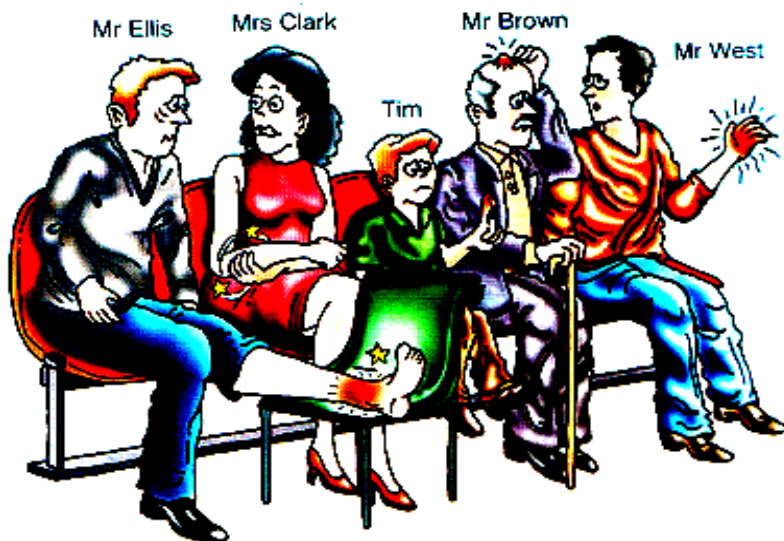
- \_\_\_\_\_ (you/see) a doctor yet?

- Yes, I \_\_\_\_\_ (go) last night but I \_\_\_\_\_ (not/break) any bones and I just need to rest.

- No football for you for a while, then!

- Oh, I don't know about that! \_\_\_\_\_ (never injure) myself playing football before. Besides, I'm sure I'll be okay in a few days.

13. Соотнеси имена людей и с названиями травм и составь диалоги





twist ankle Mr Ellis  
burn hand \_\_\_\_\_  
hit head \_\_\_\_\_

break arm \_\_\_\_\_  
cut finger \_\_\_\_\_

*Nurse: What's the problem, Mr Ellis?*

*Patient: I've twisted my ankle.*

#### 14. Переведи на английский язык

1. У него болит горло. Наверное, у него ангина. Измерь ему температуру. – Где градусник? – Где-то на столе.
2. У меня болит голова (ухо) и кроме того зуб. – Надо пойти к врачу. Он вам пропишет какое-нибудь лекарство от головной (ушной, зубной) боли.
3. Не купите ли вы для меня лекарство в аптеке? – С удовольствием. Где рецепт? – Вот он.
4. Дети простудились. У них высокая температура, насморк и они сильно кашляют. – Не волнуйтесь. Подержите их денёк - другой. Это, может быть грипп. И не разрешайте им выходить на улицу.
5. Катя серьёзно больна. Она лежит в больнице уже месяц. Но сейчас ей значительно лучше.

#### 15. Какие из этих видов деятельности помогают людям быть здоровыми, дополни свои примеры.

- 1 Using the stairs instead of the lift
- 2 Going to college on foot instead of taking a bus
- 3 Going for a walk with your dog
- 4 Going to the country house and growing vegetables and fruit there
- 5 Having breaks when working at the computer

#### 16. Переведи на русский язык.

### **A. MAKING AN APPOINTMENT**

**Receptionist** Can I help you?

**Daniela** I'm a visitor to this country and I need to see a doctor.

**Receptionist** What country do you come from?

**Daniela** Italy.

**Receptionist** That's all right. Italy is an EEC (European Economic Community) country, so we can treat you under the National Health Service. That means that you don't have to pay anything.

**Daniela** Thank you. When can I see a doctor?

**Receptionist** I can give you an appointment later this morning. At ten thirty?

**Daniela** That would be fine.

**Receptionist** Ten thirty with Dr. Robinson. Can I have your name and address?

**Daniela** Daniela Ponti. I'm staying at the Parque Court Hotel.

**Receptionist** Thank you, Miss Ponti. Just come to the desk at ten thirty and give your name. The doctor will call you when he's ready.

## **B. AT THE DOCTOR'S**

Daniela has a bad cold, a cough and a temperature. She has been feeling ill for two days. She makes an appointment and goes to the doctor's.

**Doctor** Come in, Miss Ponti. Sit down. What seems to be the trouble?

**Daniela** I've got a bad cold and a cough. I think I've got a temperature and I feel quite ill.

**Doctor** Does your cough keep you awake at night?

**Daniela** Yes, it does. It's much worse when I lie down.

**Doctor** Let me look at your throat. Say 'Ah'.

**Daniela** Ah.

**Doctor** Oh yes. Your throat's quite swollen and very red. Could you cough for me while I listen to your chest ... Yes. That sounds all right. There's nothing wrong with your lungs.

**Daniela** Good.

**Doctor** Do you have any other symptoms?

**Daniela** I've got a bad headache that won't go away and I feel hot and cold sometimes.

**Doctor** You've got quite a bad throat infection, Miss Ponti. I'm going to write you a prescription for some tablets and some cough mixture. Take the tablets three times a day after meals and the cough mixture at night when your cough is bad. You must take all the tablets. Don't stop taking them because you feel better, it's very important to finish the course. Take the prescription to a

chemist's and they will give you your medicine. And stay in bed for the rest of the day.

**Daniela** Thank you very much, doctor. I feel better already! I was worried that I was going to be really ill on holiday.

**Doctor** No, Miss Ponti. You'll feel fine in a day or two. But if you don't - come back and see me.

**Daniela** Thank you, doctor.

**Doctor** Not at all. Enjoy the rest of your holiday!

### C. AT THE CHEMIST'S

Daniela and John are in a chemist's shop. They have come to collect Daniela's prescription.

**Assistant** Can I help you?

**Daniela** Yes. My doctor has given me this prescription.

**Assistant** Are you exempt from payment?

**Daniela** I'm sorry, I don't understand. I'm a visitor to this country.

**Assistant** I see. Well, if you are a child or an old age pensioner, or if you're unemployed, you don't have to pay for medicine.

**Daniela** Oh! Well, in that case I should pay.

**Assistant** It costs two pounds twenty for each item and there are two items on this prescription, so that will be four pounds forty altogether.

**Daniela** Here you are.

**Assistant** Take this ticket and come back in about fifteen minutes. Your prescription should be ready then. Just give the ticket to the man over there and he will give you your medicines.

**Daniela** Thank you very much. I'd like something for a sore throat as well, please.

**Assistant** These pastilles are good.

**Daniela** Yes, they'll do.

**Assistant** Would you like lemon or blackcurrent flavour?

**Daniela** Um ... lemon, please.

**John** And do you have any vitamin C tablets?

**Daniela** What's do you need vitamin tablets for, John? You're not feeling ill, are you?

**John** No! They're for you! Vitamin C is good for you when you've got a cold!

**Daniela** Oh! Thank you!

**Assistant** Here you are. Fifty vitamin C tablets and your throat pastilles.

**Daniela** Thank you.

**John** Thanks a lot. (*To Daniela*) We have fifteen minutes to wait. Shall we go and have a cup of coffee and come back here at ten after eleven.

