

**МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ РФ  
ФЕДЕРАЛЬНОЕ ГОСУДАРСТВЕННОЕ БЮДЖЕТНОЕ  
ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ ВЫСШЕГО ОБРАЗОВАНИЯ  
«УЛЬЯНОВСКИЙ ГОСУДАРСТВЕННЫЙ УНИВЕРСИТЕТ»  
ИНСТИТУТ МЕЖДУНАРОДНЫХ ОТНОШЕНИЙ  
КАФЕДРА АНГЛИЙСКОГО ЯЗЫКА ДЛЯ ПРОФЕССИОНАЛЬНОЙ  
ДЕЯТЕЛЬНОСТИ**

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# General English:

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Учебное пособие содержит методически организованные аутентичные англоязычные тексты и упражнения по развитию соответствующих компетенций. Пособие носит обучающий, развивающий и познавательный характер. Пособие предназначено для студентов 1 и 2 курсов очной и очно-заочной форм обучения неязыковых факультетов вузов. Может также быть использовано для самостоятельной работы при подготовке к экзаменам по дисциплине «Иностранный язык»

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## **Introduction.**

При подготовке данного пособия авторы-составители руководствовались требованиями, предъявляемыми к формированию коммуникативных умений на иностранном языке в Российских вузах в рамках первой ступени высшего образования (бакалавриат, специалитет).

Учебное пособие содержит методически организованные аутентичные англоязычные тексты и упражнения по развитию соответствующих компетенций. Пособие носит обучающий, развивающий и познавательный характер и предназначено для студентов 1-го и 2-го курсов очной и очно-заочной форм обучения неязыковых факультетов вузов. Учебное пособие может быть также использовано для самостоятельной работы студентов при подготовке к экзаменам по дисциплине «Иностранный язык»

Целью данного учебного пособия является совершенствование языковых компетенций, а также овладение учащимися навыками речи, включая перевод текста. Учебное пособие состоит из двух частей. Каждая часть включает 10 уроков (Units), содержащих по 2 аутентичных текста, а также ряд упражнений лексического и грамматического характера, способствующих выработке у студентов практических умений и навыков работы с текстом. Темы, представленные в учебном пособии, затрагивают достаточно широкий круг проблем. Каждый урок заканчивается Project Work (Проект), целью которого является организация самостоятельной работы студентов неязыковых факультетов.

Учебное пособие соответствует сетке учебного плана по иностранному языку на неязыковых факультетах вуза. Авторы полагают, что данное учебное пособие будет интересно и полезно студентам, проявляющим интерес к английскому языку.

## Unit 1. BIOGRAPHY

### WARM UP

**Exercise 1. Read and translate the following words and word combinations. Learn them by heart.**

To be born; to be engaged; to be tutored; to introduce; an heir; to die; to give birth; a couple; a gift; to be shot dead.

**Exercise 2. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart.**

- |                 |                 |
|-----------------|-----------------|
| 1. childhood    | a) поражение;   |
| 2. a discussion | b) спорить;     |
| 3. a servant    | c) обсуждение;  |
| 4. a defeat     | d) казнить;     |
| 5. a disaster   | e) правление;   |
| 6. to reign     | f) происходить; |
| 7. to execute   | g) решение;     |
| 8. to argue     | h) катастрофа;  |
| 9. a decision   | i) детство;     |
| 10. to occur    | j) прислуга.    |

### READING

**Exercise 3. Read and translate the text about Nicholas II. Use the dictionary when necessary.**

#### NICHOLAS II

Nicholas II (1868–1918) from the Romanovs dynasty was the last Russian Emperor, also known as Bloody Nicholas. Nikolay Aleksandrovich Romanov was born in Tsarskoe Selo, St. Petersburg on May 6, 1868. He was the eldest son of Emperor Alexander III and Maria Fyodorovna, daughter of the King of Denmark.

In childhood Nikolay was tutored by an English teacher and learned to speak English fluently. Later he showed gift for languages by speaking German, French and Danish. Outstanding professors, political and military figures were among his teachers, yet the young heir appeared to have little interest in studies. The future Emperor was much more inclined to military service (he was an officer), which he liked and appreciated. The father wanted to introduce him to State business by taking

the young man to State Council sessions from May 1889, yet political discussions just made Nicholas bored.

In October 1890 Nikolay undertook an overseas journey to the Far East via Greece, Egypt, India, China and Japan. When visiting a Japanese temple the heir to Russian throne was nearly killed by a religious fanatic who felt outrage by seeing foreign infidels in that holy place. The event left Nicholas with a scar on his forehead and a strong dislike for Japan, later bringing him to willingly support the Russian-Japanese war of 1904-1905.

In April 1894 Nicholas was engaged to Princess Alix of Hesse-Darmstadt, granddaughter of Queen Victoria of Great Britain. After conversion to Orthodoxy the bride was named Alexandra Fyodorovna. Alexander III unexpectedly died of kidney disease in October 1894, aged 49. The coronation ceremony held on May 14, 1896 was clouded by a somewhat absurd tragedy: almost a half million crowd of spectators was gathered at a small area of Khodynskoe Field and in the crush and rush after refreshments about a thousand of people perished or were hurt.

Nicholas II and Alexandra loved each other; between 1885 and 1901 they had four daughters. In the hope of giving birth to a son, i.e. an heir to the throne, the royal couple took to religion. Finally in July 1904 son Alexei was born, unfortunately, afflicted with the incurable hereditary disease of hemophilia.

In home policy the government of Nicholas II consistently suppressed any manifestations of free-thinking and social activity. At the same time they hoped that “a small victorious war” with Japan, which attacked Russia in a dispute over far eastern territories, would help solve the domestic problems. Yet, everything turned the other way round, since the disastrous defeats at Port Arthur and Tsushima, where about 400,000 Russian soldiers were killed, wounded or captured, aggravated people’s resentment and precipitated the revolution in Russia. In addition to that, Bloody Sunday occurred in January, 1905 when Tsarist troops fired on peaceful demonstrators who were petitioning Nicholas II for a redress of perceived grievances.

World War I played fatal role in the train of failures and disasters that fell on the reign of Nicholas II. The lesson of the military defeat by Japan prompted that another war could bring about another revolution. When Russia joined the Alliance against Germany attacking in World War I, the Emperor assumed the Supreme Commander-in-Chief post trying to elevate the army’s competitive spirit.

Meanwhile devastation and social crisis were swelling at the home front of the Russian Empire. When the February Revolution broke down in Petrograd (Saint Petersburg) Nicholas was at the headquarters in Moghilyov. He decided to dragoon

the rebels. Next morning (on February 27, 1917) he started off for Tsarskoe Selo, where his wife and children were staying. Yet, the troops did not obey his orders and his train was not let to the rebellious capital. Commanders of the fronts and the Baltic navy wired to Nicholas the advice to abdicate the throne in favour of his son Alexei with the regency of Nicholas' brother. Finally he had to sign a manifesto naming his brother, Grand Duke Michael, as the next Emperor of Russia. On March 7 the Provisional Government formed by the Parliament (Duma) issued an order to arrest Nikolay Romanov and his wife. In the early August 1917 the former Emperor with his family and servants was exiled to Tobolsk. In May 1918 Tsar's family was taken to Yekaterinburg and put under home arrest.

The Civil War made Bolshevik leaders throw aside their initial plan for legal process on the tsar's case. When the counter-revolutionary White Army legions were approaching Ekaterinburg it was decided to execute Nicholas and his family. Historians still argue about whose decision it was and what was the exact order. On the night of July 4, 1918 the former Emperor, all his family members and their servants were shot dead in a small room on the ground floor of Ipatiev House.

**Exercise 4. Consult the text and find English equivalents to the words combination.**

1. бегло разговаривать на английском; 2. тяготеть к военной службе; 3. умереть от почечной недостаточности; 4. королевская чета; 5. решать проблемы; 6. череда неудач и катастроф; 7. развивать дух соревнования; 8. отречься от престола в пользу сына; 9. быть изгнанным; 10. брать частные уроки.

**Exercise 5. Decide whether the following statements are true or false.**

1. Nikolay Romanov was inclined to studying languages. 2. Nikolay and his wife took to religion because of the train of failures and disasters. 3. Nikolay's father was executed. 4. Nicholas had four daughters and a son. 5. In the war with Japan for far eastern territories a lot of Russian soldiers were killed, wounded and captured.

**Exercise 6. Answer the following questions.**

1. When and where was Nikolay Romanov born? 2. What was he interested in? 3. What event made Nikolay dislike Japan? 4. What happened on May 14, 1896? 5. What events gave Nikolay a nickname "Bloody"? 6. What disease did Nikolay suffer? 7. What was the reason for the war with Japan? 8. Why is Sunday (January, 1905) called Bloody? 9. Why did Nikolay abdicate the throne? 10. When and how was Nikolay

and his family killed?

**Exercise 7. Give a short summary of the text.**

**Exercise 8. Now read and translate the text about Margaret Thatcher. Use the dictionary when necessary.**

### **MARGARET THATCHER**

Margaret Thatcher was born on October 13<sup>th</sup> 1925 in Grantham to Alfred Roberts, who was a grocer, lay preacher and local mayor. She developed an early interest in politics and, when studying chemistry at Oxford, became president of the Oxford Conservative Association. She graduated in 1946 and worked for four years as a research chemist, but she studied law when not in work and became a barrister in 1954. In 1951 she married Denis Thatcher, having two twin children by him.

Thatcher first stood for Parliament in 1950, but won her first election campaign in 1959, winning the “seat” of Finchley in London, which she held until she retired in 1992. She rose within the ranks of the Conservative Party, holding a variety of positions, and entered the Shadow Cabinet in 1967. In 1970 she became the Minister for Education, advocating an increase in spending on education and the creation of more comprehensive schools, but she rose to public prominence after cancelling a programme providing free milk to primary school children which led to the nickname “Thatcher the Milk Snatcher”.

After the Conservative Party lost both general elections in 1974, she defeated Edward Heath for the leadership of the party. She was elected Prime Minister in May 1979 and served for eleven and a half years, longer than any other British Prime Minister in the 20<sup>th</sup> Century. During her tenure, she cut taxes, privatized state-industries and state-housing, reformed the education, health and welfare systems, was tough on crime and espoused traditional values. Her time in office was eventful, having to contend with an economic recession, inner-city riots and a miners’ strike. Her first great triumph in office was the Falklands War in 1982, when she sent British troops to reclaim British possessions off the coast of South America that had been invaded and occupied by Argentina. The British won that war and it showed the world that Britain was once again a power to be reckoned with. Her time in office saw unprecedented economic prosperity.

Forging a close relationship with US President Ronald Reagan, Margaret Thatcher expressed a strong anti-communism and portrayed the USSR as an evil which should be opposed. A 1976 speech, in which she roundly condemned

communism, earned her the nickname “The Iron Lady” in the Soviet media, and the West soon adopted it.

It was she who persuaded President George Bush to send troops to Saudi Arabia right after Saddam Hussein invaded Kuwait in 1990.

The Poll Tax and her refusal to endorse a common currency for Europe led the Conservative party to force her out of office in a bloody internal coup. She was forced to resign as Prime Minister in November 1990. Since she left office, she was introduced to the House of Lords in 1992 as Baroness Thatcher.

Following several years of poor health, Thatcher died on the morning of 8 April 2013 at The Ritz Hotel in London after suffering a stroke. She had been staying at a suite in the hotel since December 2012 after having difficulty with stairs at her Chester Square home.

Reactions to the news of Thatcher’s death were mixed, ranging from tributes lauding her as Britain’s greatest-ever peacetime Prime Minister to public celebrations and expressions of personalised vitriol. Details of her funeral were agreed with her in advance. In line with her wishes she received a ceremonial funeral, including full military honours, with a church service at St Paul’s Cathedral on 17 April 2013. Queen Elizabeth and Prince Philip attended the funeral, the second time in the Queen’s reign that she had attended the funeral of a former prime minister.

**Exercise 9. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |                   |  |
|-------------------|--|
| 1. to graduate    | a) to give someone something that they need;   |
| 2. election       | b) ability to control people and events;   |
| 3. to retire      | c) to complete a first university degree successfully;                                 |
| 4. power          | d) an occasion when you show your admiration of someone or something;                  |
| 5. prosperity     | e) a time when people vote in order to choose someone for a political or official job; |
| 6. a relationship | f) the situation of being successful and having a lot of money;                        |
| 7. a celebration  | g) a (usually religious) ceremony of burying or burning the body of a dead person;     |
| 8. a funeral      | h) the way in which two things or people are connected;                                |
| 9. to provide     | i) something that happens, especially something that involves several people;          |
| 10. an event      | j) to leave your job or stop working because of old age or ill health.                 |





- c) she cancelled a programme providing free milk to primary school children;
- d) she persuaded George Bush to send troops to Saudi Arabia.

10. When did Margaret Thatcher die?

- a) in 2012;
- b) in 2013;
- c) in 1990;
- d) in 1992.

## COMPREHENSION

**Exercise 11. Fill in the gaps using the words given below, and translate the sentences into Russian.**

power	argue	introduce	relationship
retire	defeated	won	discussion
decisions	prosperity	engaged	funerals

1. I would like to ... you to my friend Michael. 2. Russian army was ... in the war with Japan. 3. He is planning to ... from politics next year. 4. Her ... isn't good with her father, but she is very close to her mother. 5. In many countries it is a convention to wear black at .... 6. Sometimes managers need to make ... quickly. 7. A countries future ... depends on the quality of education of its people. 8. They used to ... all the time and now they've practically stopped talking to each other. 9. She told me she'd been ... three times, but had never actually married. 10. There was some lively ... at the meeting. 11. Most modern kings and queens rule only in a formal way without real ... . 12. They ... the war, although it cost them millions of lives.

**Exercise 12. a) Match the verbs on the left with the nouns on the right.**

- |                     |                          |
|---------------------|--------------------------|
| 1. to die           | a) English fluently;     |
| 2. to speak         | b) the problem;          |
| 3. to be inclined   | c) to twins;             |
| 4. to retire        | d) elections;            |
| 5. to give birth    | e) of a serious disease; |
| 6. to be introduced | f) the throne;           |
| 7. to solve         | g) from the company;     |
| 8. to make          | h) to the guests;        |
| 9. to hold          | i) a decision;           |
| 10. to abdicate     | j) to foreign languages. |

**b) In the sentences below replace the Russian expressions with the phrases you have got. Use these expressions in the necessary form.**

1. Nikolay's father (умер от серьезной болезни). 2. I've been trying (решить проблему) all week, but I haven't cracked it yet. 3. The authorities (приняли решение) to move UN troops in to try and stop the fighting. 4. Nikolay II (отрекся от трона) in favour of his brother. 5. At university my sister learned (бегло разговаривать на английском). 6. My sister (родила близнецов). 7. Most students of our group (склонны к изучению иностранных языков). 8. When I arrived at the party I (был представлен гостям). 9. Is it really necessary (проводить выборы) every three years. 10. My father had to (уволиться из компании) because of poor working conditions.

**Exercise 13. Choose the most suitable word in each sentence.**

1. Should the government do more to help young *couples/pairs* buy their own homes. 2. He has a *present/gift* for languages. 3. Children are routinely *studied/tutored* for hours after school. 4. Lorna *graduated/finished* from the University of London. 5. The town's centennial *event/celebration* will begin with a parade. 6. This booklet *supplies/provides* useful information about local services. 7. She is depressed by her continued *failure/disaster* to find a job. 8. I'd like to speak English *fluently/easily*. 9. With the *election/choice* of a new leader, the country became relatively stable. 10. An accident involving over ten vehicles *appeared/occurred* in the east-bound lane.

**WRITING AND COMMUNICATION**

**Exercise 14. Write an essay on the given topics and retell it.**

1. My biography.
2. The biography of a famous Russian person.
3. The biography of a famous British person.

**Exercise 15. Translate the following sentences from Russian into English.**

1. Ученые до сих пор пытаются решить проблемы загрязнения окружающей среды. 2. Я принял решение уйти на пенсию рано, а затем жить за границей. 3. У президента больше полномочий (власти), чем у премьер-министра. 4. Их первая попытка решить проблему потерпела неудачу. 5. Отель предоставляет игровую комнату для детей. 6. Процветание страны зависит от того, кто победит на выборах. 7. На прошлой неделе произошло грандиозное событие. Я и мой парень обручились. 8. Перед поступлением в университет я брала частные уроки по биологии. 9. Мы продали наш дом пожилой паре. 10. Судья спросил

свидетеля, какие отношения связывали его с жертвой. 11. На вечеринке меня познакомили с владельцем ресторана. 12. После окончания университета я могла бегло разговаривать на английском. 13. Наполеон был сражен в битве при Ватерлоо. 14. На свадьбу пришли более двухсот человек.