**Daniela** OK. And Ill buy the coffee. You bought my vitamin tablets!

17. Какие медицинские проблемы могут возникнуть если...

- 1 you wear shoes that rub?
- 2 you eat too fast?
- 3 you smoke a lot?
- 4 you stay too long in the sun?
- 5 you eat food you're allergic to?
- 6 you run unusually fast for a bus?
- 7 you eat food that is bad?
- 8 a mosquito bites you?
- 9 you get wet on a cold day?
- 10 you think you're ill all the time?

18. Переведи текст на русский язык, объясни значение выделенных слов.

### CAN YOU FEEL THE RHYTHM?

“Routine” is usually seen as a negative term nowadays, largely because we no longer belong to a society of nine-to-fivers. We live in what is fast becoming a 24-hour society, where everything is open all hours. You can buy your groceries at midnight, book your holiday on the Internet at 3 am, and do business online at the crack of dawn. Before you join the 24-hour **revolution**, however, take a minute to listen to what your body is trying to tell you – that a round-the-clock lifestyle is not what nature intended.

In an area of our brains called the hypothalamus, we have a “body clock” that controls our body’s natural rhythms. It tells us when it’s the right time to eat, sleep, work and play. It plays an important part in our **physical** and **psychological** well-being. It is, in fact, what makes us tick and it controls many things including our **hormones**, temperature, immune functions and **alertness**. It **synchronizes** all these like a conductor with an orchestra; it regulates tempo and brings in all the different instruments on time to make music rather than **random** noise. If we try to ignore our body clocks, or even

to switch them off for a while, we not only **deprive** ourselves of much needed rest but we also run the risk of seriously damaging our health.

Ignoring your body clock and changing your body's natural rhythms can not only make you **depressed, anxious** and **accident prone**, it can lead to much more serious health problems. For example, **heart disease, fatigue, ulcers, muscular pain, and frequent viral infections** can all result from trying to **outsmart** our body clocks. Altering our patterns of sleeping and waking dramatically affects our **immune system**. While we sleep the body's **repair mechanisms** are at work; when we are awake natural killer cells **circulate** around our bodies and cause more damage. Our **digestive system** is affected, too – high levels of **glucose** and fat remain in our **bloodstream** for longer periods of time and this can lead to heart disease.

Unfortunately, we were not designed to be members of a 24-hour society. We can't ignore millions of years of **evolution** and stay up all night and sleep all day. We function best with a regular pattern of sleep and wakefulness that is **in tune with** our natural environment. Nature's cues are what keep our body clocks ticking rhythmically and everything working in **harmony**. So, next time you think a daily routine is boring and **predictable**, remember that routine may well save your life in the long run.

#### 19.Выбери правильный ответ.

1. In what way is our body clock like the conductor of an orchestra?
  - A. The hypothalamus controls our actions.
  - B. It makes all the body's functions work together at the right time.
  - C. The body clock is very precise.
  - D. We have a special programme.
2. If we change our sleep patterns, we
  - A. will get an infection.
  - B. will disturb our immune system
  - C. will get heart disease
  - D. get high levels of dangerous cells.
3. According to the text , we should
  - A. do things when our body tells us to
  - B. organize our body clock according to a strict schedule
  - C. use the natural environment to work out a regular routine
  - D. have a boring, slow-paced lifestyle
4. According to the text, our body clock

- A. can be changed without harm
- B. determines when we should do things
- C. helps us to fight sleep
- D. is a boring routine

20. Переведи текст на русский язык.

**“WORKING WITH THE SICK”**

34- year-old Dianne Grey was a successful doctor in the south of England, but for the last eight months she has been living in Angola, working for an organisation called *Doctors Without Frontiers* that provides emergency health care in several African countries.

Dianna was a GP in Horshan, Surrey. She had a good career ahead of her and a comfortable life, but she began to find her job rather boring. She says, “I was treating patients with routine medical problems – colds, sore throats and so on – and I felt a need to do something more important”.

The organization she works for has been sending medical teams and equipment to Angola since 1986. Various armies have been fighting each other in the area for decades, and standards of health care have grown worse and worse. Outside the cities there aren’t enough hospitals, clinics, doctors or nurses, and many diseases have become a major problem.

At first Dianne was shocked, but she has been working hard to improve conditions there. During her time in Angola, she has treated thousands of patients and has been training local people as health care workers.

“Working here has been a very meaningful experience”, she says. “I have never felt so useful before. It’s so great to know that we have been helping people who really need it”. She will be leaving Angola next month, but she has already decided to return to Africa as soon as possible.

21. Ответь на вопросы

- 1 Where has Dianna Grey been living for the last eight months?
- 2 Why did she go to Africa?
- 3 What has ‘Doctors Without Frontiers’ been doing for people in Angola since 1986?
- 4 How did Dianna feel when she first went to Angola?
- 5 How does she feel now about her experience in Angola?

## 22. Заполни пропуски предложениями

- 1 ..... the south ..... England;
- 2 ..... the last eight month;
- 3 to live ..... Angola;
- 4 she had a good career ..... Of her;
- 5 to work ..... an organisation;
- 6 ..... the area;
- 7 .....first;
- 8 to return ..... a place

## 23. Переведи текст на русский язык.

### **HEALTH**

Many philosophers said wise things about health – how important it is for each person, and that once lost, it can't be restored. If a person eats bad food, smokes or takes alcohol, this ruins his health, and it's very good if he has time to stop and think.

In fact, health is something that is given to many of us since birth. But only active life and good nutrition can help us stay healthy as long as possible.

The first aspect of good health is a healthy diet. Food that you eat gives you energy, vitamins and fibre. And if it is junk food, it gives you extra weight and problems with your health.

The second aspect of good health is sport and exercises. Doctors recommend to use the stairs instead of taking a lift, and to walk during the break at school and college and not to sit at the same place. There are workers who have to sit at the working table for hours, but then they have problems with their kidneys, which is very serious.

What are other contributions to good health? Of course, it's the absence of bad habits. But it's also your attitude to life. If you are full of energy, optimism and kind-heartedness, your life will be good. But if you are always angry, if it is difficult for you to keep your temper, then the problems are on the threshold.

Finally, everything depends on us. Lifestyle is a way that leads to a happy and healthy life or to medical problems. The most important thing is to have a map that shows us the right way.