### **PROJECT WORK**

Many Russian people are famous all over the world. Choose the person you admire and make a presentation about him/her. Pay attention to the most interesting facts in his life, biography and achievements.

## Unit 2. FAMILY

### WARM UP

**Exercise 1. Read and translate the following words and word combinations. Learn them by heart.**

A family; an extended family; a nuclear family; a single-parent family; a multigenerational family; a stepfamily; a core family; a family budget; a family council; a family likeness.

**Exercise 2. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart.**

- |                   |                      |
|-------------------|----------------------|
| 1. a breadwinner  | a) поколение;        |
| 2. a widow        | b) развод;           |
| 3. a divorce      | c) вдова;            |
| 4. an adult       | d) брак;             |
| 5. a marriage     | e) разводиться;      |
| 6. responsibility | f) взрослый;         |
| 7. a housewife    | g) ответственность;  |
| 8. to divorce     | h) родственник;      |
| 9. a relative     | i) домохозяйка;      |
| 10. a generation  | j) кормилец (семьи). |

### READING

**Exercise 3. Read and translate the text on the nature of family life. Use the dictionary when necessary.**

#### THE NATURE OF A FAMILY LIFE

In every culture worldwide, the family holds a special importance. The family plays a very important role in everybody's life. Labour achievements, mood and what is called happiness depend on family relations.

There are different reasons for marriage which could be divided into two groups. The first group contains only one reason – love! When two people create a union to be together all their lives, they love each other and want to share one home, equal rights and one life. Another group of reasons may be called a marriage of convenience, it is a marriage, managed for personal gain: to have children, for money, to have someone to do housework, to get citizenship and so on.

What structure does a typical modern Russian family have? The nuclear family

consisting of husband, wife, and children has prevailed. Nuclear family is a term used to define a family group consisting of a father and mother and their children. The man is primary breadwinner. When the husband has the breadwinner role, the wife can devote herself to full-time care of the house and children. For their part Russian children are not usually required to share in many of their mother's house-making duties. Instead, they are considered "dependents" until they are young adults.

Another type of family is an extended one. The term extended family has several distinct meanings: a family that includes in one household near relatives in addition to a nuclear family. However, it may also refer to a family unit in which several generations live together within a single household. In an extended family, parents and their children's families often may live under a single roof. This type of joint family often includes multiple generations in the family.

In the joint family setup the workload is shared among the members, often unequally. The roles of women are often restricted to housewives and usually they involve cooking, cleaning, and organizing for the entire family. The patriarch of the family (often the oldest male member) lays down the rules and arbitrates disputes. Other senior members of the household babysit infants in case their mother is working. They are also responsible in teaching the younger children their mother tongue, manners and etiquette. The house often has a large reception area and a common kitchen. Each family has their own bedroom. The members of the household also look after each other in case a member is ill.

The problem of single-parent families is very up-to-date in Russia. The average percentage of such families still grows. In single-parent families a parent cares for one or more children without the assistance of another parent in the home. Most of these unions include a single mother with her child or children. There are a number of varieties of one-parent families; those resulting from divorce, parents who never-married, as well as a widowed parent. In single parent families the other parent not living with the family may have little or no involvement in the child's life or may be highly involved.

Just like in any other country, a couple may realize that their marriage has become obsolete after a few years of living together. The final termination of a marriage, canceling the legal duties and responsibilities of marriage is called divorce. The children may stay with either their mother or father but it's more common for mothers to keep bringing them up. After divorce, the father helps support his children till they turn 18 years old – the age when a child is considered and adult in Russia. The support comes in the form of monthly payments called alimony.

**Exercise 4. Consult the text and find English equivalents to the words combination.**

1. создать союз; 2. причина замужества; 3. содержать детей; 4. без помощи; 5. родной язык; 6. иждивенцы/родственники; 7. холостой; 8. расторжение брака; 9. брак по расчету; 10. платить алименты.

**Exercise 5. Decide whether the following statements are true or false.**

1. The first reason for marriage is personal gain. 2. In single-parent families a parent cares for one or more children with the assistance of another parent in the home. 3. The termination of a marriage is called a divorce. 4. The term extended family refers to a family unit in which several generations live together within a single household. 5. The woman is primary breadwinner in the nuclear family.

**Exercise 6. Answer the following questions.**

1. What do you think a family is? 2. What is a nuclear family? 3. What is a marriage of convenience managed for? 4. What is the reason for the existence of single-parent families? 5. In what type of a family does a parent take care of one or more children? 6. What does a joint family include? 7. What can a wife do when a husband has a breadwinner role? 8. What does the term extended family mean? 9. How do fathers usually support their children after divorce? 10. Who usually brings up children after divorce?

**Exercise 7. Give a short summary of the text.**

**Exercise 8. Now read and translate the text on the Family Life in Britain. Use the dictionary when necessary.**

#### **FAMILY LIFE IN BRITAIN**

The English are a nation of stay-at-home. "There is no place like home," they say. And when the man is not working he is at home in the company of his wife and children and busies himself with the affairs of the home. "The Englishman's home is his castle," is a saying known all over the world. And it is true.

A "typical" British family used to consist of mother, father and two children, but in recent years there have been many changes in family life. Some of these have been caused by new laws and others are the result of changes in society. For example, since the law made it easier to get a divorce, the number of divorces has increased. In fact

one marriage in every three now ends in divorce. This means that there are a lot of one-parent families. Society is now more tolerant than it used to be of unmarried people, unmarried couples and single parents.

Another change has been caused by the fact that people are living longer nowadays, and many old people live alone following the death of their partners. As a result of these changes in the pattern of people's lives, there are many households which consist of only one person or one person and children.

The contemporary British child doesn't have a lot of companionship from brothers and sisters, because the average family has only one or two children. Most British children live with their parents at least until they finish school at the age of 17 or 18. Then many go away to college, leaving some parents sad and lonely in their empty nest and others enjoying their release from parental responsibilities. But many adults stay with their parents during their college years or return home after graduation.

You might think that marriage and the family are not so popular as they once were. However, the majority of divorced people marry again, and they sometimes take responsibility for a second family. Members of a family – grandparents, aunts, uncles, cousins – keep in touch, but they see less of each other than they used to. This is because people often move away from their home town to work, and so the family becomes scattered. Christmas is the traditional season for reunions. Although the family group is smaller nowadays than it used to be, relatives often travel many miles in order to spend the holiday together. In general, each generation is keen to become independent of parents in establishing its own family unit, and this fact can lead to social as well as geographical differences within the larger family group.

Relationships within the family are different now. Parents treat their children more as equals than they used to, and children have more freedom to make their own decisions. The father is more involved with bringing up children, often because the mother goes out to work. Increased leisure facilities and more money mean that there are greater opportunities outside the home. Although the family holiday is still an important part of family life (usually taken in August, and often abroad) many children have holidays away from their parents, often with a school party or other organized group.

Who looks after the older generation? There are about 10 million old-age pensioners in Britain, of whom about 750,000 cannot live entirely independently. The government gives financial help in the form of a pension but in the future it will be more and more difficult for the nation economy to support the increasing number of



elderly. At the present time, more than half of all old people are looked after at home. Many others live in Old Peoples' Homes, which may be private or state owned.

**Exercise 9. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |                     |   |
|---------------------|---|
| 1. to support       | a) to keep from weakening or failing; strengthen;                                 |
| 2. to involve       | b) all persons (family, lodgers, etc) living in a house;                          |
| 3. to keep in touch | c) a legal ending of a marriage so that husband and wife are free to marry again; |
| 4. a couple         | d) <u>to</u> take care of and educate (a child);                                  |
| 5. to bring up      | e) two persons or things, seen together or associated; man and his wife;          |
| 6. a single         | f) a legal union of a man and woman as husband and wife;                          |
| 7. a house-hold     | g) to be made up or composed;   |
| 8. a marriage       | h) to maintain communications with someone;                                       |
| 9. a divorce        | i) not married;   |
| 10. to consist      | j) to contain as a part; include.   |

**Exercise 10. Choose the right answer.**

1. What is a reason for increasing the number of divorces?  
a) family;                      b) grandparents;                      c) single parents;                      d) law and society.
2. What do the majority of divorced people do again?  
a) marry;                      b) divorce;                      c) treat;                      d) reunion.
3. Where is the Englishman when he is not working?  
a) in castle;                      b) at home;                      c) in shop;                      d) in town.
4. What does each generation want to establish?  
a) education;                      b) family unit;                      c) house;                      d) business.
5. In what form does the government give financial help to elderly?  
a) jewels;                      b) alimony;                      c) food;                      d) pension.
6. What type of family consists of mother, father and two children?  
a) typical;                      b) single-parent;                      c) extended;                      d) everyone.
7. What is the traditional season for reunions?  
a) New Year;                      b) Saint Valentine's Day;                      c) Victory Day;                      d) Christmas.
8. What does the contemporary British child NOT have from brothers and sisters?  
a) responsibility;                      b) companionship;                      c) friendship;                      d) love.
9. How many pensioners are there in Britain?

a) 10 million;      b) 1 million;      c) 750,000;      d) 550,000.

10. What do children enjoy when they leave home?

a) imprisonment;      b) loneliness;      c) release;      d) companionship.

## COMPREHENSION

**Exercise 11. Fill in the gaps using the words given below, and translate the sentences into Russian.**

marriage              single people              households              couples

parents              generations              nuclear family              divorce

children              marital ties              blood relatives              family

1. People can assign priority to either to ... or to blood ties. 2. The once typical British family headed by two ... has undergone substantial changes during the twentieth century. 3. Many ... , mostly in their twenties or thirties, live together without getting married. 4. There has been a rise in the number of single-person ... . 5. During the transitional period prior to ... , young adults often live in their parental households. 6. My brother had a lot of arguments with his wife, so they decided to ... . 7. When priority is given to marital ties, the arrangement is called a ... . 8. In the past, people married before they had ... . 9. By the year 2020, it is estimated that there will be more ... than married people. 10. The core family consists of the spouses and their offspring; ... are functionally marginal and peripheral. 11. According to Russian legislation a ... is defined as “two or more persons living together and related by blood, marriage or adoption”. 12. Extended families have continuity across ... in a way the nuclear family does not.

**Exercise 12. a) Match the verbs on the left with the nouns on the right.**

1. to become

a) on family relations;

2. to end

b) one home;

3. to pay

c) of a father and mother and children;

4. to bring

d) someone to full-time care of;

5. to share

e) alimony;

6. to take

f) up children;

7. to be divided

g) a responsibility of a family;

8. to depend

h) in divorce;

9. to devote

i) into two groups;

10. to consist

j) obsolete.

**b) In the sentences below replace the Russian expressions with the phrases you have got. Use these expressions in the necessary form.**

1. After divorce my father (платит алименты) every month. 2. In Russia there are a lot of families where grandparents, parents and children (живут в одном доме). 3. My husband is a bread winner in our family; he works a lot, so I have to (полностью посвящать себя заботе о детях). 4. The future of a young generation (зависит от отношений в семье). 5. I live in an extended family; it (состоит из мамы, папы, меня и бабушки с дедушкой). 6. A couple may realize that their marriage (отжила своё) after a few years of living together. 7. Mary and Steve had a lot of quarrels and arguments and their marriage (закончился разводом). 8. The reasons for marriage could (делиться на две группы). 9. Grandmother (взяла ответственность за воспитание детей). 10. Mother (воспитала) three daughters and a son.

**Exercise 13. Choose the most suitable word in each sentence.**

1. I have four *siblings/cousins*: three brothers and a sister. 2. When two people *get married/divorce* they enter into a contract with each other. 3. Nowadays many young couples prefer to concentrate *on bringing up children/getting a good job*. 4. He was 18 when he found out that he had *been born/been adopted*. 5. All the other guests at the party were *couples/pairs*, and I felt rather strange on my own. 6. Polly prefers to spend most of her *single/leisure* time in front of the television. 7. My father is a scientist. His *research/house-hold* is very important for him. 8. Family *life/appearance* means much for teenagers. 9. Men are often expected to be the *breadwinner/offspring* in a family. 10. There were at least three *responsibilities/generations* – grandparents, parents and children – at the wedding.

## **WRITING AND COMMUNICATION**

**Exercise 14. Write an essay on the given topics and retell it.**

1. A Typical Russian Family.
2. A Typical British Family.
3. A Model of my Future Family.

**Exercise 15. Translate the following sentences from Russian into English.**

1. Семья – это основанное на браке или кровном родстве объединение людей. 2. К членам семьи относят: отца, мать, сына, дочь, брата, сестру, дедушку, бабушку. 3. Воспитание детей зависит от отношений в семье. 4. Сложная семья может включать в себя несколько брачных пар, члены которых связаны

родственными узами. 5. К сожалению, в некоторых семьях отцы после развода не содержат своих детей. 6. Большинство браков заключается не по экономическому расчету, а по любви. 7. Основу семьи составляет брачный союз между мужчиной и женщиной. 8. Некоторые браки заканчиваются разводом, мать берет на себя ответственность за воспитание детей, а отец платит алименты. 9. Мужчина в браке называется мужем, или супругом, женщина – женой, или супругой. 10. Развод – формальное прекращение (расторжение) действительного брака между живыми супругами.

## **PROJECT WORK**

Family relations are very important to every person. We should know and remember our roots and ancestors. Draw a family tree and present it to the class.

## Unit 3. MARRIAGE

### WARM UP

**Exercise 1. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart.**

- |                       |  |
|-----------------------|--|
| 1. a marriage         | a) предпринимать;  |
| 2. a nuclear family   | b) пара;   |
| 3. an extended family | c) родственник;  |
| 4. to undertake       | d) замужество, женитьба;                                     |
| 5. a relative         | e) позволять, разрешать;                                     |
| 6. to forbid          | f) нуклеарная семья (семья, состоящая из родителей и детей); |
| 7. to permit          | g) предпочитать;   |
| 8. to prefer          | h) расширенная семья (включая ближайших родственников);      |
| 9. a couple           | i) поддерживать, способствовать;                             |
| 10. to support        | j) запрещать.  |

### READING

**Exercise 2. Read and translate the following text. Use the dictionary when necessary.**

#### FORMS OF MARRIAGE

Marriage is a socially recognized union between two or more individuals that typically involves sexual and economic rights and duties. It marks the start of a nuclear family or the expansion and continuation of an extended family. In either case, marriage is backed by strong social sanctions. Although we may feel that we are “free” to make our own decisions about whether and whom to marry, there are, in fact, powerful social forces pushing us into marriage and into selection of an “appropriate” partner.

One way societies undertake to regulate marriage is through norms that define the range of potential marriage partners available to an individual. Endogamy is a rule that requires a person to marry someone from within his or her own group – tribe, nationality, religion, race, community, or other social grouping. Exogamy is a rule that requires a person to marry someone from outside his or her own group. These regulations frequently operate as a circle within a circle. The rule of exogamy bars

marriage within a small inner circle, whereas the rule of endogamy stipulates the limits of the outer social circle that the individual is not to exceed. Among the early Hebrews, for instance, incest taboos operated as exogamous norms curtailing marriage among close relatives whereas endogamous norms forbade marriage with non-Jewish outsiders. Within the United States rules of exogamy have extended incest taboos outward roughly to second cousin relationships, whereas rules of endogamy, until loosened in recent decades, served to forbid interracial and in some cases interethnic and interreligious marriages.

Marriage relationships may be structured in four basic ways: monogamy, one husband and one wife; polygyny, one husband and two or more wives; polyandry, one wife and two or more husbands; and group marriage, two or more husbands and two or more wives. Although monogamy is found in all societies, only about 20 percent of the 238 societies in Murdock's cross-cultural sample were strictly monogamous. In contrast, four-fifths of the societies permitted polygyny. But in most of these societies, few married men actually had more than one wife. Typically only economically advantaged men can afford to support more than one family. Thus in China, India, and the Moslem nations, polygyny was usually limited to the wealthy.

Polyandry is quite rare, being found in less than 1 percent of the societies in Murdock's sample. And where it is found, it typically does not allow women free sexual choice of male partners. The most prevalent form of polyandry is fraternal, or the sharing of a spouse by brothers, the practice among the non-Hindu Todas of southern India. Apparently few disputes or jealousies arose among Todas brothers because they did not view women as sexual property. Since the biological father of a child remained unknown, the Todas socially established paternity by a ceremony in which one of the husbands would present a toy bow and arrow to the mother-to-be. It seems that the polyandrous arrangement evolved among the Todas as an adjustment to poverty. Their subsistence being precarious, a man could have a wife and child only by sharing the burden of their support with other men. Further, polyandry kept the birthrate in check. Since a woman could have only one child a year, it did not matter how many sexual partners she had.

Group marriage also appears relatively rarely and then not as the preferred cultural arrangement. It has been reported among the Kaingang of Brazil, the Dieri of Australia, the Chuckchee of Siberia, and the Marque-san Islanders. On occasion it arises out of some combination of polygyny and polyandry or out of the sharing of sexual privileges among couples.

**Exercise 3. Decide whether the following statements are true or false.**

1. Marriage marks the start of an extended family. 2. Among the early Hebrews incest taboos operated as exogamous norms curtailing marriage among close relatives. 3. Monogamy means one husband and two or more wives. 4. Group marriage has been reported among the Kaingang of Brazil, the Dieri of Australia, the Chuckchee of Siberia. 5. There are usually many disputes and jealousies among husbands in polyandry.

**Exercise 4. Answer the following questions.**

1. What is marriage? 2. How does society regulate marriage? 3. What is the difference between endogamy and exogamy? 4. What are the main structures of marriage relationships? 5. In what countries can men have several wives? 6. How often is polyandry found in modern societies? 7. What is the main reason for polyandry? 8. How can we differentiate a nuclear family and extended family? 9. What form of marriage prevails in our country? 10. Is the institute of marriage popular among your peers?

**Exercise 5. Give a short summary of the text.**

**Exercise 6. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |                 |   |
|-----------------|---|
| 1. a union      | a) something that you have to do because it is part of your job, or something that you feel is the right thing to do; |
| 2. a duty       | b) often;   |
| 3. appropriate  | c) a condition giving a greater chance of success;  |
| 4. frequently   | d) to have or use something at the same time as someone else;   |
| 5. to stipulate | e) suitable or right for a particular situation or occasion;  |
| 6. to exceed    | f) a heavy load that you carry;   |
| 7. an advantage | g) to be greater than a number or amount, or to go past an allowed limit;   |
| 8. prevalent    | h) the act or the state of being joined together;   |
| 9. a burden     | i) to say exactly how something must be or must be done;  |
| 10. to share    | j) existing very commonly or happening often.   |

**Exercise 7. Now read and translate the text on Social Structure and Individuality. Use the dictionary when necessary.**

### **SOCIAL STRUCTURE AND INDIVIDUALITY**

The assertion that human behaviour is socially patterned often provokes some initial resistance. Few human beings readily admit to being part of any kind of system, especially those who live in a culture that prizes individual autonomy. Americans, for instance, tend to emphasize individual responsibility for behaviour and highlight the unique elements of their personalities. Behaving in patterned ways, however, does not threaten our individuality. On the contrary, individuality is encouraged by social structure.

First, and more generally, our humanity involves much more than physical existence. The great potential of human beings develops only through interaction with others. Within social life, distinct personalities emerge as people blend their unique qualities with the values and norms of the large culture from freely expressing ourselves. The social world can be disorienting, even frightening, to people who do not know the behaviour guidelines. Without this knowledge, people feel too uncomfortable to express their unique personalities with confidence.

To illustrate, you may recall going alone to a party given by people you did not know well. Entering such a setting – and not knowing quite what to expect – is likely to cause some anxiety. At such times you generally feel self-conscious, try to make a favorable impression, and look to others for clues about what sort of behaviour is expected of you. Once you understand the behavioral standards that apply to the setting, you are likely to feel comfortable enough to “act like yourself”.

Of course, social structure also places some constraints on human behaviour. By guiding behaviour within culturally approved bounds, established social patterns discourage behaviour that is culturally defined as unconventional. Traditional values and norms in the United States and Canada, for example, still reflect the expectation that males will be “masculine” (physically strong, self-assertive, and rational) and the females will be “feminine” (physically weak, self-effacing, and emotional). The structure of society exerts pressure on individuals to fit into one or the other of these categories, ignoring the fact that most people have both “masculine” and “feminine” qualities. In this and many other ways, social structure can limit any individual’s freedom to think and act in ways that may be personally preferred. In addition, the failure to conform to established social patterns may lead to being defined by others as deviant.





and indispensable social institution which has been in existence since the inception of human *social structure/civilization*. 4. As an institution marriage is designed to *regulate/satisfy* the biological needs of the individual. 5. It also admits men and women to *family life/social world* and fixes certain rights and duties in respect of children born of their union. 6. As a stable social institution it binds two opposite sexes and allows them to live as *group/husband and wife*. 7. Marriage is a special type of *duty/relationship* between permissible mates involving certain rights and obligations. 8. Marriage is a universal social institution which is found in almost all *countries/societies* and at all stages of development. 9. Marriage is a permanent *burden/bond* between husband and wife. 10. Family helps in providing facilities for the procreation and *upbringing/supporting* of children.

**Exercise 11. Complete the unfinished words in the following sentences. All the words are related to the Unit.**

1. Marriage creates mu... obligations between husband and wife. 2. The couple fulfill their mutual obl... on the basis of customs or rules. 3. Marriage is always associated with some civil and religious ce.... 4. Marriage has certain sy... like ring, vermilion, special cloths, special sign before the house etc. 5. Types or forms of marriage in different com..., societies and cultural groups differ according to their customs, practices and systems of thought. 6. In some societies marriage is a religious sacrament whereas in others it is a social co.... 7. On the basis of number of ma... marriage may be classified into three types such as Monogamy, Polygamy and Endogamy or group marriage. 8. Today the principle of mo..., i.e. one husband and one wife, is practised and emphasised throughout the world. 9. In serial Monogamous marriage the possibility of remarriage exists in case of di... or death. 10. In case of non-serial monogamy the question of remarriage does not arise by either of the cou....

**Exercise 12. Match the verbs on the left with the nouns on the right. Make up sentences with the phrases you've got.**

- |                |                                   |
|----------------|-----------------------------------|
| 1. to make     | a) spouse's needs;                |
| 2. to do       | b) efforts;                       |
| 3. to preserve | c) a contract;                    |
| 4. to respect  | d) the power to end the marriage; |
| 5. to treat    | e) marriage;                      |
| 6. to affect   | f) kinds of marriages;            |
| 7. to write    | g) strive harder;                 |

8. to accept h) the entire course of your marriage;  
9. to have i) the dishes;  
10. to compare j) somebody well.

**Exercise 13. In the sentences below translate the Russian expressions into English.**

A marriage is a contract. You can (*сам написать контракт*) (in which case it's called a "premarital agreement"), or you can accept the default contract written by your state legislators.

Even if you never divorce, your choice among contracts can (*повлиять на ход всего вашего брака*).

Let's (*сравним 3 вида брака*): a no-fault contract (where either party can obtain a divorce on demand), a mutual-consent contract (where both parties must agree to a divorce), and a covenant marriage (where even mutual consent is not enough). You might think that no-fault marriages are always the most likely to end in divorce. That isn't true, and here's one reason why: A lot of marital issues are negotiable – (*такие как кому следует мыть посуду*), who gets to operate the remote control, which one wears the anti-snore device and which one wears the earplugs, and so on. Here the negotiating process itself provides all the right incentives to (*уважать нужды вашего супруга*). What you won't do for love, you'll still do for a bribe. The knowledge that divorce is impossible (*может заставить вас бороться сильнее*) to avoid such deterioration – and it might do the same for your spouse.

In a no-fault marriage, a happy spouse (*будет хорошо относиться к вам*) to prevent your leaving. Your spouse works to make you happy, which makes you want to (*сохранить брак*), which makes you work to make your spouse happy, which makes your spouse want to preserve the marriage, and so on, in a great virtuous circle.

By contrast, if divorce required mutual consent, your spouse could (*принять ваши попытки*) to make him or her happy without feeling a strong need to reciprocate. This prospect discourages you from bearing gifts in the first place. But when either partner (*имеет силы разорвать брак*), kindness tends to be repaid with kindness, and therefore kindness thrives.

## **WRITING AND COMMUNICATION**

### **Exercise 14. Write an essay on one of the given topics.**

1. Forms of Marriage.

2. Marriage in Russia.
3. Marriage in Britain (or the USA).

**Exercise 15. *Translate the following sentences from Russian into English.***

1. Брак – добровольный союз между мужчиной и женщиной с целью создания семьи, вызывающий взаимные права и обязанности супругов. 2. В древнем обществе существовали эндогамные браки, т.е. браки внутри рода между дальними родственниками. 3. Затем браки стали экзогамными, т.е. в брачные отношения могли вступать только представители разных родов, а кровосмешение расценивалось как грубое нарушение обычаев и моральных норм. 4. Сегодня под эндогамными браками понимаются браки не между родственниками, а внутри социальных групп. 5. В некоторых культурах узаконены групповые, или полигамные, браки между одним представителем одного пола и несколькими другого. 6. Полигамия подразделяется на два вида: полигинию (многоженство) и полиандрию (многомужество). 7. Матриархальная семья – это семья, главой которой является мать. 8. В партнерской семье муж и жена обладают равными правами и возможностями принимать важные для семьи решения. 9. Партнерские семьи характерны для современного общества, где женщины в большинстве своем работают, и разделение обязанностей происходит по взаимному согласию. 10. Мужчины нередко выполняют обязанности, которые ранее закреплялись только за женщинами, например ведение домашнего хозяйства и уход за детьми.

**PROJECT WORK**

Think about your future family. Is marriage important for young people nowadays?  
Make a presentation about an ideal family.

## Unit 4.

### HEALTHY LIFESTYLE

#### WARM UP

**Exercise 1. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart. Use them in the sentences of your own.**

- |                  |                             |
|------------------|-----------------------------|
| 1. to comprise   | a) вредить;                 |
| 2. core muscles  | b) переплетаться;           |
| 3. to manage     | c) взгляд;                  |
| 4. to harm       | d) предотвращать;           |
| 5. outlook       | e) мышцы туловища;          |
| 6. to endanger   | f) питательные вещества;    |
| 7. to intertwine | g) сохранять, поддерживать; |
| 8. nutrients     | h) включать в себя;         |
| 9. to prevent    | i) подвергать опасности;    |
| 10. to maintain  | j) справляться.             |

#### READING

**Exercise 2. Read and translate the following text. Use the dictionary when necessary.**

#### HEALTHY LIFESTYLE

What does a healthy lifestyle mean? According to the dictionary, lifestyle is a way of life or style of living that reflects the attitudes and value of a person or group. A healthy lifestyle would be a way of living that would result in a healthy mind, body and spirit.

A healthy lifestyle comprises of many components.

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables and whole grains and cutting back on foods that have a lot of fat, salt and sugar.

To feel great, have more energy, and keep yourself as healthy as possible – all of which can be achieved by learning some nutritional basics and using them in a way that works for you.

A change to healthier eating also includes learning about balance, variety, and moderation. Most days you should eat from each food group – vegetables and fruit, grain products, milk and alternatives, meat and alternatives. Listen to your body. Eat when you're hungry. Stop when you feel satisfied. Be adventurous. Choose different

foods in each food group. For example, don't reach for an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the nutrients you need. Don't have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be okay.

Healthy eating will help you get the right balance of vitamins, minerals, and other nutrients. It will help you feel your best and have plenty of energy. It can help you handle stress better.

Healthy eating is one of the best things you can do to prevent and control many health problems, such as: heart disease, high blood pressure, type 2 diabetes, some types of cancer.

Healthy eating is not a diet. It means making changes you can live with and enjoy for the rest of your life. Diets are temporary. Because you give up so much when you diet, you may be hungry and think about food all the time. And after you stop dieting, you also may overeat to make up for what you missed.

Eating a healthy, balanced variety of foods is far more satisfying. And if you match that with more physical activity, you are more likely to get to a healthy weight and stay there than if you diet.

Regular exercise is an important part of a healthy lifestyle. Aerobic exercise is good for your heart and your body. Yoga has a therapeutic affect and also helps to reduce your stress level. Pilates are great for strengthening your «core» muscles which are situated around your midsection. You could consider some other forms of exercise like Tai Chi, martial arts and Qi Gong. It is essential that you incorporate any kind of exercises in to your daily life to help keep you fit and maintain your weight at a healthy level.

Managing stress efficiently is a critical part of a healthy lifestyle. Failure to manage stress effectively can harm your body and affect your relationship with others. If left unattended, stress can also lead to alcohol or drug addiction.

Sleeping right, having a positive outlook about life and having a balanced life are also the necessary components of a healthy lifestyle. If you go without sleep for a period of time, every area of your life will be ultimately affected. If it becomes a regular pattern in your life, you could endanger your health and reduce your overall performance. This can ultimately affect all other areas of your life, personal as well as professional.

Living a healthy lifestyle takes discipline. You must make up your mind and choose things that are good for you and your loved ones. Living a healthy lifestyle

involves taking care of your physical, mental and spiritual health. You need to arm yourself with appropriate knowledge that will ensure that you get the result you want.

The physical, mental and spiritual aspects of your life are intertwined. To be happy and healthy, you need to keep all these aspects of your life balanced.

**Exercise 3. Decide whether the following statements are true or false.**

1. A healthy lifestyle is a way of living that would result in a healthy mind, body and spirit. 2. Healthy eating starts with adding more foods that have a lot of fat, salt and sugar. 3. It is important to incorporate aerobics in to your daily life to get all the nutrients you need. 4. Failure to manage stress effectively can lead to alcohol or drug addiction. 5. Sleeping right can endanger your health and reduce your overall performance.

**Exercise 4. Answer the following questions.**

1. What does a healthy lifestyle mean? 2. What does a healthy lifestyle comprise of? 3. What does healthy eating start with? 4. What are the main principles of healthy eating? 5. What can healthy eating prevent? 6. What's the difference between healthy eating and being on a diet? 7. What kind of exercises should you incorporate in your daily life? 8. What can failure to manage stress lead to? 9. What will be affected if you go without sleep for a period of time? 10. What does living a healthy lifestyle involve?

**Exercise 5. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |                           |  |
|---------------------------|--|
| 1. vitamin ['vɪtəmin]     | a) a heavy type of metal that is very common, occurs naturally in blood, and is used to make steel and in many products;     |
| 2. protein ['prəʊti:n]    | b) capable of flowing freely like water: not a solid or a gas;   |
| 3. liquid ['likwid]       | c) having a lot of extra flesh on your body;   |
| 4. calcium ['kælsiəm]     | d) a substance that is found in most plants and animals and that is especially important in people for strong healthy bones; |
| 5. phosphorus ['fɒsfərəs] | e) to call for as suitable or appropriate;   |
| 6. iron ['aɪən]           | f) a natural substance that is usually found in foods and that helps your body to be healthy;                                |

- |                                       |   |
|---------------------------------------|---|
| 7. carbohydrate<br>[ˈkɑːbəʊˈhaɪdreɪt] | g) having a pleasant or agreeable taste;  |
| 8. fat [fæt]                          | h) a poisonous chemical element that glows in the dark and burns when it is touched by air;   |
| 9. require [rɪˈkwaɪə]                 | i) any one of various substances found in certain foods (such as bread, rice, and potatoes) that provide your body with heat and energy and are made of carbon, hydrogen, and oxygen; |
| 10. palatable [ˈpælətəbl]             | j) a substance found in foods (such as meat, milk, eggs, and beans) that is an important part of the human diet.  |

**Exercise 6. Now read and translate the text about the vitamins. Use the dictionary when necessary.**

### VITAMINS

Vitamin means life. The story of vitamins actually begins in 1911, when a Polish chemist by the name of Kazimir Funk extracted from rice polishings a crystalline substance. This substance was capable to cure beri-beri. Analyses of these crystals revealed the presence of nitrogen in basic combination, i.e. the «amino»-nitrogen; Funk therefore called this substance «vita-mine». The root «vita» indicates that the substance is essential to life and health. In this way, the word vitamin was born. For four years before Funk's discovery a series of studies had begun in the USA to determine the value of cereals such as wheat, corn and oats as a cattle diet. Eventually it was found necessary to resort to rats to solve the problem of cereal differences.

Today the successful isolation and synthesis of many of the substances has proved that vitamins are organic chemical compounds to be present in the diet for the maintenance of growth and health.