24. Вставь предлоги или наречия

1. Doctors recommend to use the stairs instead \_\_\_ taking a lift and to walk \_\_\_ the break \_\_\_ school and college.
2. There are workers who have to sit \_\_\_ the table for hours, but then they have serious problems \_\_\_ their health.
3. Your attitude \_\_\_ life is also a contribution \_\_\_ good health.
4. Our health depends \_\_\_ our eating habits to a great level

25. Напишите сочинение по одной из следующих тем

1. Healthy life – it's easy!
2. Going in for sports is my favourite pastime.
3. Be polite, honest and tolerant – and you'll be healthy





## *City. Gopod.*

city  
a cossack settlement  
fascinating  
confluence  
trading outpost  
to originate from  
native Siberians  
the Mongolian physical type

a speedy river = a fast  
flowing river  
to receive  
a town status  
coat of arms  
to depict  
sable

symbolic  
power  
region  
the centre of  
development  
church  
the Church of our Savior  
the Epiphany Church  
the Polish Catholic Church

the Eternal Flame  
in memory of  
a city of striking contrasts

an industrial city  
supplier  
fur  
auctions

город  
поселение казаков  
очаровательный  
слияние (рек)  
торговый аванпост  
происходить от  
коренные сибиряки  
монгольское  
происхождение  
быстрая река

получать  
статус города  
герб (города)  
изображать  
соболь  
символично, символический  
сила, мощь  
район, область  
центр чего-либо  
развитие  
церковь  
Спаская церковь  
Богоявленский собор  
Польский католический  
костел  
вечный огонь  
в память о ком – либо  
город поразительных  
контрастов  
промышленный город  
поставщик  
мех  
аукцион

squirrel  
 muskrat  
 polar fox  
 a research institute  
  
 a design institute  
 the Academic City  
 establish  
 educational establishment  
 a philharmonic society  
 the country's best  
 a resident of the city  
 to feature  
 up to this day  
 blend  
 to observe  
 side by side  
 to decorate  
 fanciful carvings  
 to be proud of  
 ancient  
 capacity  
 a hydroelectric power station  
 to go sightseeing  
 take the first (second)  
 turning to the right (left)  
 to cross the street  
 the traffic is heavy (light)  
  
 the rush hour(s)  
 How many stops to .... ?  
 street crossing  
 embankment  
 around the corner  
 on the corner  
 on the left  
 on the right

белка  
 ондатра  
 песец  
 научно – исследовательский  
 институт  
 проектный институт  
 Академгородок  
 устанавливать, основывать  
 учебное заведение  
 филармония  
 лучший в стране  
 житель города  
 показывать, демонстрировать  
 до настоящего времени  
 смесь  
 видеть, обозревать  
 рядом  
 украшать  
 причудливая резьба  
 гордиться чем – либо  
 древний  
 мощность  
 гидроэлектростанция  
 осматривать город  
 первый (второй) поворот  
 направо (налево)  
 переходить улицу  
 большое (небольшое)  
 уличное движение  
 час(ы) пик  
 Сколько остановок до...?  
 перекрёсток  
 набережная  
 за углом  
 на углу  
 слева  
 справа

opposite/across the street  
straight ahead

напротив  
прямо

### 1. а) Прочти и переведи модель

**Irkutsk is one of the most attractive cities of Siberia.**

Иркутск - один из самых красивых городов Сибири.

### б) Переведи с английского языка на русский

1. One of the pupils.
2. Siberian College of Transport and Construction is one of the biggest Colleges of Irkutsk.
3. He is one of the best students.
4. She was one of my friends.
5. This city is the beautiful one.

### 2. Составь предложения

My friend		oldest cities in the world.
Moscow	is one of the	most interesting books.
This book		greatest lakes in the world.
Lake Baikal		best students in the group.

### 3. Переведи следующие предложения с русского языка на английский:

1. Иркутск - один из старейших городов Сибири.
2. Мой друг - один из лучших студентов группы.
3. Москва - один из самых больших городов мира.
4. Эта книга - одна из самых интересных.
5. Это - одно из лучших мест в городе.

### 4. Переведи с английского на русский и составь план текста

#### **THE CITY OF IRKUTSK**

The East Siberian city of Irkutsk with a population over 600000 is one of the oldest and most attractive of the large Siberian cities.

The history of the city is fascinating. It began as a Cossack settlement in 1661. The new trading outpost was built near the confluence of the Angara and the

Irkut rivers. There is a belief that the name of the city originates from the name of the river. The word Irkut came from the language of native Siberians – people of the Mongolian physical type. It may be translated as «a speedy, fast flowing river».

Irkutsk was one of the earliest bastions of the Russian Empire in the East. Already in 1686 it received a town status. Since then Irkutsk has its own coat of arm in which animals are depicted: babr holding a sable in its teeth, it is symbol of Irkutsk power and wealth.

Now Irkutsk is the centre of one of the most important regions of Eastern Siberia, which occupies an area of the size of England and France combined / 768000 sq. km/.

The centre of the city is in Kirov Square which is lined with the Angara Hotel and the Linguistique University.

At the northern end of the square is the building of the Irkutsk Administrative, which ensures all-round economic, social and cultural development of the region. The space near the building of the Irkutsk Administrative is framed by three churches, the Church of Our Savior constructed in 1710, the Epiphany Church /1723/ and the Polish Catholic Church / 1884/.

Beyond the building of the Irkutsk's Administrative one can see the War Memorial. It was ceremoniously opened in May, 1975 when our country celebrated the 30<sup>th</sup> anniversary year of victory in the Great Patriotic War. The Eternal Flame burns in memory of Siberian soldiers who fought against fascists.

Before the Great October Socialist Revolution of 1917 Irkutsk was a city of striking contrasts. Irkutsk today is an industrial city, a major supplier of furs to world auctions. Sable, blue squirrel, muskrat and polar fox pelts are famous everywhere in the world.

Irkutsk is a city of highly developed science. There are many research and design institutes, some of them in the Academic City. The Irkutsk Technical University, established in 1918, was the first higher educational establishment in Eastern Siberia. In Irkutsk there are many other different educational establishments.

The city has several theatres, cinemas, a circus, stadiums. The residents of the city are invited to see the museums and places of historical interest of Irkutsk.

The History Museum features documents showing the development of the native Siberian peoples. The houses of the Decembrists Sergei Trubetskoi and Sergei Volkonsky have survived up to this day. In the Art Gallery you will see paintings and old copies of outstanding Russian and foreign artists.

The blend of new and past can be observed in every section of the city. Modern buildings stand side by side with old wooden houses decorated with fanciful carvings.

The residents of Irkutsk are proud of the city on the Angara River, the beautiful daughter of ancient Baikal. A cascade of high-capacity hydroelectric power stations was built on it.

5. Переведи следующие предложения с английского языка на русский. Составь вопросы, начиная со слов в начале строк

1. The East Siberian city of Irkutsk with a population over 600000 is one of the oldest and most attractive of the large Siberian cities.