Vitamins are substances to be found in certain foods which are necessary for the growth, development and general health of the body. There are several different kinds of these protective substances to be provided in the diet. To make sure our bodies get all the vitamins they need, it is best to include several different vitamin-containing foods in the diet. Such foods include milk and many of the products made from it, all the green leafy vegetables like spinach, cabbage, lettuce, other fresh vegetables, fruit and fruit juices, whole-grained cereals, eggs and a number of others.



When we plan a nutrition program for any person, young and old, well and ill, we must know certain foods are the best sources each body requires.

1. Vitamin A: fruits and vegetables, cream, butter or margarine, eggs and liver.
2. The B vitamins: yeast, liver, whole-grained breads and cereals, milk, meat.
3. Vitamin C: orange or grapefruit juice, any fresh raw fruit or vegetable, ascorbic acid tablets if needed.
4. Vitamin D: fish-liver oil or vitamin-D capsule.
5. Vitamin E: soy-bean oil, vegetables oils.
6. Vitamin K: is produced by intestinal bacteria. The diet must be adequate in milk and unsaturated fatty acids and low in refined carbohydrates; intestinal bacteria are increased by eating yogurt.
7. Vitamin P (rutin): citrus fruits, especially lemons.
8. Calcium: milk, yogurt.
9. Phosphorus: milk, eggs, cheese, meat.
10. Iron: liver, yeast, meat, bread and cereals.
11. Proteins: yeast, milk, yogurt, cheese, meat, fish, eggs.
12. Liquids: milk, fruit, juices, soup, water.

Experts in the study of foods are constantly conducting experiments. They are making their discoveries public from time to time for such knowledge enables us to select the proper foods in order to protect us against the diseases.

**Exercise 7. Answer the following questions. Use the text when necessary.**

1. What does the word "vitamin" mean?
2. When does the story of vitamins begin?
3. What was the substance extracted from rice able to cure?
4. How are vitamins obtained nowadays?
5. Why are vitamins necessary in the diet?
6. What is the best way to get all the vitamins?
7. What should we do when we plan a nutrition program?
8. Where can Vitamin D be found?
9. What other elements are vital to our diet?
10. Why are experts in food still conducting different experiments?

**Exercise 8. Fill in the gaps using the words given below, and translate the sentences into Russian.**

improvements	physical activity	processed	fad dieting	saturated
heart disease	carbohydrates	healthy	nutrients	organic

1. Being ... involves more than eating an occasional salad or going for a short walk once every few weeks, but while you'll need to put in some effort, your health is well

worth it. 2. To live a healthy lifestyle, consistently choose healthy foods, fit more exercise and ... into your daily routine, and practice good hygiene. 3. You'll also need to avoid unhealthy habits, like ... and neglecting sleep. 4. Making lifestyle ... may require some gradual adjustment, but improved health is readily accessible once you commit to it. 5. Choose food that contain minimal amounts of unhealthy fats which include both trans fats and ... fats. 6. Poly-unsaturated, mono-unsaturated and omega-3 fats lower your LDL cholesterol and raise your HDL cholesterol, which correlates with decreased risk for .... 7. ... foods are not more nutritious for you, but they don't contain as much pesticide residue or food additives. 8. Eat a variety of different whole foods instead of eating ... foods. 9. Select foods that are low in both sugar and highly refined .... 10. A good diet filled with the right ... is an essential part of any exercise routine, but it's especially important for endurance events like marathons or triathlons.

**Exercise 9. Complete the unfinished words in the following sentences. All the words are related to the Unit.**

1. A healthy lifestyle leaves you fit, ene... and at reduced risk for disease, based on the choices you make about your daily habits. 2. Good nutrition, daily exercise and adequate sl... are the foundations for continuing good health. 3. Man... stress in positive ways, instead of through smoking or drinking alcohol, reduces wear and tear on your body at the hormonal level. 4. Limit your portion sizes at meals to control your we... and your risk for cardiovascular and other diseases through your lifestyle. 5. The guidelines suggest working toward completing 150 hours of ex... a week, but inactive adults should build to this gradually under the supervision of their doctor. 6. Daily met... perpetuates the decline and rejuvenation of cellular tissue, and the body's self-repair takes place when you are asleep. 7. Practice positive self-talk, eliminate unnecessary stress, take time to do things you find pleasure in and devote time each day to rel... or meditation to keep stress levels at bay. 8. The healthy lifestyle choices of stopping sm..., reducing alcohol intake and eating a well-balanced diet that is high in fruits and vegetables and low in processed foods and fats will help to maintain a healthy weight. 9. Men... health also depends upon your healthy lifestyle choices. 10. Omega-3 fatty acids, which are found in healthful foods such as salmon and walnuts, help improve learning and memory and help fight against depression and mood dis....

**Exercise 10. Choose the most suitable word in each sentence.**

1. Stress occurs when you perceive that demands placed on you – such as work, school or relationships – exceed your ability to *cope* / *solve*. 2. Some stress can be

beneficial at times, producing a *failure / boost* that provides the drive and energy to help people get through situations like exams or work deadlines. 3. However, an extreme amount of stress can have health *levels / consequences*, affecting the immune, cardiovascular and neuroendocrine and central nervous systems, and take a severe emotional toll. 4. Untreated chronic stress can result in serious health conditions including anxiety, insomnia, muscle pain, high blood pressure and a *weakened / strengthened* immune system. 5. Research shows that stress can *depend / contribute* to the development of major illnesses, such as heart disease, depression and obesity. 6. But by finding positive, healthy ways to manage stress as it occurs, many of these negative health consequences can be *reduced / maintained*. 7. Everyone is *same / different*, and so are the ways they choose to manage their stress. 8. When you give yourself permission to step away from stress, you let yourself have time to do something else, which can help you have a new perspective or practice techniques to feel less *overwhelmed / healthy*. 9. Exercise *reduces / benefits* your mind just as well as your body. 10. When people are stressed, they often hold a lot of the stress in their face, so laughs or smiles can help *avoid / relieve* some of that tension and improve the situation.

**Exercise 11. In the text above find English equivalents to the following Russian expressions. Then, use them in the sentences below. Change the form if necessary.**

a) отражать отношения;	f) предотвратить проблемы со здоровьем;
b) включать в себя компоненты;	g) прекратить диету;
c) сокращать количество еды;	h) поддерживать форму;
d) получать питательные вещества;	i) поддерживать вес;
e) управлять стрессом;	j) алкогольная зависимость.

1. There are simpler ways ... portions such as using a smaller plate and dividing your meal in half. 2. Therapeutic massage not only rejuvenates the body – it also can ... a lot of .... 3. Reaching and ... a healthy ... is important for overall health and can help you prevent and control many diseases and conditions. 4. Behaviors usually, but not always, ... established ... and beliefs. 5. For most people, ... involves an established exercise routine built around a regular weekly schedule. 6. Binge drinking greatly increases the risk for developing an .... 7. Here are 10 ideas ... without causing more strain and hassle. 8. Health ... several ... – physical, mental, social and spiritual –

which are affected by many determiners. 9. If you want to lose weight and keep it off for good, you must ... 10. Supplements may be helpful for people who are unable ... from the food.

**Exercise 12. Replace the words in bold with the synonym from previous texts.**

1. As the body cannot manufacture or synthesize vitamins they must be **provided** in the diet or in dietary supplements. 2. **Lack** of dietary minerals can lead to a plethora of diseases affecting many body organs. 3. Historically, people secured **nourishment** through two methods: hunting and gathering and agriculture. 4. To **reduce** weight in an obese patient is an important problem. 5. Fat **yields** 9 calories of heat per gram instead of the 4 calories to be **yielded** by sugar.

**Exercise 13. In the sentences below translate the Russian expressions into English.**

We all know that eating right can help you maintain a healthy weight and ... (*избежать проблем со здоровьем*), but your diet can also have a profound effect on your mood and sense of wellbeing. Studies have linked eating a typical Western diet – filled with processed meats, packaged meals, takeout food, and sugary snacks – with ... (*высоким уровнем депрессии, стресса*), bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of ... (*душевных / психических расстройств*) such as ADHD, Alzheimer's disease, and schizophrenia, or in the increased risk of suicide in young people.

Eating more fresh fruits and vegetables, cooking meals at home, and reducing your intake of sugar and refined carbohydrates, on the other hand, may help to ... (*улучшить расположение духа*) and lower your risk for mental health problems.

Changing everything at once ... (*обычно приводит к*) cheating or giving up on your new eating plan. To set yourself up for success, think about ... (*планировании здоровой диеты*) as a number of small, manageable steps – like adding a salad to your diet once a day – rather than one big drastic change. As your small changes ... (*станут привычкой*), you can continue to add more healthy choices.

Perhaps the single biggest problem with the modern Western diet is ... (*количество добавляемого сахара*) in our food. As well as ... (*создание проблем с весом*), too much sugar causes energy spikes and has been linked to diabetes, depression, and even an increase in suicidal behaviors in young people. ... (*Сокращение количества*) of candy and desserts you eat is only part of the solution as sugar is also hidden in foods such as bread, cereals, canned soups and vegetables,

pasta sauce, margarine, instant mashed potatoes, frozen dinners, low-fat meals, fast and ketchup. Your body ... (*получает все необходимое*) from sugar naturally occurring in food so all this added sugar just means a lot of empty calories.

## **WRITING AND COMMUNICATION**

**Exercise 14. Write an essay on one of the given topics.**

1. Healthy lifestyle.
2. Healthy eating.
3. My daily diet.

**Exercise 15. Translate the following sentences from Russian into English.**

1. Здоровый образ жизни – это способ жизнедеятельности, направленный на полное изменение прежних привычек, касающихся еды, режима физической активности и отдыха. 2. Рациональный режим труда и отдыха предполагает чередование периодов физического и умственного напряжения с периодами полного расслабления. 3. Пища должна быть исключительно натуральной и содержать все необходимые макро- и микроэлементы, витамины. 4. Движение является основным условием обеспечения жизни. 5. Достаточная двигательная активность обеспечивает поддержание на высоком уровне иммунитета, что позволяет человеку успешно противостоять инфекционным заболеваниям. 6. Спорт способствует развитию мускулатуры тела, в том числе и укреплению сердечной мышцы. 7. Рацион должен быть полноценным и разнообразным, тогда организм будет получать все необходимые питательные вещества. 8. Курение, спиртные напитки, вредные пищевые пристрастия (солёная пища, чипсы, сладости, газировка) – всё это факторы, разрушающие здоровье. 9. Волнение, стрессы, напряжение, раздражительность – прямые причины раннего старения. 10. Сон должен быть полноценным (7-8 часовым для взрослого человека) и таким же полноценным должен быть отдых в выходные дни.

## **PROJECT WORK**

In the modern world more and more people pay attention to their health. People are considering healthy diets and lifestyle in general. Make a list of your daily diet. Make your favourite dish and treat your classmates.

## Unit 5.

### TRADITIONS AND CUSTOMS

#### WARM UP

**Exercise 1. Read and translate the following words and word combinations. Learn them by heart.**

A tradition; a long-standing tradition; a traditional feature; a traditional matter; traditional love; traditionally; to keep traditions and customs; a behavior; a nation; values; a generation.

**Exercise 2. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart.**

- |                   |                             |
|-------------------|-----------------------------|
| 1. to survive     | a) преодолевать;            |
| 2. to be proud of | b) гостеприимный;           |
| 3. to overcome    | c) невзгоды, трудности;     |
| 4. hardships      | d) приветствие;             |
| 5. to hesitate    | e) посвящать;               |
| 6. to defend      | f) рукопожатие;             |
| 7. hospitable     | g) выживать;                |
| 8. greeting       | h) защищать;                |
| 9. a handshake    | i) гордиться чем-либо;      |
| 10. to devote     | j) колебаться, сомневаться. |

#### READING

**Exercise 3. Read and translate the text on traditions and customs in Russia. Use the dictionary when necessary.**

#### TRADITIONS AND CUSTOMS IN RUSSIA

What is a tradition? Traditions are a way of defining who people are, that's why it is very important that traditions do survive in the country. Russia is a country of great traditions and Russians are very proud of it. There are a lot of wonders in Russia. But it is true to say that Russia is most famous for its people.

To understand Russian people, one must know from where they come. Nature has not been kind to Russia. Winters in Russia are cold, windy and snowy. So in old Russia people could do little during long winter months. But in spring there is a lot to be done, and in a short period of time. Perhaps, this explains why the Russians are often inactive for long periods of time and then show bursts of energy. The harsh climate explains the Russians' strength and their ability to overcome hardships.

Climate has also made them cautious.

At the same time the majority of Russians don't have what you call in the west "good manners". Their manners are not bad, they are just Russian. Russia is quite a tough country and Russians usually do not hesitate to say what they think in a way that doesn't leave room for any misunderstandings. Russians are very straightforward. Yet most of the Russians are open people. They are neither reticent nor reserved as the British. Russian people love to sit down for a nice long chat. They like having parties and receiving guests. The Russians are known to be a hospitable people.

The typical greeting in Russia is a firm, almost bone-crushing handshake while maintaining direct eye contact and giving the appropriate greeting for the time of day. When men shake hands with women, the handshake is less firm. When female friends meet, they kiss on the cheek. When close male friends meet, they may pat each other on the back and hug. One of the main Russian traditions is that they mark the end of winter and the beginning of spring by burning straw scarecrows of winter on bonfires and eating pancakes with honey or sour cream. This long-standing tradition is still alive in many places in Russia. Russians enjoy attending theatres and cinemas. Also attending performances in a company is always much more fun.

Russian people have always loved their country, though life in Russia has never been easy. They have always been devoted to their Motherland, fighting for peace and independence against enemies. We can't say that Russians are conservative. On the contrary, they encourage research and innovations, despite the fact that there are a lot of customs and traditions in their life. For example, before leaving on a journey, many Russian people sit down quietly together for a few minutes.

Russian people are clever and talented. We can name a lot of outstanding Russians who are well-known all over the world. And one can say that it's a nation that has done a lot for the world civilization.

When foreign guests leave Russia, they usually say different things about the country. Some of them like it, others don't, but practically everybody agrees that Russian people are wonderful. They are friendly, kind and very hospitable. Generally, Russians love their country. They can criticize it severely, but if you try to do the same they will defend it furiously. They feel like citizens of the largest country in the world, which has rich history and deep cultural roots, and they are proud of it.

**Exercise 4. Consult the text and find English equivalents to the words combination.**

1. способность преодолевать невзгоды; 2. прилив энергии; 3. хорошие манеры;

4. устраивать вечеринки; 5. принимать гостей; 6. зрительный контакт; 7. пожимать руки; 8. целовать в щеку; 9. резко критиковать; 10. сражаться за мир и независимость.

**Exercise 5. Decide whether the following statements are true or false.**

1. Russians are very proud of their traditions. 2. Russian people are glad to hear critics about their country. 3. Because of the harsh climate Russians are characterized by inability to overcome hardships. 4. Russian people don't like to have long conversations. 5. In spite of their straightforwardness Russians are very hospitable.

**Exercise 6. Answer the following questions.**

1. What is a tradition? 2. What is Russia most famous for? 3. Why are Russians inactive during long periods of time? 4. When do Russian people show bursts of energy? 5. How can you describe Russian character? 6. What is a typical greeting in Russia among close friends? 7. What is a typical greeting in Russia among men? 8. What do Russians do before they leave on a journey? 9. What is the attitude of Russians to their country? 10. What do they do when someone criticizes their country?

**Exercise 7. Give a short summary of the text.**

**Exercise 8. Now read and translate the text on traditions and customs in Britain. Use the dictionary when necessary.**

**TRADITIONS AND CUSTOMS IN BRITAIN**

One of the most characteristic features of Englishmen is their traditions which they respect and which they have kept for centuries. The traditions don't only accumulate experience and wisdom of many generations, but they bring some stability into the rapidly changing world. Even the legislation of the country is traditional. It includes many laws that haven't been changed for centuries.

The British nation is very interesting and unusual. The British have sentimental love for all old things, including their traditions. They keep fireplaces in their houses instead of central heating, their letterboxes and telephone boxes are red – all these are traditions. The houses are traditionally not very high; they are usually two-storied.

Other traditional features of Great Britain are numerous clubs that unite people of various interests; and the pubs, the local beer halls where Englishmen like to spend their time talking, discussing traditional matters: politics, sports and weather over a



glass of beer.

The British have a reputation of being conservative, for having established values without questioning their validity. They keep up the left side of the road and use double-deckers. They stick to their own measurement system and continue to measure distances in miles and yards (not in kilometres and metres). They buy cheese in pounds and ounces, milk in pints, petrol in gallons.