What \_\_\_\_\_

2. The new trading outpost was built near the confluence of the Angara and the Irkut rivers.

Where \_\_\_\_\_

3. Since then Irkutsk has its own coat of arms in which animals are depicted: babr holding a sable in its teeth, it is symbol of Irkutsk power and wealth.

Which animals \_\_\_\_\_

4. The centre of the city is in Kirov Square which is lined by the Angara Hotel, the Irkutsk's Administrative and the Linguistique University.

What buildings \_\_\_\_\_

5. Irkutsk today is an industrial supplier of furs to world auction.

What \_\_\_\_\_

6. The residents of Irkutsk are proud of the city on the Angara river, the beautiful daughter of ancient Baikal.

What river \_\_\_\_\_

6. Найди в тексте следующие фразы и переведи их на русский язык.

1. One of the oldest and most attractive \_\_\_\_\_

2. near the confluence \_\_\_\_\_

3. originate from the name \_\_\_\_\_

4. the language of native Siberians \_\_\_\_\_

5. a town status; \_\_\_\_\_

6. one of the most important regions \_\_\_\_\_

7. social and cultural development; \_\_\_\_\_

8. it was ceremoniously opened; \_\_\_\_\_

9. in memory of ; \_\_\_\_\_
10. the first higher educational establishment ; \_\_\_\_\_
11. outstanding Russian and foreign artists, \_\_\_\_\_
12. every section of the city ; \_\_\_\_\_

7. Ответь на вопросы по тексту.

1. What is the population of Irkutsk? \_\_\_\_\_  
\_\_\_\_\_
2. When and how did the city of Irkutsk begin? \_\_\_\_\_  
\_\_\_\_\_
3. Where was the new trading outpost built? \_\_\_\_\_  
\_\_\_\_\_
4. What does the name of the city originate from? \_\_\_\_\_  
\_\_\_\_\_
5. How may it be translated? \_\_\_\_\_
6. What was Irkutsk in the East ? \_\_\_\_\_  
\_\_\_\_\_
7. When did Irkutsk receive a town status? \_\_\_\_\_
8. What does the coat of arms of Irkutsk depict? \_\_\_\_\_  
\_\_\_\_\_
9. What territory does this region occupy? \_\_\_\_\_
10. Where in the city centre ? \_\_\_\_\_
11. What is at the northern end of Kirov Square? \_\_\_\_\_  
\_\_\_\_\_
12. Where is the College of Transport and Construction? \_\_\_\_\_  
\_\_\_\_\_
13. Is Irkutsk an industrial city today? \_\_\_\_\_
14. When was the Irkutsk State University founded? \_\_\_\_\_  
\_\_\_\_\_
15. What educational establishments are there in the city? \_\_\_\_\_  
\_\_\_\_\_
16. Has the city theatres and cinemas? \_\_\_\_\_
17. Where can you see the paintings of outstanding artists? \_\_\_\_\_  
\_\_\_\_\_
18. What was built on the Angara river? \_\_\_\_\_  
\_\_\_\_\_

8. Прочитай и переведи на русский язык. Подчеркни формы глагола **to be** в настоящем времени

A- Hallo! What city are you from?

B- I am from Siberian city of Irkutsk.

A- Oh, fine! I've never been there. It must be a very interesting city.

B- Yes, it is. The city has a very long history.

A- When was it founded?

B- It was founded in 1661 near the confluence of two rivers: the Irkut and the Angara.

A- I think the name of the city originates from the name of the Irkut river.

B- Very much so. And the word "Irkut" may be translated from the language of native Siberians as a speedy, fast flowing river.

A- I never knew about it! Well, is Irkutsk a large city now?

B- Yes, it is. Now it is one of the largest Siberian cities, one of the industrial, cultural and economic centres of Siberia. Its population is over 600000.

A- Are there many monuments and places of interest in Irkutsk?

B- Yes, there are many interesting things to see in the city: monuments, churches and, of course, old wooden houses.

A- I should visit your city.

B- Well, it would be very interesting for you.

A- Thank you.

B- You are welcome!

9. Задай вопросы о...

a) the history of Irkutsk

---

b) the origin of the city's name

---

c) the present of the city

---

d) the centre of the city

---

e) the War Memorial

---



10. Употреби нужную форму прилагательного.

1. Moscow is (large) than Petersburg. \_\_\_\_\_
2. London is the (large) city in England. \_\_\_\_\_
3. My town is (clean) than yours. \_\_\_\_\_
4. Edinburgh is (dangerous) than London. \_\_\_\_\_
5. This city is (crowded) than it was five years ago. \_\_\_\_\_
6. Is Athens (old) city in Europe? \_\_\_\_\_
7. Los Angeles is (polluted) than Stratford. \_\_\_\_\_

11. Поставь вместо точек in, of, than, the или as...as (so...a

1. The State of Vatican City is ..... smallest country ..... the world.
2. New York is not ..... clean ..... Stratford.
3. There are many hotels ..... my town. The Chelsea is the most comfortable ..... all.
4. Living in the country is cheaper ..... living in the city.
5. Death Valley is the hottest place ..... the world.
6. Oxford is not ..... noisy ..... Paris.

12. Подбери синонимы к следующим словам.

- |                    |                      |
|--------------------|----------------------|
| 1.safe_____        | 4.famous_____        |
| 2.close_____       | 5.unforgettable_____ |
| 3.fascinating_____ | 6.area_____          |

*district, not dangerous, memorable, well-known, interesting, near*

13. Подбери антонимы

- |              |                 |
|--------------|-----------------|
| 1.quiet_____ | 4.cheap_____    |
| 2.clean_____ | 5.modern_____   |
| 3.tall_____  | 6.exciting_____ |

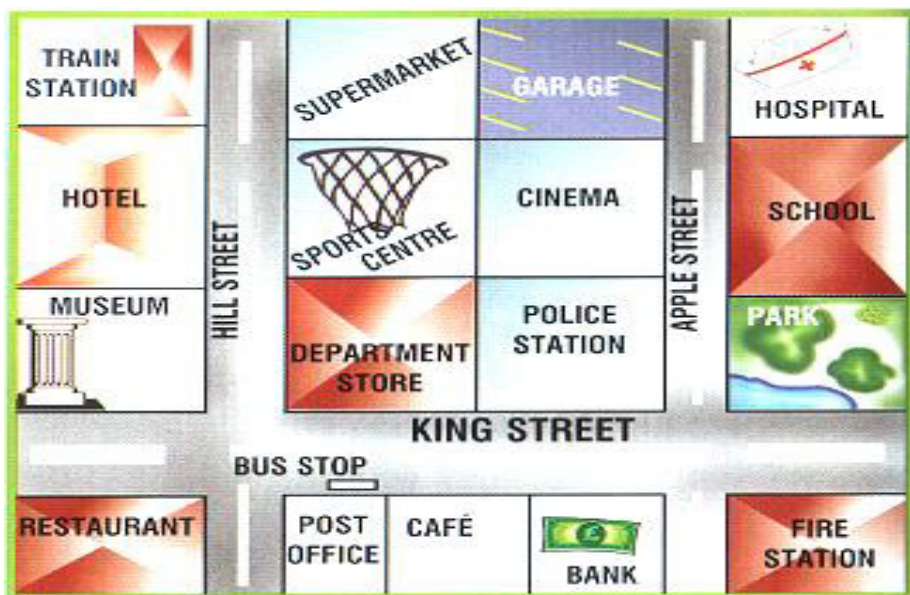
*old, expensive, boring, noisy, small, dirty/polluted*

14. Напиши о своём городе.

I live in \_\_\_\_\_  
 It is in \_\_\_\_\_  
 The oldest building \_\_\_\_\_  
 The busiest street \_\_\_\_\_  
 The most popular café \_\_\_\_\_  
 The most expensive restaurant \_\_\_\_\_  
 The most famous squire \_\_\_\_\_

15. Заполни пропуски предложениями

*in front of, opposite, next to, on between*



1. The school is \_\_\_\_\_ the cinema.
2. The café is \_\_\_\_\_ the bank and the post office.
3. The police station is \_\_\_\_\_ the cinema.
4. The bus stop is \_\_\_\_\_ the post office.
5. The park is \_\_\_\_\_ the corner of Apple Street and King Street.

16. Соотнеси вопросы и ответы и прочитай диалог

Asking the way

a) Excuse me, madam. Could you tell me how to get to Carnegie Library from here?	1. That's right. Do you know where that is?
b) On Tenth?	2. Take a right turn there, that's Elm Street, and go up about 2 or 3 blocks, until you get to Tenth. Then turn left. The Library is on your right about 3 blocks down.
c) I'm afraid, I don't. I'm new in town.	3. That's right, 2 or 3.
d) ...turn left on Tenth, and the Library is on the right-hand side, 3 blocks down.	4. Of course. It's on Tenth Street just across from the armory.
e) Well, thank you very much, madam. You've been very helpful.	5. That's quite all right.

a\_\_\_\_\_ b\_\_\_\_\_ c\_\_\_\_\_ d\_\_\_\_\_ e\_\_\_\_\_

17. Прочитай и переведи с английского на русский

*Harry:* Excuse me. Can you help me?

*Vendor:* Sure, what do you want?

*Harry:* Where is 83 Wooster Street?

*Vendor:* That's easy. (*He points*). Walk to the corner. Then make a left turn. Then walk 2 blocks to the traffic light. Make another left to Wooster.

*Harry:* Thank you. To the corner and then a left?

*Vendor:* Yeah. A left. Hot dog? Only 75 cents.

*Harry:* No. Thank you. I have a dinner date.

*A little later Harry is still lost. He goes to pay phone and dials Susan's telephone number.*

*Harry: 555-9470... and it's busy... Try again. 555-9470... and it is still busy. (He walks to a grocery store to ask for directions). Excuse me, ma'am. I'm looking for 83 Wooster Street.*

*Woman: Yes. Wooster Street is 2 blocks, and 83 is to the right, about two houses.*

*Herry: Thank you, thank you!*

*Woman: You are welcome.*

# 18. Прочитай и переведи с английского на русский

**Daniela** Excuse me. Is there a bank near here, please?

**Passer-by** Yes.

**Daniela** Could you tell us the way?

**Passer-by** Go straight along this road, past the first set of traffic lights, past the big church on your left...

**Daniela** Yes, I've got that.

**Passer-by** And then turn to the right and keep straight on until you come to some more traffic lights.

**John** Yes.

**Passer-by** Turn left there, and you'll see a bank a little way along, on the right-hand side of the road.

**Daniela** Oh, I see. I go straight along this road, past the traffic lights and the church...

**Passer-by** That's right.

**Daniela** And then I turn left...

**Passer-by** No right.

**Daniela** Oh yes, right. And then I take the next turning on the left.

**John** Is it very far?

**Passer-by** Well, it's about fifteen minutes' walk.

**Daniela** Oh dear. That's quite a long way. Could we catch a bus?

**Passer-by** Yes, but in that case you must go back the way you came. Keep on this side of the road until you come to a bus stop. It's about two minutes' walk. You want number eleven or twenty-three, they both go past the bank. Ask the bus driver or conductor for Princes Road.

**John** Thank you very much.

*At the bus stop*

**Daniela** Oh dear. There are a lot of people waiting for a bus. I hope one comes soon.

**John** Yes, I must get some money before the bank closes.

**Woman** Are looking for a bank?

**Daniela** Yes, someone told us to get a bus here.

**Woman** The nearest bank is just down the road. Look, you can see it on the next corner.

**John** Hey. Thanks a lot!

**Daniela** Thank you very much!

*Outside the bank*

**John** Here we are. Why don't you go into that store and buy a guide book. Then we can decide what we want to see in London.

**Daniela** OK, I'll do that. And then shall we go to the cinema?

**John** Terrific! There's a movie I'd like to see at the Plaza, and I know where it is, so we won't have to ask the way!

## ТЕКСТЫ И ДИАЛОГИ ДЛЯ САМОСТОЯТЕЛЬНОГО ЧТЕНИЯ И ПЕРЕВОДА.

The beginning of Karl Mark Street at the river is marked by an obelisk dedicated to explorers of Siberia. This monument was opened in 1908 to commemorate the coming of the 1st Trans-Siberian Train to Irkutsk \1898\.

The foundation of the monument is of granite imported from Finland. The pedestal was once topped by the bronze figure of Alexander 111. Much of the construction work of the Trans- Siberian Railway was carried out during his rule. On the left side of the pedestal there is the double- head eagle, the state emblem of Old Russia. In the niches there are bas-reliefs of Ermak, Muraviev-Amursky and Count Speransky. The latter governed the immense part of Siberia and contributed greatly to its economic, cultural and scientific development. On the outer corners of the pedestal there are emblems of 4 Siberia cities. The seal of Irkutsk depicts two animals: babr and sable. The legend tells that babr carries sable to the Russian Emperor. The animals are symbolic of Siberia's wealth and power.

### Vocabulary:

Emperor-император  
to be marked by- быть отмеченным  
чем-либо  
to dedicate- посвящать  
explorers -первооткрыватели

construction work-строительные  
работы  
to carry out-проводить, выполнять  
rule-правление  
double-head eagle- двуглавый орел

to commemorate- отмечать  
(событие)

bas-reliefs- барельефы  
the latter- последний (при  
перечислении)

Мемориал Вечного огня посвящен памяти воинов-сибиряков, павших в боях с немецко-фашистскими захватчиками. Решение о его строительстве было принято в начале 1975 года. Проект комплекса разработали главный архитектор города В.Н. Федорин, главный художник В.Г. Смагин и инженер Р.М. Маврина. Весь Иркутск строил мемориал: рабочие, студенты, воины, школьники. Мраморные детали и облицовочные плиты из сибирского мрамора обрабатывали камнерезы Слюдянки. Мемориал был создан в очень короткое время. Ко Дню Победы он был готов.. 8 мая тысячи Иркутян собрались на берегах Ангары, где предстояло зажечь Вечный огонь славы.