English people are famous for their habit of politeness. It is considered polite to give up one's seat to a woman who is standing, to open a door for her, carry things for her, and so on. Most British people expect the person in front of them to hold the door open for them. People think you are rude if you don't do this. English people are very reserved. This means that they don't talk much to strangers and don't show much emotion. A reserved person never tells you anything about himself. But the people of the North and West of Britain are much less reserved than those of the South and East. Most British people queue when they are waiting for a bus or waiting to be served in a shop. But during the rush hour, when a bus or train arrives, people often push forward to make sure they get on. This is called jumping the queue.

British people keep their old traditions and are very proud of them. They are famous for their sense of humour. English people show great love for animals. And, of course, English people are fond of sports. Many continentals think life is a game; the English think cricket is a game. To many Englishmen cricket is both a game and a standard of behaviour. When they consider something unfair, they say "That isn't cricket". The traditional love of English people for tea is well-known. They like to drink tea with milk. They have their five o'clock tea not only at home or offices, but also in tea-rooms and tea-shops, which can be found in every town. Another tradition is keeping black ravens in the Tower of London. The legend says that until ravens are in the Tower, Britain will be powerful and London will be the capital of the country.

A nation is born from its land, its history, its art, its traditions and its institutions. But above all, a nation is made up of people, and although there are things they all share, all of those people are different. We can say there is still the British nation, which keeps its traditions and customs.

**Exercise 9. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |               |   |
|---------------|---|
| 1. reserved   | a) honest and not likely to hide one's opinion; |
| 2. politeness | b) impolite;                                    |
| 3. to respect | c) not showing feelings;                        |

- |                    |  |
|--------------------|--|
| 4. a wisdom        | d) a line of waiting people;   |
| 5. straightforward | e) to show consideration or appreciation;                                      |
| 6. behavior        | f) a place in a room where a fire burns;                                       |
| 7. a queue         | g) manner of behaving or conducting oneself;                                   |
| 8. rude            | h) having or showing good manners;   |
| 9. habit           | i) something that you do often or regularly, often without thinking about it;  |
| 10. a fireplace    | j) the ability to think and act utilizing knowledge experience, understanding. |

**Exercise 10. Choose the right answer.**

1. What reputation do British have?
 

a) unusual;	b) unfair;	c) conservative;	d) rude.
-------------	------------	------------------	----------
2. What is considered polite for British?
 

a) standing in a queue;	b) giving up his sit to a standing woman;
c) sharing their possessions with others;	d) discussing traditional matters.
3. What does the word reserved mean?
 

a) not showing emotions;	b) standing in a queue;
c) not talking to strangers;	d) keeping traditions.
4. The houses in Britain are usually:
 

a) one-storied;	b) two-storied;	c) three-storied;	d) high.
-----------------	-----------------	-------------------	----------
5. What do traditions mean for British?
 

a) traditions change their world;	b) British respect old generations;
c) British obey the law;	d) Traditions bring stability into the world.
6. What is the most popular traditional feature of British?
 

a) drinking beer;	b) love for animals;
c) love for tea;	d) having their own measurement system.
7. What British feature sometimes seems weird for Russians?
 

a) sense of humour;	b) politeness;
c) being reserved;	d) being conservative.
8. What game is popular among British?
 

a) football;	b) cricket;	c) golf;	d) baseball.
--------------	-------------	----------	--------------
9. When do British like to discuss traditional matters?
 

a) in the pubs;	b) standing in a queue;
c) during a cricket game;	d) during a cup of tea.
10. What is a pub?

- a) a kind of a cafe;
- c) a kind of a restaurant;

- b) a tea-room;
- d) a local beer hall.

## COMPREHENSION

**Exercise 11. Fill in the gaps using the words given below, and translate the sentences into Russian.**

rude	defend	politeness	shake
proud	fireplaces	behavior	keep
hospitable	straightforward	respect	kiss

1. Russians are much more ... than British. They will never smile at a person if they don't like him. 2. In Russia you shouldn't ... hands in a doorway. 3. It's very ... in Britain to start smoking before other people finish eating. 4. Russians never allow anyone to criticize their country and always ... it. 5. In Russia when close female friends greet each other they ... on the cheeks. 6. ... is one of the main distinctive features of British. They will always say to you: "Please", "Thank you". 7. The British people are proud of their traditions and carefully ... them up. 8. The Oxford and Cambridge student life is quite modern, but the traditions are kept and the students are ... of them. 9. According to moral values, human ... may depend upon the common, usual, unusual, acceptable or unacceptable behavior of others. 10. Kelly is a very ... hostess. She is always glad to receive guests. 11. A lot of houses in Britain have ... instead of central heating. 12. Every teenager should ... old people and give up their seat to those who are standing.

**Exercise 12. a) Match the verbs on the left with the nouns on the right.**

- |                |                          |
|----------------|--------------------------|
| 1. to overcome | a) a sense of humour;    |
| 2. to discuss  | b) in the country;       |
| 3. to have     | c) hardships;            |
| 4. to be       | d) of one's achievement; |
| 5. to keep     | e) on a journey;         |
| 6. to talk     | f) to strangers;         |
| 7. to be proud | g) traditional matters;  |
| 8. to survive  | h) reserved;             |
| 9. to leave    | i) sth furiously;        |
| 10. to defend  | j) traditions.           |

**b) In the sentences below replace the Russian expressions with the phrases you have got. Use these expressions in the necessary form.**

1. My father passed Ph.D. defense and (гордится своим достижением). 2. My cousin is a friendly person and (имеет хорошее чувство юмора). 3. Friendless and jobless, he wondered how he would (выживет в этой стране). 4. Jimmy (преодолеl много трудностей) to graduate with a first-class degree. 5. The English have a reputation for (быть сдержанными). 6. Instead of (яростно защищать) traditional values, the church frequently seems weak-kneed and irresolute. 7. The poster warns children not (разговаривать с незнакомцами). 8. We haven't seen the Smiths for a week. Where are they? – They (уехали в путешествие) around Europe. 9. When my mother gets together with her friends, the usually (обсуждают традиционные вопросы). 10. The English (хранят традицию) to have turkey on Christmas day.

**Exercise 13. Choose the most suitable word in each sentence.**

1. His eating *customs/habits* are extraordinary. 2. They briskly exchanged *greetings/welcomes* before starting the session. 3. Each country has its own characteristic *features/qualities* distinguishing it from other cultures. 4. I was waiting in the bus *chain/queue* when two men pushed in front of me. 5. He is very shy and never makes eye *connection/contact*. 6. The princess was photographed *trembling/shaking* hands with AIDS victims. 7. That watch had belonged to his grandfather and had great sentimental *value/cost*. 8. The villagers were very *sociable/hospitable* to anyone who passed through. 9. I always *make/do* a cake for my birthday. 10. *Invitations/preparations* for the holiday took a lot of time.

**WRITING AND COMMUNICATION**

**Exercise 14. Write an essay on one of the given topics.**

1. Customs and traditions in my family.
2. British character.
3. Russian character.

**Exercise 15. Translate the following sentences from Russian into English.**

1. Зная характерные черты представителей других наций, мы можем лучше понять политические и общественные взгляды их стран. 2. Англичане не любят к кому-либо прикасаться. Разумеется, они обмениваются рукопожатиями, но всегда стараются сделать это легко и быстро. 3. Она – прямолинейный человек и всегда говорит правду в лицо, не боясь обидеть собеседника. 4. Русские обладают невероятной способностью преодолевать трудности, не теряя при этом чувство юмора. 5. В отличие от русских, которые любят проводить

выходные вечера в ночных клубах, молодые люди Англии, как правило, устраивают вечеринки дома. 6. Англичанам свойственна тоска по дому, и для них нет ничего дороже обычаев и традиций. 7. Пить чай в пять часов вечера – многолетняя английская традиция. 8. Англичане очень гостеприимны и вежливы. 9. Зрительный контакт играет важную роль при проведении беседы. 10. Ее поведение не поддается никакому оправданию.

## **PROJECT WORK**

Giving presents is a good tradition. What is the most unusual present you have ever got/made? Present it to the class.

## Unit 6.

### HOBBY

#### WARM UP

**Exercise 1. Read and translate the following words and word combinations. Learn them by heart.**

Hobby; main hobby; collection hobbies; competition hobbies; hobbyist; creative hobby; observation hobbies; outdoor hobby; to ride hobby; to go in for a hobby.

**Exercise 2. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart.**

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1. enjoyment                | a) развлечение;                 |
| 2. to differ                | b) практический опыт;           |
| 3. an entertainment         | c) личность;                    |
| 4. a personality            | d) оздоровительные мероприятия; |
| 5. to develop               | e) превращать в профессию;      |
| 6. to determine             | f) разнообразие;                |
| 7. a practical skill        | g) удовольствие;                |
| 8. recreation activity      | h) определять;                  |
| 9. variety                  | i) отличаться;                  |
| 10. to turn into profession | j) развивать.                   |

#### READING

**Exercise 3. Read and translate the text on what is a hobby. Use the dictionary when necessary.**

#### WHAT IS A HOBBY?

Hundreds years ago there was no problem of what working people could do with their spare time. Their hours of work were so long that they had hardly any leisure. Nowadays it's even hard to name all the activities, entertainments and hobbies run by people in their free time.

A hobby is an activity or interest that is undertaken for pleasure, typically done during one's leisure time. Hobbies differ like tastes. If you have chosen a hobby according to your character and taste you are lucky because your life becomes more interesting. Hobbies are divided into 4 large groups: doing, making, collecting and learning things.

Russian people have many hobbies. Older people prefer gardening, fishing, knitting, car repairing. Hobbies popular among young people include sport, games,

outdoor recreation, performing arts, collecting different items, cooking, reading, etc.

The most popular hobby is doing things. It includes a wide variety of activities from gardening to traveling, from chess to volleyball. One of the most popular one is a game. This hobby is becoming more and more popular.

A game as a hobby is a structured or semi-structured recreational activity, usually undertaken for enjoyment. Known to have been played as far back as prehistoric times, games are generally distinct from work, which is usually carried out for remuneration. Because a wide variety of activities are enjoyable, numerous types of games are developed. What creates an enjoyable game varies from one individual to the next. Age, understanding of the game, intelligence level, and personality are factors that determine what games a person enjoys. Games generally involve mental and/or physical stimulation. Many games help develop practical skills and serve as exercise or perform an educational, stimulation or psychological role.

Many children like to play outdoor games that involve physical activity such as cops and robbers and hide and go seek. Adults may play games, such as in the form of card games, board games, and in recent times, computer games and a bowling game.

Some hobbies result in an end product. Examples of this would be drawing, painting, woodworking, photography, moviemaking, jewelry making, software projects such as Photoshopping and home music or video production, creating models out of card or paper called papercraft up to higher end projects like building or restoring a car.

The hobby of collecting consists of acquiring specific items based on a particular interest of the collector. These collections of things are often highly organized, carefully cataloged, and attractively displayed. Since collecting depends on the interests of the individual collector, it may deal with almost any subject. The depth and breadth of the collection may also vary. Some collectors choose to focus on a specific subtopic within their area of general interest. There are also individuals, who take up collection of coins as their hobby. Some collections are capable of being completed. Collectors who specifically try to assemble complete collections in this way are sometimes called “completists”.

Rich people often collect paintings, rare things and other art objects. Often such private collections are given to museums and libraries.

Learning something new is always good for keeping the mind alert and active, as is maintaining a long-term interest in something that entralls you. This will also make you more of an interesting person than a person who is addicted to Facebook, watching TV, or doing other time wasting and unhealthy tasks, such as stuffing your

gut. Reading, such as reading books, magazines, comics, or newspapers, along with surfing the internet is a common hobby and one that can trace its origins back many hundreds of years. A love of literature later in life may be sparked by an interest in reading children's literature as a child

**Exercise 4. Consult the text and find English equivalents to the words combination.**

1. досуг/свободное время; 2. бороздить интернет; 3. выполнять для удовольствия; 4. особый интерес; 5. заниматься коллекционированием монет; 6. развивать практические навыки; 7. долгосрочный/длительный интерес; 8. общий интерес; 9. предпочитать садоводство; 10. потеря времени.

**Exercise 5. Decide whether the following statements are true or false.**

1. Hundreds years ago people had a lot of leisure. 2. Young people prefer gardening, fishing, knitting, car repairing. 3. Collecting depends on the interests of the individual collector. 4. Drawing, painting photography, jewelry making are hobbies that involve physical activities. 5. The most popular hobby is doing things.

**Exercise 6. Answer the following questions.**

1. What is a hobby? 2. What do older people prefer doing as a hobby? 3. What four large groups are hobbies divided into? 4. What do young people prefer doing as a hobby? 5. What does the hobby of collecting consist of? 6. What is the most popular hobby? 7. What are the factors that determine which games a person enjoys? 8. What do games involve? 9. What does collecting consist of? 10. Who is a completist?

**Exercise 7. Give a short summary of the text.**

**Exercise 8. Now read and translate the text on hobbies and leisure activities in Britain. Use the dictionary when necessary.**

### **HOBBIES AND LEISURE ACTIVITIES IN BRITAIN**

Over recent decades the number and range of available leisure activities has mushroomed, in Britain. It is fair to say that Britain, in common with most Western countries, has become a leisure-orientated society. For example, gardening and growing roses is the most common hobby among Englishmen. Both grown-ups and children are fond of playing different computer games. It has become one of the numerous hobbies.



Western people have also become extremely health-conscious, and for many young people keep-fit is a very important part of their lives. In addition there is a widespread preoccupation with healthy eating: trying to avoid fatty and fried foods and cutting down on sugary products, eating vegetables and fruit. Many young people, especially young women, regularly go to the gym to do aerobics, weight-lifting, and so on. Aerobics is equivalent to what the Russians call “Shaping”. Such Keep-fit centres offering these kinds of exercises have sprung up all over Britain and there, mostly women-of all shapes, sizes, and ages, gather together to do light exercises often to the latest hit records. Many people say that the experience is a very exhilarating one, that their adrenalin flows, and that attending aerobics classes becomes akin to an addiction but a healthy one at least!

A “hobby” is usually something that a person does alone. But British families sometimes like to do things together too. Some British families have quite a lot of money to spend on their recreation.

They can all enjoy their holiday home or their boat somewhere in the country away from it. British love to get out of town into the wild and many go holidays or long weekends into the thirty-five fabulous national parks. Some people have animals as hobbies. They keep rabbits or go fishing. They train dogs to do tricks or keep pigeons to race and carry messages. Some are crazy about plants.

Others are mad about their car or their motorbike. They spend their Saturdays and Sundays washing them and painting them. But British people do not only spend their free time having fun. Children and teenagers are great collectors. Millions take part-time courses in writing, painting and music and at the weekends the museums, art galleries and concert halls are full. Everyone in these countries is very interested in culture.

Some of the people turn their hobbies into their profession. Although, only few people can get so lucky but it is undoubtedly a great experience to use your hobby as your profession. It can give you an extra income if you turn your hobby into a profession. Example of this can be Jamie Oliver known as an English chef, restaurateur and media personality. He is well-known for his food-focused television shows, cookbooks and more recently his campaign against the use of processed foods in national schools. His hobby helped him become famous.

No matter what kind of hobby a person has, he always has the opportunity of learning from it. By reading about the things he is interested in, he is adding to what he knows. Learning thing can be the most exciting aspect of a hobby. So everyone should have a hobby, it is like the target of your life.

**Exercise 9. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |                  |   |
|------------------|---|
| 1. to attend     | a) interesting and full of action;  |
| 2. keep-fit      | b) refreshment of health or spirits by relaxation and enjoyment;                              |
| 3. fabulous      | c) to be present at an event or activity;   |
| 4. a recreation  | d) money that someone gets from working or from investing money;                              |
| 5. a society     | e) almost impossible to believe; incredible; unusual;   |
| 6. exciting      | f) familiar or famous.  |
| 7. an experience | g) the ability to perform a task or tasks well, especially because of training or experience; |
| 8. skill         | h) exercises designed to promote physical fitness if performed regularly;                     |
| 9. income        | i) knowledge and skill that is gained through time spent doing your job or activity;          |
| 10. well-known   | j) people in general living together in organized communities.                                |

**Exercise 10. Choose the right answer.**

1. What can give you a hobby as a profession?  
a) more troubles;    b) extra income;    c) health;    d) opportunity.
2. What does a person have if he has any kind of hobby?  
a) money;    b) fame;    c) target;    d) opportunity of learning from it.
3. What do British people take to be good in writing, painting and music?  
a) gym;    b) fatty food;    c) part-time courses;    d) profession.
4. Where do British NOT love to get out of town?  
a) into the wild;    b) into national parks;  
c) into the country;    d) into restaurant.
5. What is equivalent to what the Russians call "Shaping"?  
a) keep-fit;    b) aerobics;    c) weight-lifting;    d) shape.
6. What society has Britain become?  
a) lazy;    b) crazy;    c) a leisure-orientated;    d) fantastic.
7. As whom was Jamie Oliver NOT known?  
a) sportsman;    b) chef;    c) restaurateur;    d) media personality.
8. Who is fond of playing computer games?  
a) children;    b) grown-ups and children;    c) grown-ups;    d) nobody.

9. What is a very important part of life for Western young people?

a) keep-fit;            b) computer;            c) games;            d) money.

10. What do some of people turn their hobby into?

a) profession;            b) leisure;            c) collecting;            d) TV shows.

## COMPREHENSION

**Exercise 11. Fill in the gaps using the words given below, and translate the sentences into Russian.**

variety	took up	develop	spend
activities	income	turn into	prefer
particular	attend	creative	opportunity

1. Many people go in for sport and some of them ... aerobics classes. 2. My hobby is photography; I ... it ... at the age of fifteen. 3. There are many ... which people do as hobbies. 4. Do you ... to exercise indoors or outdoors? 5. It is always good to ... your free time doing something which you like the most. 6. I am looking for a job which will enable me to ... my skills. 7. She does a ... of fitness activities. 8. A hobby gives the ... to make new friends with a similar interest. 9. It helps your mind to become and stay ... . 10. Some of the people ... their hobbies ... their business. 11. As he gets older, my son is developing a ... interest in history. 12. It can give you an extra ... if you turn your hobby in to a profession.

**Exercise 12. a) Match the verbs on the left with the nouns on the right.**

1. to develop	a) to the gym;
2. to be interested	b) an opportunity;
3. to go	c) one's holiday;
4. to depend	d) hobby into a profession;
5. to enjoy	e) money on the recreation;
6. to have	f) one's skills;
7. to avoid	g) time;
8. to turn	h) fatty and fried foods;
9. to waste	i) in culture;
10. to spend	j) on interest.

**b) In the sentences below replace the Russian expressions with the phrases you have got. Use these expressions in the necessary form.**

1. I go in for sport so I (хожу в тренажерный зал) three times a week and attend

aerobics classes. 2. He (интересуется культурой), so going to museums, art galleries and theatres is his favourite pastime. 3. Don't (тратить свое время) surfing the internet; take up your homework. 4. Due to my job as a travel agent I (есть возможность) for travelling. 5. Those who have a lot of money (тратят их на отдых) and travelling all over the world. 6. You won't have to work a moment in your life if you (превратишь хобби в профессию). 7. Nowadays a lot of people lead a healthy life; they do variety of sports and (не употребляют (избегают) жирную и жаренную пищу). 8. Collecting (зависит от интереса) of the individual collector. 9. Last summer our family went to the seaside for two weeks; we (получили удовольствие от отпуска); it was fabulous. 10. I started to attend private classes in order to (усовершенствовать навыки) in photography.

### **Exercise 13. Choose the most suitable word in each sentence.**

1. The new job will provide you with invaluable *skill/appearance*. 2. My daughter is developing a *particular/selective* interest in ballet. 3. There is not much *enjoyment/entertainment* in this town, just the cinema and a couple of pubs. 4. Known to have been played as far back as prehistoric times, *plays/games* are generally distinct from work, which is usually carried out for remuneration. 5. *Imaginative/Creative* hobbies result in an end product of sorts. 6. Try to *avoid/prevent* food which contains a lot of fat. 7. What do you do in your *pleasure/leisure* time? 8. Whatever you do, do not list a *hobby/activities* just to get you a job. 9. She claims that most human behavior is socially *determined/developed*. 10. We live in a multicultural *mankind/society*.

## **WRITING AND COMMUNICATION**

### **Exercise 14. Write an essay on the given topics and retell it.**

1. Your hobby.
2. The most popular hobbies in Russia.
3. The most popular hobbies in the UK.

### **Exercise 15. Translate the following sentences from Russian into English.**

1. Моя мама – творческая личность. В детстве она увлекалась шитьем и шила великолепные платья. Когда ей исполнилось 25, она превратила хобби в профессию. Сейчас она – известный дизайнер и имеет великолепный доход. 2. Хобби – это какое-либо увлечение человека, которое приносит ему удовольствие и удовлетворение. 3. В настоящее время люди тратят много

времени сидя в интернете вместо того, чтобы найти себе какое-нибудь увлечение. 4. В нашем городе много развлечений, и у каждого есть возможность прекрасно провести время. 5. Чтобы усовершенствовать навыки игры на пианино, мой сын посещает частные занятия по музыке. 6. Многие люди в часы досуга предпочитают заниматься спортом. Некоторые из них особый интерес уделяют дайвингу. Выбранный вид спорта зависит от личной заинтересованности. 7. Британия известна своими садами и большинство британцев обожают садоводство. 8. Я получаю огромное удовольствие от занятий спортом. 9. Среднестатистический британец проводит 75 часов в неделю перед телевизором, либо у радио, читая газеты или книгу. 10. Не останавливайте свой выбор на чем-то одном, позвольте себе разнообразие: вяжите, путешествуйте по горам и изучайте китайский язык, коллекционируйте проездные билеты и занимайтесь спортом.

## **PROJECT WORK**

Do all people have hobbies? Can a hobby make our life more interesting? Speak about the most unusual hobby you have ever heard of?

## Unit 7.

### SPORT

#### WARM UP

**Exercise 1. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart. Use them in the sentences of your own.**

- |                    |                           |
|--------------------|---------------------------|
| 1. define          | a) НАВЫК;                 |
| 2. sportsmanship   | b) УМСТВЕННЫЙ;            |
| 3. fair play       | c) ДАВАТЬ ОПРЕДЕЛЕНИЕ;    |
| 4. skill           | d) НАСТОЛЬНЫЕ ИГРЫ;       |
| 5. outcome         | e) СОРЕВНОВАНИЕ;          |
| 6. board games     | f) БЫТЬ СУДЬЕЙ;           |
| 7. mental          | g) СПОРТИВНОЕ МАСТЕРСТВО; |
| 8. judge           | h) ДОСТИЖЕНИЕ;            |
| 9. contest         | i) ЧЕСТНАЯ ИГРА;          |
| 10. accomplishment | j) РЕЗУЛЬТАТ.             |

#### READING

**Exercise 2. Read and translate the following text. Use the dictionary when necessary.**

#### WHAT IS SPORT?

Physical activities were always a part of human leisure activity. Those that held first place among primitive people were activities of warlike nature and of hunting. Dance and recreational pastimes took place in time of peace. The ancient Greeks admired the beauty of human body, and the Romans loved military and gladiatorial games and professional exhibitions. The Middle Ages were famous for their knight tournaments and religious festivals.

Definition of sport used in the dictionary says: Sport is an outdoor or indoor game, competition, or activity needing physical effort and skill and usually carried on according to rules.

Some people say that sport is a physical activity governed by rules and played by individuals seeking to outperform opponents, while others can understand sport as organized spontaneous exercises or games, or as a competitive or non-competitive process through which an individual obtains physical skills, mental relaxation and bodily fitness.

A UNESCO Committee defines sport as: "Any physical activity which has the character of play and which involves a struggle with oneself or with others, or a

confrontation with natural elements”. They added: “If this activity involves competition, it must then always be performed in a spirit of sportsmanship. There can be no true sports without the idea of fair play. Sport is governed by a set of rules or customs. In sports, the key factors are physical capabilities and skills of the competitor when determining the outcome (winning or losing). Activities such as card games and board games, are classified as “mind sports” and some are recognized as Olympic sports, requiring primarily mental skills. Non-competitive activities, for example jogging or playing catch are usually classified as forms of recreation. Physical activity such as scoring goals or crossing a line first often defines the result of a sport. However, the degree of skill and performance in some sports is judged according to well-defined criteria. This is in contrast with other judged activities such as beauty pageants and body building, where skill does not have to be shown and the criteria are not as well defined. Records are kept and updated for most sports, while failures and accomplishments are widely announced in sport news. Sports are most often played just for fun or for the simple fact that people need exercise to stay in good physical condition. However, professional sport is a major source of entertainment. While practices may vary, sports participants are expected to display good sportsmanship, and to be respectful of opponents and officials.

Sport gives people enjoyment, happiness, friendship, satisfaction, health, fitness, popularity, recognition, the feeling of victory and success, but on the other hand, it may be boring, cause sadness, sorrow, disappointment, fatigue, exhaustion, injuries, illness, and in some cases even death.

**Exercise 3. Decide whether the following statements are true or false.**

1. The first physical activities among primitive people were activities of warlike nature and of hunting. 2. Sport is an organized game. 3. Each sport can be judged by well-defined criteria. 4. Sportsmen have to be respectful to opponents. 5. In some cases sport can lead to death.

**Exercise 4. Answer the following questions.**

1. What activities took place in time of peace? 2. What does sport mean according to dictionary definition? 3. How does a UNESCO Committee define sport? 4. What is the main idea of true sport? 5. What are the key factors in sport? 6. What activities are classified as “mind sports”? 7. What are sports played for? 8. What defines the result of a sport? 9. What can sport give to people? 10. What is judged according to well-defined criteria?

**Exercise 5. Give a short summary of the text.**

**Exercise 6. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |                |   |
|----------------|---|
| 1. leisure     | a) a person who is on an opposing side in a game, contest, controversy;                                   |
| 2. to struggle | b) a standard of judgment or criticism; a rule or principle for evaluating or testing something;          |
| 3. opponent    | c) to bring (a book, figures, or the like) up to date as by adding new information or making corrections; |
| 4. to win      | d) the record of points or strokes made by the competitors in a game or match;                            |
| 5. to lose     | e) something that happens as a consequence; outcome;  |
| 6. score       | f) to contend with an adversary or opposing force;  |
| 7. criteria    | g) to finish first in a race, contest, or the like;   |
| 8. result      | h) a person, team, company, etc., that competes; rival;   |
| 9. competitor  | i) to fail inadvertently to retain (something) in such a way that it cannot be immediately recovered;     |
| 10. to update  | j) time free from the demands of work or duty, when one can rest, enjoy hobbies or sports, etc.           |

**Exercise 7. Read and translate the following text. Use the dictionary when necessary.**

**PHYSICAL FITNESS AND ITS BENEFITS**

Individuals are physically fit when they can meet both the ordinary and the unusual demands of daily life safely and effectively without being overly fatigued and still have energy left for leisure and recreational activities. Physical fitness can be classified into health-related and skill-related fitness. Health-related fitness has four components: cardiorespiratory endurance, muscular strength and endurance, muscular flexibility, and body composition. The components of skill-related fitness are agility, balance, coordination, power, reaction time, and speed. Skill-related fitness is crucial for success in sports and athletics, and it also contributes to wellness.

Physical activity is any activity that you may do to improve or maintain your physical fitness as well as your health in general. It can include everyday activities (e.g. walking or cycling to work or school, doing housework, gardening or any active



or manual work that you may do as part of your job); active recreational activities (dancing, active play amongst children, walking or cycling for recreation); sport (exercise and fitness training at a gym or during an exercise class, swimming and competitive sports such as football, rugby and tennis, etc.).

Adults should aim to do a mixture of aerobic activities and muscle-strengthening activities. Aerobic activities are any activity that makes your heart and lungs work harder. To gain health benefits, it is suggested that you should do at least 30 minutes of moderate intensity physical activity on most days of the week. 30 minutes is probably the minimum to gain health benefits. However, you do not have to do this all at once. For example, cycling to work and back for 15 minutes each way adds up to 30 minutes. Moderate intensity physical activity means that you get warm, mildly out of breath, and mildly sweaty. For example, brisk walking, jogging, swimming, cycling, dancing, badminton, tennis, etc.

In addition to the above aerobic activities, adults should also aim to do a minimum of two sessions of muscle-strengthening activities per week, although these should not be on consecutive days.

Muscle-strengthening activities can include climbing stairs, walking uphill, lifting or carrying shopping, digging the garden, weight training, pilates, yoga or similar resistance exercises that use the major muscle groups. Ideally, the activities and exercises should not only aim to improve or maintain your muscle strength, but also aim to maintain or improve your flexibility and balance. A session at a gym is possibly ideal, but activities at home may be equally as good. For example, stair climbing, stretching and resistance exercises can be done at home without any special clothing or equipment.

Physical activity is thought to help ease stress, boost your energy levels and improve your general wellbeing and self-esteem.

There are lots of positive reasons for getting fitter, including meeting new people, discovering new interests and generally feeling better. Where exercise is concerned, there are a variety of regimens to choose from that promote physical fitness, health and wellness. Weight training, yoga and pilates are among the most common workouts today.

Weight training is a type of strength training that uses weights for resistance. Weight training challenges your muscles by providing a stress to the muscle that causes it to adapt and get stronger. Weight training can be performed with free weights, such as barbells and dumbbells, or by using weight machines.

Many people associate strength (weight) training only with athletes. At one time, perhaps, strength training was reserved only for athletes. Certainly the world of muscle building (apart from body building) was relatively unknown. But all that has changed in the last few generations as the health benefits of muscle strength and endurance have become known for men and women of all ages.

Yoga is considered a mind-body type of complementary and alternative medicine practice. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you relax and manage stress and anxiety.

Yoga has many styles, forms and intensities. Hatha yoga, in particular, may be a good choice for stress management. Hatha is one of the most common styles of yoga, and some beginners find it easier to practice because of its slower pace and easier movements. But most people can benefit from any style of yoga – it's all about your personal preferences. The core components of hatha yoga and most general yoga classes are poses and breathing. Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits. Controlling your breathing is an important part of yoga. In yoga, breath signifies your vital energy.

Pilates is named for its creator, Joseph Pilates, who developed the exercises in the early 1900s. It is a method of exercise that consists of low impact flexibility and muscular strength and endurance movements. Pilates emphasizes use of the abdominals, lower back, hips and thighs. A pilates routine typically includes 25 to 50 repetitive strength training exercises. Pilates is similar to calisthenics, such as sit-ups and pushups. In fact, some people call pilates the ultimate form of calisthenics. By practicing pilates regularly, you can achieve a number of health benefits, including improvement of core stability, posture, balance, flexibility and prevention and treatment of back pain.

**Exercise 8. Answer the following questions.**

1. Who can be called a physically fit individual? 2. What components does health-related fitness have? 3. What should adults aim to do? 4. What activity makes the heart and lungs work harder? 5. What does moderate intensity mean? 6. What can muscle-strengthening activities include? 7. What are the most common workouts nowadays? 8. How can weight training be performed? 9. What is yoga? 10. What parts of the body are worked out in pilates?

**Exercise 9. Fill in the gaps using the words given below, and translate the sentences into Russian.**

groups of fans	sportsmen and players	participation in sport
health-conscious	achieving good results	active part
sport teams	recreational sport	skills or experience new feelings
spectators		

1. Besides taking an ... in sport, it is also possible just to watch sport events as a spectator or TV watcher, or to play the pools, which means to bet money on certain sport results. 2. Passive sport is also important because spectators and fans can encourage ... and help improve so their performance. 3. ... can be one of the income sources for sport clubs. 4. However, there are many problems with different ... who arrive at stadiums, especially those that support particular football clubs. 5. ... is also called sport for all and is done for various purposes, but mainly for fun and entertainment in leisure time. 6. An increasing number of people are becoming ... and do recreational sport activities and various keep-fit exercises to maintain or improve their physical as well as mental fitness and health, to affect their flexibility, to strengthen their muscles and shape the body, to delay aging symptoms, etc. 7. Some people desire to learn new ... through sport activities. 8. Some people might have social reasons for their ... including the need of integration, friendship, team work, support, recognition, etc. 9. Competitive sport is done mainly for performance, for ... in competitions, defeating opponents and becoming the winner or record holder. 10. People who do competitive sport are organized and belong to different ..., clubs, associations or federations.