### **The Decembrists in Irkutsk**

Let us stop at an old detached house of wood darkened with time. There is a plaque here saying that is Trubetskoy's house, the Decembrist's Museum.

The first Decembrists came to Irkutsk in the summer of 1826. From Irkutsk they were sent to different places: those sentenced to punishment went to remote, thinly populated areas of Eastern Siberia, those sentenced to hard labour, to mines, factories, prisons and forts. All in all, 121 Decembrists were sent to Siberia. They were kept in irons, maltreated and forced to do hard manual labour. In spite of all this, they retained their best human qualities, strength and mobility of spirit, purity of ideals, and an active attitude towards life. At the Petrovsk Iron Foundry, Decembrists organized a "prison university" where each shared with all the others any knowledge he possessed. They lectured each other on history, literature and mathematics, and they studied foreign languages.

After serving their terms of hard labour, the Decembrists were deported to various places in Siberia. Some of them settled near Irkutsk and later in the town itself.

The Decembrists made a great contribution to the study of the history, geography, economy and ethnography of Siberia. They also continued their literary and journalistic activities.

The deeds of the Decembrists and their wives have always appealed to the Russian people. Serious scholarly studies, poems, novels, and plays have been written on the subject. A Memorial for the Decembrists is to be built in Irkutsk.

## **Siberia**

Siberia's six million square miles pass through the icy wastes of the Arctic, through tundra, taiga and the endless steppe. Mountains, high plateaus and plains alternate.

Siberia could easily contain the whole of Western Europe. The Trans-Siberian Railway is the longest in the world; while the potential hydroelectric energy of the Siberian rivers is immeasurable the Angara alone could provide 70 billion kilowatt hours a year. And yet it is only one of the region's rivers which include the Ob, the Irtysh, the Yenisey, the Lena and the Amur. The largest hydroelectric plant in the world was built in Siberia on the Angara and some 23 others are being built on the Yenisey.

Siberia's forests are also unimaginably rich. Coal and iron ore deposits are very extensive in some districts of Eastern Siberia and in Western Siberia /Bakhar and Kolpashevo/. Siberia contains 90% of the Russia's coal reserves, 75% of the iron ore, 80% of the timber. Huge oilfields have been discovered near the ancient town of Tyumen, where the Samotlor field is said to be one of the largest in the world and is producing 50 millions tons of oil a year; in 1962 rich oil wells were tapped outside the village of Markovo, on the upper course of the Lena, and a whole new town, Nefteleensk, has grown around them. Siberia is also very rich in gold, silver and precious metals, even diamonds.

## **Lake Baikal**

1. A popular Russian song calls it 'majestic ocean, holy Baikal'. In the language of the Evenki tribe it is also called Lama [Sea] while in the Chinese chronicles it is Pe Hai, Northern Ocean.

Lake Baikal is some 400 miles long and has an area of over 12000 square miles-equal to that of Belgium and the Netherlands together. Its width varies between 18 and 50 miles. According to the latest measurements, it is more than a mile deep in places. It contains one sixth of all the fresh water in the world and it is also the world's oldest lake. Russian scientists claim that the depression was formed in the Tertiary era, 25 million years ago. It lies some 1,650 feet above sea level. Experts are still arguing about its origin and how seals and sea cow ever came to be in it not to mention the omul, a white fish of the salmon family which is one of the local culinary specialties. The water is crystal clear; a white sheet thrown into it can be seen clearly at a depth of 90-120 feet. It has hardly any taste, for it contains a negligible proportion of

mineral salts. The currents are very slow. It is fed by 336 rivers but has only one outlet, the Angara. The water is cold- even in the hottest summers it never rises above 50-52 degree F though it rarely freezes before January; then the ice can be 24 or even 36 inches thick. It is frequently whipped by great storms. The Burgusin, the northeast wind, blows along its entire length. The other, even crueller, wind is the 80 m.p.h. Sarma, northwest wind, which wipes the waves up to considerable heights.

For a shorter excursion, visit Listvyanka, with its Limnological Institute where you can hear a lecture on the extraordinary history and ecology of Baikal. The Russians have created a special scientific discipline they call "baikalogy". Experts have identified 1800 different creatures which are unique to Lake Baikal, many of them survivals which have become extinct elsewhere, or so the theories go.

2. An Old Baikal had 333 obedient sons who were the source of his infinite wealth. Their brothers in shoals of fish presented their father with gold of the sunrise and sunset and ordinary gold too. Only their sister, the capricious Angara wasted the riches they assed. One day black seagulls flew to the Angara from far away to tell her about the handsome and tightly Yennisey who lived beyond endless taiga. Even before Angara set her eyes on him she fell in love with Yenisey and decided to run away to him.

When Baikal heard about it he locked Angara in a stone dungeon. But can any force hold love imprisoned? Angara broke though the ring of the mountains tossing great boulders about, and when night fell she ran away to her beloved.



## TEST 2

- |  |           |
|--|-----------|
| 1) It's very cold today and _____ .<br>a) it's snowing;      b) it snows;      c) it snowing.  | 1. _____  |
| 2) Where _____ yesterday?<br>a) was you;      b) you were      c) were you.  | 2. _____  |
| 3) They _____ last week.<br>a) didn't come;      b) came not;      c) didn't came.   | 3. _____  |
| 4) My husband and I _____ to Edinburgh in 2001.<br>a) have moved;      b) moved;      c) did moved.  | 4. _____  |
| 5) I'm a vegetarian. I _____ meat since I was a child..<br>a) haven't eaten;      b) don't eat;      c) am not eating.   | 5. _____  |
| 6) Are you thirsty? _____ make you a drink?..<br>a) Will I;      b) Shall I;      c) Do I.   | 6. _____  |
| 7) They bought _____.<br>a) in the country a big old house;      b) a big old house in the country;<br>c) an old big house in the country  | 7. _____  |
| 8) It's a present so you _____ pay anything<br>a) haven't to;      b) mustn't to ;      c) don't have to.  | 8. _____  |
| 9) In my opinion, you _____ smoke so much.<br>a) shouldn't;      b) needn't;      c) don't have to   | 9. _____  |
| 10) If you have stomach pains, you _____ to go to the doctor's.<br>a) should;      b) ought;      c) must.   | 10. _____ |
| 11) I'd like _____, please.<br>a) four loaves of bread and two boxes of tomatoes;<br>b) four loafs of bread and two boxes of tomatoes;      c) four loave of bread and two boxes of tomatos. | 11. _____ |
| 12) Have you got _____?<br>a) many luggage;      b) much luggages;      c) much luggage.   | 12. _____ |

- |  |           |
|--|-----------|
| 13) Paris isn't _____ London.<br>a) a big as;    b) as big as;    c) as big that   | 13. _____ |
| 14) In the photo Tom looks _____ his friends.<br>a) happier that;    b) happier than;    c) more happy than.               | 14. _____ |
| 15) Which is the _____ the world?.<br>a) longer river in;    b) longest river of;    c) longest river in.                  | 15. _____ |
| 16) We're going to _____ some shopping .<br>a) make;    b) do;    c) have.   | 16. _____ |
| 17) She _____ for three hours before her guests come.<br>a) will cook;    b) will be cooking;    c) will have been cooking | 17. _____ |
| 18) I enjoy <u>reading</u> English books.<br>a) читать;    b) читая;    c) читающий.                                       | 18. _____ |
| 19) Too many cooks _____.<br>a) cook;    b) eat    c) spoil  | 19. _____ |
| 20) _____ little, do much.<br>a) Sleep;    b) Eat;    c) Promise   | 20. _____ |
| 21) Where there is _____ there is a way.<br>a) a will;    b) a wish;    c) a fish  | 21. _____ |
| 22) What is your opinion _____ my composition?<br>a) for;    b) about;    c) of  | 22. _____ |
| 23) Nick devotes much time _____ sport because he wants to be healthy.<br>a) on;    b) to;    c) at                        | 23. _____ |
| 24) Heavy rains can do a lot of harm _____ nature .<br>a) for;    b) to;    c) by.   | 24. _____ |
| 25) We can find _____ many things about nature if we get closer to it.<br>a) up;    b) in;    c) out;                      | 25. _____ |
| 26) Ben felt much better after the doctor's _____.<br>a) disease;    b) medicine;    c) treatment                          | 26. _____ |
| 27) Jogging in the morning will always keep you _____.<br>a) fit;    b) hit;    c) sit                                     | 27. _____ |

## ***Grammar***

### ***Глагол to be в Simple Active***

Present	Past	Future
(I) am (he, she, it) is (we, you, they) are	was (ед. ч.) were (мн. ч.)	shall be (1-е л.) will be

### ***Глагол to have в Simple Active***

Present	Past	Future
have (got) has (got)	had	shall have will have

### ***Оборот there + to be в Simple Active***

Present	Past	Future
there is (ед.ч.) there are (мн.ч.)	there was (ед.ч.) there were (мн.ч.)	there will be

### ***Степени сравнения прилагательных***

	Положительная	Сравнительная	Превосходная
<b>I</b>	long easy	longer easier	(the) longest (the) easiest
<b>II</b>	interesting	more interesting	(the) most interesting
<b>III</b>	good bad much, many little	better worse more less	(the) best (the) worst (the) most (the) least

## Времена группы *Simple Passive*

<i>to be + Participle II</i>	
Infinitive	to be written, to be translated
Present Past Future	The letter is written/translated. The letter was written/translated. The letter will be written/translated.

## Сводная таблица модальных глаголов и их эквивалентов

	Present	Past	Future
Долженствов ание	I must meet him.  I have to meet him.  I am to meet him.  I <b>should</b> meet him.	  I <b>had</b> to meet him.  I <b>was</b> to meet him.	  I <b>shall have to</b> meet him.  I'll be to meet him.
Способность или возможность совершения действия	He <b>can</b> help you.  He is able to help you.	He <b>could</b> help you.  He was able to help you.	  He <b>will be able to</b> help you.
Разрешение или возможность (вероятность)	I may use this device.  I am allowed to use the device.	I might use this device  I was allowed to use the device.	  I <b>shall be allowed to</b> use the device.

## Таблица времен группы *Simple Active*

Форма	Present Simple	Past Simple	Future Simple
Утвердительная	My friends study French. He speaks English.	My friends studied French at school. He <b>spoke</b> English at the conference.	My friends <b>will study</b> French at the Institute. The teacher <b>will speak</b> about our English exam.
Вопросительная	<b>Do</b> your friends study French?  <b>Does</b> he speak English?	<b>Did</b> your friends study French at school?  <b>Did</b> he speak English at the conference?	<b>Will</b> your friends study French at the Institute?  <b>Will</b> the teacher speak about our English exam?
Отрицательная	My friends <b>don't</b> study French. He <b>doesn't</b> speak English.	My friends <b>did not</b> study French. He <b>didn't</b> speak English at the conference.	My friends <b>won't study</b> French at the Institute. The teacher <b>won't speak</b> about our English exam.

## Структура специальных вопросов

Вопросительные слова	Вспомогательный глагол	Подлежащее и определение к нему	Смысловой глагол в форме инфинитива	Другие члены предложения
What Where When	do did will	you he your sister	do go return	in the evening? yesterday? home?

*Таблица времен группы Progressive Active*

Форма	Present Progressive	Past Progressive	Future Progressive
Утвердительная	<p>The <b>are having</b> an English class.</p> <p>He <b>is still writing</b> an exercise.</p>	<p>They <b>were having</b> an English class when I came to see them.</p> <p>He <b>was writing</b> an exercise from 6 till 8 o'clock.</p>	<p>They <b>will be having</b> an English class tomorrow at 9 o'clock.</p> <p>He <b>will be writing</b> an exercise from 6</p>
Вопросительная	<p><b>Are they having</b> an English class?</p> <p><b>Is he still writing</b> an exercise?</p>	<p><b>Were they having</b> an English class when I came to see them?</p> <p><b>Was he writing</b> an exercise from 6 till 8 o'clock.</p>	<p><b>Will they be having</b> an English class tomorrow at 9 o'clock?</p> <p><b>Will he be writing</b> an exercise from 6 till 8 o'clock</p>
Отрицательная	<p>They <b>aren't having</b> an English class, they are having a Russian class.</p> <p>He <b>isn't writing</b> an exercise, he is reading a book.</p>	<p>They <b>weren't having</b> an English class when I came to see them, they were having a Russian class.</p> <p>He <b>wasn't writing</b> an exercise from 6 till 8 o'clock, he was reading a book.</p>	<p>They <b>will not be having</b> an English class tomorrow at 9 o'clock, they will be having a Russian class.</p> <p>He <b>won't be writing</b> an exercise from 6 till 8 o'clock tomorrow, he'll be reading a book.</p>

## Таблица времен группы *Perfect Active*

Форма	Present Perfect	Past Perfect	Future Perfect
Утвердительная	<b>I have sent</b> the letter.	<b>I had</b> already <b>sent</b> the letter by 6 o'clock yesterday.	<b>I shall have sent</b> the letter by tomorrow evening.
Вопросительная	<b>Have</b> you <b>sent</b> the letter?	<b>Had</b> you <b>sent</b> the letter by 6 o'clock yesterday?	<b>Will</b> you <b>have sent</b> the letter by tomorrow evening?
Отрицательная	<b>I have not sent</b> the letter yet.	<b>I had not sent</b> the letter by 6 o'clock yesterday.	<b>I shall not have sent</b> the letter by tomorrow evening.