**Exercise 10. Complete the unfinished words in the following sentences. All the words are related to the Unit.**

1. Amateur sp... take part in sport because of the enjoyment and satisfaction gained from the activity. 2. They train and compete in their le... time, usually after work or at weekends. 3. Pro... sport is a paid form of participation in sport events. 4. Professional athletes make living through sport, do sport as a job, are paid to com... in sport. 5. Wi... and success are the most important things. 6. The professionals usually tr... full-time and devote themselves to their sport. 7. The international governing bodies of each sport draw up ru... to decide who is amateur in their sport. 8. They decide if professionals may compete with ama.... 9. It is an organized sport event in

which participants – competitors want to become winners, strive to achieve the best possible results, to show an excellent performance, to beat op..., to set or break records, or want to test their abilities and skills and compare them with those of the other competitors. 10. Officials are people who conduct competitions, assess performances of competitors, referee games, decide the re... of a competition.

**Exercise 11. Choose the most suitable word in each sentence.**

1. An *extreme / dangerous* sport (also called action sport, adventure sport, or adventurous sport) is any sport featuring speed, height, danger, a high level of physical exertion, highly specialized gear, or spectacular stunts. 2. “True” extreme sports are referred to as *relax / leisure* or recreation activities where the most likely outcome of a mismanaged accident or mistake is death. 3. Another characteristic of activities so labelled is the fact that they tend to be individual rather than *person / team* sports. 4. Extreme sports *include / exclude* e.g. aggressive skating, BMX freestyle, bodyboarding, bossaball, bouldering, buildering, bungee jumping, canyoning, cave diving, drag racing, extreme skiing (Flying Kilometer, Ski Alpinism), freediving, freestyle motocross, hang gliding, ice climbing, mountain biking, kite surfing, mountaineering, parachuting, rally, rock climbing, scuba diving, skateboarding, skydiving, slamball, spearfishing, street luge, stunt pogo, wakeboarding, water skiing, whitewater rafting, zorbing, etc. 5. The event called the X Games is an annual multi-sport event with a focus on *motion / action* sports. 6. Competitors perform in many different categories and styles, trying to win *medals / orders* as well as prize money. 7. The *games / competitions* often feature never-before-seen tricks. 8. A *national / international* sport is a sport or game that is considered to be a popularly intrinsic part of the culture of a country or nation. 9. Although there are no official *rules / parameters* towards defining what a national sport is, there are some general characteristics that most national sports share. 10. Different sports can be *grouped / played* according to the use of similar physical activity, technique, equipment, environment or sport facility, highly specialized gear, etc.

**Exercise 12. In the text above find English equivalents to the following Russian expressions. Then, use them in the sentences below.**

a) вид умеренной нагрузки (физической активности);	f) чрезмерный набор веса;
b) улучшить гибкость;	g) улучшить самооценку;

с) заниматься спортом;	h) улучшить выносливость;
d) походы в спортивный зал;	i) повысить липопротеид высокой плотности;
e) сжигать лишние калории;	j) подготовить тело.

1. Regular exercise will maintain the performance of your lungs and heart to most efficiently ... and keep your weight under control. 2. Exercise will also improve muscle strength, increase joint flexibility and .... 3. Any ... like walking, swimming, biking or organized sports can contribute to your physical fitness. 4. To get the most benefit, you should begin by warming up for 5 to 10 minutes to increase your blood flow and ... for activity. 5. Follow the warm up with several minutes of stretches to ... and lower your risk for injury. 6. Exercise can help prevent ... or help maintain weight loss. 7. When you ..., you burn calories. 8. Regular ... are great, but don't worry if you can't find a large chunk of time to exercise every day. 9. No matter what your current weight, activity ... (HDL), or "good", cholesterol and decreases unhealthy triglycerides. 10. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and ....

**Exercise 13. In the sentences below translate the Russian expressions into English.**

... (*Определение экстремальных видов спорта*) is not very clear. Generally speaking, extreme sports are activities that are associated ... (*с выбросом адреналина*) that is felt by the participant. These activities are often dangerous and any mistake could ... (*привести к травме или даже смерти*). For every extreme sport there is ... (*снаряжение и защитная экипировка*) that has been developed to protect your body, enhance performance and give you an edge in the competition. For example, water sports have evolved into the rush of adrenalin and ... (*навыки, необходимые*) wake skates, helmets and bindings.

Extreme sports are growing in popularity, ... (*особенно среди молодых людей*). New types of extreme activities ... (*продолжают развиваться*). Some state that marketing strategies give some extreme sports a dangerous image, even though they do not involve ... (*риск опасности*). Certain versions of extreme sports require proper training, while other types, such as mountain biking, can be performed ... (*без профессионального руководства*). Whatever you decide to do, be sure to ... (*используешь подходящее оборудование*) and the proper safety precautions.

## **WRITING AND COMMUNICATION**

**Exercise 14. Write an essay on one of the given topics.**

1. Sport.
2. Types of sport.
3. Physical fitness

**Exercise 15. Translate the following sentences from Russian into English.**

1. Спорт – организованная по определённым правилам деятельность людей, состоящая в сопоставлении их физических и/или интеллектуальных способностей, а также подготовка к этой деятельности и межличностные отношения, возникающие в её процессе. 2. Спорт представляет собой специфический род физической или интеллектуальной активности, совершаемой с целью соревнования, а также целенаправленной подготовки к ним путём разминки, тренировки. 3. Цель спорта высших достижений – это достижение максимально возможных спортивных результатов или побед на крупнейших спортивных соревнованиях. 4. Вид спорта – это совокупность видов спортивных соревнований, объединённых по признакам схожести правил, одной спортивной федерации и т.п. 5. Виды спорта, признанные МОК в соответствии с Олимпийской хартией, называются олимпийскими. 6. Только олимпийские виды спорта могут быть включены в программу Олимпийских игр. 7. Любительский спорт тесно связан с понятием физкультуры. 8. Многие российские спортивные школы являются ведущими в мире. 9. Основу спорта составляет соревновательная деятельность. 10. Спортивная дисциплина – вид отдельных соревнований, упражнение или комплекс упражнений определённого вида спорта.

## **PROJECT WORK**

Extreme sports have become rather popular recently. Do you consider them beneficial or harmful? You may speak about one kind of sport or describe extreme sports in general?

## Unit 8. HOLIDAYS

### WARM UP

**Exercise 1. Read and translate the following words and word combinations. Learn them by heart.**

A festival; festivities; a celebration; a national holiday; a holy day; a religious holiday; a public holiday; a bank holiday; a day off; to congratulate; a congratulation; compliments (of the season); to commemorate; a commemoration.

**Exercise 2. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart.**

- |                    |  |
|--------------------|--|
| 1. an observance   | a) важность, значительность; значимость; |
| 2. in honor        | b) событие;                              |
| 3. a festivity     | c) в честь;                              |
| 4. to celebrate    | d) развиваться, превращаться;            |
| 5. a commemoration | e) праздник, торжество;                  |
| 6. a significance  | f) праздновать, веселиться;              |
| 7. an event        | g) регулярное празднование, соблюдение;  |
| 8. to evolve       | h) обычай;                               |
| 9. a custom        | i) празднование, ознаменование;          |
| 10. to recognize   | j) признать.                             |

### READING

**Exercise 3. Read and translate the text on holidays in Russia. Use the dictionary when necessary.**

#### HOLIDAYS IN RUSSIA

Holiday is a day fixed by law or custom on which ordinary business is suspended in commemoration of some event or in honor of some person. It is generally an official (more common) or unofficial observance of religious, national, or cultural significance, often accompanied by celebrations or festivities. The word *holiday* derived from the notion of “Holy Day”, and gradually evolved to its current form.

Basically in Russia there are as many official holidays as in every other country of the world. However, the interesting thing about Russian holidays is the following: they last long. Preparation for the holiday begins at least a day before it actually arrives. Then it is considered tradition to prolong the holidays if they are close to the

week-end or if they just turn out to be on a Monday. So usually instead of one day off people get two or three free days.

Basically Russian people can celebrate something almost every day. Sometimes there is a good reason for a big party, but no reason is needed to celebrate life by having a drink with a few friends. The official holidays often require participants to forget about their jobs and problems and just have a good time.

The New Year is first on the calendar and in popularity. Many people celebrate it twice, on January 1<sup>st</sup> and 14<sup>th</sup> (which corresponds to January 1 in the Julian calendar, used in Russia before 1918).

All the Church holidays are still celebrated according to the Julian calendar. One of the most important of them is Christmas Day celebrated on the 7<sup>th</sup> of January.

Next is February 23<sup>rd</sup>, Soldier's Day, known until recently as Soviet Army Day, popularly viewed as holiday for all men and closely followed by its female counterpart, Women's Day, March 8, when women receive flowers, presents and are toasted by men.

Easter in Russia is celebrated on a different date each year, just like in the West. Russians consider Easter even bigger holiday than Christmas. Easter is celebrated with painted eggs, special foods, and possibly church services.

Spring and Labor Celebration dates its history back to May 1<sup>st</sup>, 1886, when the workers of Chicago went on strike and demanded that the workday be cut from 15 hours down to 8 hours. In Russia this holiday was celebrated for the first time on May 1<sup>st</sup>, 1890 as the International Workers' Solidarity Day. In 1997 it received its current name.

Russia celebrates Victory Day on May 9<sup>th</sup> to commemorate the millions fallen in World War II. Flowers and wreaths are laid on wartime graves on this day, and veterans come out into the streets wearing their military orders and medals.

June 12<sup>th</sup> is Russia's newest holiday, Independence Day, which commemorates the adoption in 1991 of the Declaration of Sovereignty of the Russian Federation.

November 4<sup>th</sup> is Unity Day, or the Day of National Unity, is a new national holiday that resembles a holiday celebrated for centuries until the Bolsheviks came to power, which recognized Moscow's successful defense from Polish invaders. It replaces the November 7<sup>th</sup> holiday (Revolution Day), which celebrated the October Revolution.

**Exercise 4. Consult the text and find English equivalents to the words combination.**



1. культурная значимость; 2. сопровождаться празднованиями; 3. приготовления к празднику; 4. праздновать День Победы; 5. получать подарки; 6. праздновать каждый год в разное время; 7. продлевать праздники; 8. хорошо проводить время; 9. повод для большой вечеринки; 10. в честь кого-либо.

**Exercise 5. Decide whether the following statements are true or false.**

1. Holiday is a day on which ordinary business is suspended in commemoration of some event or in honor of some person. 2. On holidays people always get one day off. 3. The most popular holiday in Russia is Christmas. 4. Russia's newest holiday is Independence Day. 5. Easter in Russia is celebrated on a different date each year.

**Exercise 6. Answer the following questions.**

1. What is a holiday? 2. What types of holidays do you know? 3. What is a distinctive feature of Russian holidays? 4. Why is the New Year celebrated twice in Russia? 5. What is the most important holiday according to the Julian calendar? 6. Which holiday used to be celebrated with huge parades? 7. What holiday replaced Revolution Day? 8. What holiday is movable? 9. When do Russian people celebrate Victory Day? 10. Do people work during holidays?

**Exercise 7. Give a short summary of the text.**

**Exercise 8. Now read and translate the text on public and bank holidays in the United Kingdom. Use the dictionary when necessary.**

**PUBLIC AND BANK HOLIDAYS IN THE UNITED KINGDOM**

Public holidays in the United Kingdom are the public holidays observed in some or all of the countries of the United Kingdom. Most businesses and non-essential services are closed on public holidays, although an increasing number of retail businesses (especially the larger ones) do open on some of the public holidays.

Although there is no statutory right for workers to take paid leave on public holidays, where paid leave is given (either because the business is closed or for other reasons), the public holiday can count towards the minimum statutory holiday entitlement.

In England, Wales and Northern Ireland, public holidays are commonly referred to as bank holidays, and the two terms are often used interchangeably, although strictly and legally there is a difference.

Bank holidays are holidays when banks and many other businesses are closed for

the day. Public holidays are holidays which have been observed through custom and practice.

The latter are often referred to as “Common law holidays”.

Bank holidays may be declared in two ways: by statute (Statutory holidays) – holidays specifically listed in the Banking and Financial Dealings Act 1971; by Royal proclamation – this has been used for annual bank holidays created since 1971, and is also used to move a bank holiday in a given year, and to create extra one-off bank holidays for special occasions.

Days referred to as holidays in other places but which do not involve formally decreed time away from work especially for that day, such as St. Valentine’s Day and Mother’s Day, are not described as holidays in Australia or the UK.

The number of bank holidays in the UK is relatively small compared to the number in many other European countries (only 8). Most happen on a Monday.

Christmas Day (on the 25<sup>th</sup> of December) is a day when families decorate their houses with brightly coloured paper or holly, and usually have a Christmas tree.

Boxing Day is traditionally a day following Christmas when people visit friends and relatives or watch one of the many sporting events and wealthy people would give a box containing a gift to their servants. Today, Boxing Day is better known as a bank or public holiday that occurs on December 26<sup>th</sup>, or the first or second weekday after Christmas Day, depending on national or regional laws. It is observed in the United Kingdom, Australia, Canada, New Zealand, and some other Commonwealth nations.

Good Friday commemorates the crucifixion of Jesus Christ (the Friday before Easter Sunday, when bakers sell hot cross buns, which are toasted and eaten with butter), Easter is the first Sunday following the full Moon after March 21<sup>st</sup>.

Halloween (on 31<sup>st</sup> October) is thought to be the one night of the year when ghosts, witches, and fairies are especially active. People dress up in strange costumes and pretend they are witches, cut horrible faces in pumpkins and put a candle inside.

There are also some smaller and less known holidays in Great Britain.

**Exercise 9. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |                  |   |
|------------------|---|
| 1. to decorate   | a) a present;   |
| 2. a day off     | b) something that takes place; an occurrence;                   |
| 3. annual        | c) well supplied;   |
| 4. a preparation | d) a day free from work that one may spend at leisure;          |
| 5. to pretend    | e) to go to see or spend time at a place with a certain intent; |

- |             |  |
|-------------|--|
| 6. to occur | f) to give a false appearance of; feign;                               |
| 7. an event | g) to furnish, provide, or adorn with something ornamental; embellish; |
| 8. a gift   | h) occurring or happening every year or once a year;                   |
| 9. to visit | i) the action or process of making something ready for some occasion;  |
| 10. wealthy | j) to take place.  |

**Exercise 10. Choose the right answer.**

1. When are Bank holidays usually celebrated?
  - a) on Sundays;
  - b) on Mondays;
  - c) on weekends;
  - d) on weekdays.
2. When does the Good Friday take place?
  - a) the first Friday following the full Moon in each year;
  - b) on 31<sup>st</sup> of October;
  - c) the Friday before Easter Sunday;
  - d) the first Friday after 26<sup>th</sup> of December.
3. How do people celebrate Halloween?
  - a) people celebrate this holiday at home with the family;
  - b) people dress up in strange costumes;
  - c) people try to make a trip;
  - d) people cook the pumpkins.
4. What holiday is celebrated twice a year in Russia?
  - a) Christmas;
  - b) Easter;
  - c) the New Year;
  - d) Victory Day.
5. How often do we celebrate the holidays?
  - a) several times a year;
  - b) twice a week;
  - c) three times in each year;
  - d) as often as we want.
6. What holiday is accompanied by receiving lots of flowers?
  - a) Boxing Day;
  - b) St. Valentine's Day;
  - c) The New Year;
  - d) Women's Day.
7. What does Good Friday commemorate?
  - a) the crucifixion of Jesus Christ;
  - b) the resurrection of Jesus Christ;
  - c) ghosts, witches;
  - d) the millions fallen in World War II.
8. Which type of holidays are Easter and Christmas?
  - a) public holiday;
  - b) international holiday;
  - c) religious holiday;
  - d) unofficial holiday.

9. How do we call the holiday when British people usually have a fir-tree?  
 a) Boxing day;      b) Christmas Day;      c) Good Friday;      d) Easter.
10. When was Spring and Labour celebrated for the first time?  
 a) 1886;      b) 1890;      c) 1991;      d) 1997.

## COMPREHENSION

**Exercise 11. Fill in the gaps using the words given below, and translate the sentences into Russian.**

official	commemorates	celebrate	receive
in honour	invitations	observed	events
participants	eve	decorations	days off

1. Nowadays Pancake Day is consistently ... throughout Britain. 2. The ... that led to the war were complex and numerous. 3. Parade ... include veterans and armed forces, members of civic organizations and school children. 4. When you ... a gift from someone you love, it is important to appreciate whatever it may be. 5. Despite the fact that to foreigners Russians seem to celebrate something all the time, there are only nine ... holidays in the country. 6. We always ... our wedding anniversary by going out for dinner. 7. On Victory day Russia ... the dozens of millions of its countrymen fallen in World War II. 8. In every home there is a fir-tree glittering with coloured lights and .... 9. In 1698 a number of Londoners received ... to see the lions washed in the Thames. 10. The party was held ... of Vivienne Westwood, who doyen of British fashion. 11. This month we have a lot of ... . 12. It was the ... of a holiday, and everyone was hurrying home to start preparations.