## Таблица времен *Simple, Progressive, Perfect in Passive Voice*

	Simple	Progressive	Perfect
	to be + Participle II	to be + being + Participle II	to have + been + Participle II
Present	The letter is translated	The letter is being translated	The letter has been translated
	Is the letter translated?	Is the letter being translated?	Has the letter been translated?
	The letter isn't translated	The letter isn't being translated	The letter hasn't been translated.
Past	The letter was translated	The letter was being translated	The letter had been translated
	Was the letter translated?	Was the letter being translated?	Had the letter been translated?
	The letter wasn't translated.	The letter wasn't being translated	The letter hadn't been translated?
Future	The letter will be translated	Не употребляются.	The letter will have been
	Will the letter be translated?		Will the letter have been translated?
	The letter won't be translated		The letter won't have been translated.

**Таблица производных слов от *some, any, no, every***

Местоимения	+ thing	+body, one	+where	Употребляют
some некоторый какой-то какой-нибудь несколько	something что-то, что-нибудь	somebody someone кто-то кто-нибудь	somewhere где-то, куда-то, где-нибудь, куда-нибудь	в утверд. . предл.
any 1)всякий.любой 2)какой-нибудь	anything 1)всё 2)что-то 3)что-нибудь	anybody anyone \)всякий, 2)кто-то,	anywhere 1)везде, 2)где-нибудь, куда-нидудь	1)в утверд. 2)в вопросит, предл.
no, not any никакой + не	nothing (not anything) ничто + не ничего	nobody (not anybody), no one никого, ни	nowhere not anywhere нигде	в отрицат. предп.
every всякий, каждый	everything всё	everbody everyone все	everywhere везде, повсюду	в утверд., вопросит, и отрицат. предл.



## Словообразовательные аффиксы

Существительные - ion / - sion /-tion - er / -or -ing -ment -ty / -ity -ance / -ence -ness -ure / -ture	- discussion, transmission, combination - writer, inspector - opening - development - activity - importance, difference - darkness - mixture
Прилагательные -ic -ive -able / -ible -ant / -ent -ous -al -ful -less -un / -in / -ir / -il / -im	- democratic - progressive - valuable, accessible -resistant, different - dangerous - central - hopeful - hopeless - uncomfortable, indirect, irregular, illogical, impossible
Глагол -ize re-	- to characterize - to rewrite

<i><b>Infinitive</b></i>	<i><b>Past</b></i>	<i><b>Participle II</b></i>	<i><b>Translation</b></i>
arise	arose	arisen	возникать
awake	awoke	awaked	будить, проснуться
be	was, were	been	быть
bear	bore	born	носить, родить
beat	beat	beaten	бить
become	became	become	стать
begin	began	begun	начать
bend	bent	bent	согнуться
bind	bound	bound	связать
bite	bit	bitten	кусать
blow	blew	blown	дуть
break	broke	broken	ломать
bring	brought	brought	приносить
build	built	built	строить
burst	burst	burst	разразиться,
взорваться			
buy	bought	bought	покупать
catch	caught	caught	ловить, поймать
choose	chose	chosen	выбирать
cut	cut	cut	резать
deal	dealt	dealt	иметь дело
dream	dreamt	dreamt	мечтать
do	did	done	делать
draw	drew	drawn	тащить, рисовать
drink	drank	drunk	пить
drive	drove	driven	ехать
eat	ate	eaten	есть, кушать
fall	fell	fallen	падать
feed	fed	fed	кормить
fight	fought	fought	сражаться
find	found	found	находить
fly	flew	flown	летать
forbid	forbade	- forbidden	запретить
forget	forgot	forgotten	забыть
forgive	forgave	forgiven	прощать
freeze	froze	frozen	замёрзнуть,
			замораживать
get	got	got	получить
give	gave	given	дать

go	went	gone	идти
grow	grew	grown	расти
hang	hung	hung	висеть
have	had	had	иметь
hear	heard	heard	слушать
hit	hit	hit	ударить,
hold <sup>1</sup>	held	held	держать
hurt	hurt	hurt	причинять боль
know	knew	known	знать
keep	kept	kept	держать
lay	laid	laid	класть,
lead	laid	laid	вести
leap	leapt/leaped	leapt/leaped	прыгать
leave	left	left	оставлять
lend	lent	lent	одолжить
let	let	let	пустить, дать
lie	lay	lain	лежать
lose	lost	lost	терять
make	made	made	делать
meet	met	met	встречать
pay	paid	paid	платить
put	put	put	класть
read	read	read	читать
ride	rode	ridden	ездить верхом
ring	rang	rung	звонить
rise	rose	risen	поднимать
run	ran	run	бежать
say	said	said	говорить,
see	saw	seen	видеть
sell	sold	sold	продавать
send	sent	sent	послать
set	set	set	устанавливать
shake	shook	shaken	трясти

shine	shone	shone	светить, сиять
shoot	shot	shot	стрелять, давать побег
show	showed	shown/showed	показывать
sing	sang	sung	петь
sink	sank	sunk	опускаться
sit	sat	sat	сидеть
sleep	slept	slept	спать
slide	slid	slid	скользить
speak	spoke	spoken	говорить
spend	spent	spent	тратить
steal	stole	stolen	украсть
stick	stuck	stuck	втолкнуть, приклеить
strike	struck	struck/stricken	ударять, бастовать
swear	swore	sworn	клясться
swim	swam	swum	плавать
take	took	taken	брать
teach	taught	taught	учить
tell	told	told	говорить
think	thought	thought	думать
throw	threw	thrown	бросить
wake	woke	woken	просыпаться, будить
wear	wore	worn	носить
weep	wept	wept	плакать
win	won	won	выигрывать
wind	wound	wound	заводить
write	wrote	written	писать

## *Литература*

### 1.Основная литература:

1.1 Афанасьева О.В., Михеева И.В., Баранова К.М. «Английский язык. 11 класс. Rainbow English. Базовый уровень. Учебник. Вертикаль. ФГОС . Просвещение/Дрофа, 2020 г.

### 2.Дополнительная литература:

2.1 Безкоровайная Г.Т., Койранская Е.А., Соколова Н.И., Лаврик Г.В. Planet of English: учебник английского языка для учреждений СПО.- М.: ИЦ Академия, 2016, 256с.

2.2 Маньковская З.В. Английский язык: учебное пособие/ З.В. Маньковская. – Москва: ИНФРА-М.2020 – 200 с. (среднее профессиональное образование).