**Exercise 12. a) Match the verbs on the left with the nouns on the right.**

- |                    |   |
|--------------------|---|
| 1. to visit        | a) strange costumes;                      |
| 2. to decorate     | b) festivities;                           |
| 3. to dress up in  | c) friends and relatives;                 |
| 4. to congratulate | d) flowers and gifts;                     |
| 5. to prepare for  | e) friends to your place;                 |
| 6. to recognize    | f) someone's face;                        |
| 7. to receive      | g) with brightly coloured paper or holly; |
| 8. to take part in | h) my husband;                            |
| 9. to invite       | i) long;                                  |
| 10. to last        | j) my friend's birthday.                  |

**b) In the sentences below replace the Russian expressions with the phrases you have got. Use these expressions in the necessary form.**

1. Before our father's arrival mother prepared a dinner and we (украшили елку разноцветными игрушками и бумагой). 2. One of the most unusual holidays in Britain is Halloween. People cut horrible faces of pumpkins and (наряжаются в странные костюмы). 3. Holiday is a great reason to have a great time and (навестить друзей и родственников). 4. The International Women's Day is a holiday when women (получают цветы и подарки). 5. On my birthday my old friend came to congratulate me. We hadn't seen for ages and I hardly (узнала ее). 6. In Russia New Year (долго длится). 7. I (поздравила своего мужа) with our fourth wedding anniversary. 8. I decided to arrange a party and (пригласил друзей к себе). 9. Yesterday I wasn't able to help my mother about the house because I (готовилась к дню рождения моей подруги). 10. On the Victory Day thousands of people come to see parades and (принять участие в празднованиях).

**Exercise 13. Choose the most suitable word in each sentence.**

1. On the New Year people in Russia usually get a lot of *days off/weekends*. 2. Holidays are often accompanied by *festivities/commemorations*. 3. On *national/religious* holidays people usually don't get days off. 4. Generally, people *spend/have* a good time visiting their relatives and friends or relaxing. 5. I didn't *recognize/realize* Diane at the party. 6. On the 8<sup>th</sup> of March women *send/receive* a lot of beautiful flowers. 7. On holidays people usually *make/take* photos to capture these memorable days. 8. On Christmas Eve all members of our family *decorate/celebrate* Christmas tree. 9. I always *make/do* a cake for my birthday. 10. *Invitations/preparations* for the holiday took a lot of time.

## **WRITING AND COMMUNICATION**

**Exercise 14. Write an essay on one of the given topics.**

1. My favourite holiday.
2. The most popular British holiday.
3. The most popular Russian holiday.

**Exercise 15. Translate the following sentences from Russian into English.**

1. Новый Год – мой самый любимый праздник, потому что я получаю много

подарков и прекрасно провожу время со своей семьей. 2. Как долго ты обычно готовишься к празднованию Нового Года? 3. Тысячи ветеранов примут участие в празднованиях, посвященных победе в Великой Отечественной Войне. 4. И Россия, и Англия богаты традициями, в истории каждой страны много важных событий. 5. Приглашения на нашу свадьбу были разосланы заранее. 6. Приготовления к Новому Году – это важное событие в нашей семье. Мама делает необходимые покупки и готовит праздничный ужин. Папа приносит домой елку, а мы украшаем ее. Когда часы бьют 12, мы поздравляем наших друзей и родственников. 7. В России много праздников, когда люди по всей стране не работают и проводят торжественные мероприятия. 8. Мэри была наряжена в костюм лисы, но я узнала ее. 9. Ежегодное шоу цветов – сказочное зрелище. 10. В прошлом году празднование Дня победы сопровождалось тремя выходными.

## **PROJECT WORK**

Public holidays are known to all people. But there are many professional holidays which are less known. Make a presentation about your professional holiday.

## UNIT 9. TELEVISION

### WARM UP

**Exercise 1. Read and translate the following words and word combinations. Learn them by heart.**

Award; leisure pastime; documentary; to advert; recent; circumstance; soap opera; give an opportunity; cable/ satellite TV; BBC.

**Exercise 2. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart.**

- |                        |   |
|------------------------|---|
| 1. relatively          | a) передовой, превосходящий других;             |
| 2. to depict           | b) отражение;                                   |
| 3. ordinary            | c) передавать по радио или телевидению, вещать; |
| 4. to allow            | d) жестокость, насилие;                         |
| 5. fee-paying          | e) быть обеспокоенным чем-либо;                 |
| 6. to be worried about | f) платный, за определенную плату;              |
| 7. violence            | g) позволять;                                   |
| 8. to broadcast        | h) обычный, простой;                            |
| 9. reflection          | i) описывать, изображать;                       |
| 10. foremost           | j) относительно, сравнительно                   |

### READING

**Exercise 3. Read and translate the text on British Television. Use the dictionary when necessary.**

#### BRITISH TELEVISION

It goes without saying that television plays a very important part in people's life. It is a reflection of the modern world. It gives you an opportunity to travel all over the world, to see different people and learn about their customs and traditions. Television keeps you informed about the rest of the world. And of course, it helps to escape from everyday problems.

Television viewing is one of the most popular leisure pastimes. In Britain over 99 per cent of households have a colour television set. The British also call it "watching the box" or "the telly". The average viewing time per person is over 26 hours a week.

Britain is one of the world's foremost exporters of TV productions, which continue to win large numbers of international awards, especially for documentaries, nature programmes and drama serials.

There are four TV channels in Britain: BBC1, BBC2, ITV and Channel 4. BBC1 and BBC2, the two state channels, do not show adverts. ITV and Channel 4, the two independent channels, do show adverts. They get most of their money from advertising. Advertisements are shown every 15-30 minutes.

BBC 1 and ITV tend to broadcast popular programmes. They specialize in general interest programmes, sports programmes, recent films, current affairs, game shows, children's programmes and soaps. Soaps are broadcast either three or four times a week and each episode lasts about half an hour. The most popular soaps are *Coronation Street*, which is set in a working-class area near Manchester, and *East Enders*, which is set in a working-class area of London. They depict ordinary lives in relatively ordinary circumstances. So the viewers can see themselves and other people they know in the characters and in the things that happen to these characters.

The two Australian soaps, *Neighbours* and *Home and Away*, are shown five days a week and children watch them when they come in from school. They are the favourite programmes of both 12- and 15-year-olds.

BBC2 and Channel 4 show programmes that usually attract much smaller audiences: TV plays, classical concerts, foreign films, travel and educational programmes. BBC2 is used by the Open University to broadcast educational programmes. These programmes are shown early in the morning or late at night and they allow many thousands of students to study at home.

These are the channels, which all viewers in the country receive. British people can also connect to cable or satellite TV. These channels are fee-paying, and so only about a fifth of households receive satellite and/or cable TV.

In general, British people think that the programmes shown on British TV are of a very high standard. However, many people are worried about the amount of violence on TV, and the effect this may have on young people.

**Exercise 4. Consult the text and find English equivalents to the word combinations.**

1. обычай; 2. привлекать; 3. герой; 4. средний; 5. позволять учиться дома; 6. подключить кабельное ТВ; 7. держать кого-либо в курсе; 8. отключаться, уходить от реальности; 9. международный; 10. серия.

**Exercise 5. Decide whether the following statements are true or false.**

1. The average viewing time per family is over 26 hours a week. 2. There are two state channels: BBC1 and BBC2. 3. Advertisements are shown on all channels every



15-30 minutes. 4. British people can connect to free cable or satellite TV. 5. The programmes shown on British TV are of a very high standard.

**Exercise 6. Answer the following questions.**

1. How many channels are there in Britain? What are they? 2. What is the average viewing time per person in Great Britain? 3. What kinds of programmes do the British channels offer? 4. What do BBC1 and ITV tend to broadcast? 5. Do the British channels show adverts? 6. Do the British watch soaps? 7. What are the most popular soaps in Britain? 8. Can British people connect to cable or satellite TV? 9. What do the British think about their TV? 10. How do the British also call a television set?

**Exercise 7. Give a short summary of the text.**

**Exercise 8. Now read and translate the text on Russian television. Use the dictionary when necessary.**

### **RUSSIAN TELEVISION**

In the last quarter of the 20<sup>th</sup> century TV became probably the most important media for the Russian people, combining news, entertainment, and sometimes education. People learn the news from TV, watch movies, music concerts, and shows. TV viewers away from big cities see things on TV that they cannot see anywhere else. That means TV becomes both a friend and a companion to them and a window into the world.

Russian television has over 10 channels which show all kinds of programmes: news and sports programmes, talk shows and quizzes, documentaries and feature films, soaps and police series, comedies and concerts. The main channels on Russian television are Pervyi (The First), Rossia (Russia), TVCentre and NTV. They offer TV viewers a variety of programmes; news and current affairs programmes, documentaries and feature films, soap operas and police series, game and talk shows, sports and children's programmes. There's also an official channel of Moscow government and a very nice government channel called "Kultura" – "Culture" that is intended to promote education and culture into masses.

The most popular entertainment channels are STS, TNT and RenTV. STS is a mixture of cartoons and children's programmes, serials and feature films. TNT and RenTV also combine cartoons, soaps and feature films, but they show a lot of comedy shows and sports programmes too. There are two specialized channels: MuzTV, which specializes in music, and 7TV, which appeals to the interests of sport-lovers.

Thanks to satellites, TV viewers in Russia can increase their options and watch TV from different countries. Conventional television has to struggle to retain its audience, as people switch over to cable viewing, satellite TV or renting DVDs.

Unfortunately, in contrast to British television, all channels in Russia show adverts. Advertising messages are usually included into films and serials, and people don't like them very much because they find ads silly and boring. More than that, they find it very annoying when a film stops at the most interesting moment. That is because television companies get most of their money from advertising.

Some people say that television is a terrible waste of time. Of course, there are TV addicts who watch TV for hours without choosing programmes. They spend time in front of television which they could spend talking to their friends and family. If you watch TV too much, your brain slips into the passive state and you forget about your duties. On the contrary, if you watch TV for an hour a day, to find out what is happening in the world or to relax, then television is really useful.

Although Russian radio and television services are more serious than in the West, Russian television has changed along with the rest of the world; and many viewers, especially those of the older generation, complain that there is too much violence on TV. Before the 1990s most programmes were educational, but nowadays Russian TV has got many different soap operas and police series. But people want more than entertainment. They want up-to-date and accurate information, and TV is quick to accept the challenge.

**Exercise 9. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |                     |  |
|---------------------|--|
| 1. an entertainment | a) to contend, battle or fight;  |
| 2. a quiz           | b) following the accepted customs and proprieties, especially in a way that lacks originality;   |
| 3. a cartoon        | c) causing irritation or displeasure;  |
| 4. to intend        | d) lacking in good sense, absurd;  |
| 5. to offer         | e) the act or art of providing amusement for a person or audience;   |
| 6. an addict        | f) an amusement in which the general or specific knowledge of the players is tested by a series of questions, especially as a radio or TV programme; |
| 7. to struggle      | g) a sequence of drawings in a newspaper, magazine, etc., relating a comic or adventurous situation;   |

8. annoying                    h) to design or destine (for a certain purpose, person, etc.);  
 9. conventional                i) to present, to provide or make accessible;  
 10. silly                         j) a person who becomes dependent.

**Exercise 10. Choose the right answer.**

1. Russian conventional television has:
 

a) over 10 channels;	b) over 100 channels;
c) over 20 channels;	d) over 200 channels.
2. A government channel “Culture” promotes:
 

a) entertainment;	b) police series, sports and talk shows;
c) education;	d) thrillers.
- 3) Conventional television has to struggle:
 

a) for adverts;	b) for viewers;
c) for information;	d) for channels.
- 4) Television companies get most of their money:
 

a) from audience;	b) from other TV companies;
c) from children;	d) from advertising.
- 5) Television is really useful if:
 

a) you watch TV for 1 hour a month;	b) you watch TV for 7 hours a week;
c) you watch TV for 1 hour a week;	d) you watch TV for 7 hours a month.
6. Many viewers think that adverts are:
 

a) boring and stupid;	b) interesting and funny;
c) amusing and silly;	d) stupid and funny.
7. TV addicts are those who:
  - a) watch TV as others;
  - b) don't watch TV at all;
  - c) watch TV too much without choosing programmes;
  - d) don't watch TV much.
8. What are the main channels on Russian television?
 

a) Pervyi, NTV, MuzTV, RenTV;	b) Pervyi, Rossia, RenTV, STS;
c) Pervyi, Rossia, TNT, STS;	d) Pervyi, Rossia, NTV, TVCentre.
9. What are the most popular entertainment channels?
 

a) STS, NTV, 7TV;	b) STS, “Kultura”, NTV;
c) STS, TNT, RenTV;	d) STS, 7TV, Pervyi.
10. What does TV become to viewers away from big cities?
 

a) an enemy and a door into the world;	b) a friend and a window into the world;
--	--

- c) an enemy and a window into the world;    d) a friend and a door into the world.

## COMPREHENSION

**Exercise 11. Fill in the gaps using the words given below, and translate the sentences into Russian.**

is (not) allowed	depict	households	paying
include	entertainment	to broadcast	attracts
features	advertisers	soap opera	recent

1. High-powered radio-frequency transmitters are used ... the television signal to individual TV receivers. 2. The BBC always ... the lion's share of the audience. 3. In ... years Internet television has seen the rise of television available by means of the Internet. 4. A variant version of reality shows ... celebrities doing activities such as going about their everyday life or doing manual labor. 5. Television genres ... a broad range of programming types that entertain, inform, and educate viewers. 6. The most expensive ... genres to produce are usually drama and dramatic miniseries. 7. Talk shows ... interviews with film, television and music celebrities and public figures. 8. Many television networks and stations sell blocks of broadcast time to ... in order to fund their programming. 9. There are some other variants of the drama genre, such as medical dramas and daytime ... . 10. The BBC, being strictly non-commercial ... to show advertisements on television in the UK. 11. Only the ... subscribers have access to the decryption codes to watch pay television or specialty channels. 12. The BBC carries no television advertising on its UK channels and is funded by an annual television license paid by all ... owning a television.

**Exercise 12. Match the verbs on the left with the nouns on the right. Make up sentences with the phrases you've got.**

- |                  |                                 |
|------------------|---------------------------------|
| 1. to give       | a) the challenge;               |
| 2. to specialize | b) of much violence;            |
| 3. to depict     | c) advertises silly and boring; |
| 4. to promote    | d) into the passive state;      |
| 5. to appeal     | e) someone's options;           |
| 6. to increase   | f) to the interests of viewers; |
| 7. to slip       | g) education and culture;       |
| 8. to find       | h) ordinary lives;              |
| 9. to complain   | i) in general programmes;       |

10. to accept

j) an opportunity.

**Exercise 13. Choose the most suitable word in each sentence.**

1. Her paintings *depict/describe* the lives of ordinary people in the last century. 2. Readers of the magazine said they wanted more stories about *ordinary/normal* people and fewer stories about the rich and famous. 3. Advertising companies are always having to think up new ways to *promote/buy* products. 4. Do you think Dad will *allow/suggest* you to go to Jamie's party? 5. Fish *struggle/fight* for survival when the water level drops in the lake. 6. Incidents of armed robbery have *grown up/increased* over the last few years. 7. It's really *boring/annoying* when a train is late and there's no explanation. 8. This is one of the country's *worst/foremost* arts centres. 9. She organizes her financial *affairs/work* very efficiently. 10. It's a programme designed to *address/appeal* mainly to 16 to 25 year-olds.

**WRITING AND COMMUNICATION**

**Exercise 14. Write an essay on the given topics and retell it.**

1. British television.
2. Russian television.
3. Advantages and disadvantages of watching TV.

**Exercise 15. Translate the following sentences from Russian into English.**

1. Она проиграла битву за сохранение контроля над компанией. 2. Цена включает в себя завтрак, обед и ужин. 3. Зрители считают рекламу глупой и скучной. 4. Его роман – это точное отражение жизни в послевоенной Испании. 5. В России много телезависимых людей, которые часами смотрят телевизор. 6. Жизнь обычных людей изображена в различных сериалах. 7. Два государственных канала привлекают аудиторию разного возраста. 8. Взрослых беспокоит большое количество насилия на телевидении. 9. Кабельное и спутниковое телевидение платные, поэтому не все подключают эти каналы. 10. Канал «Культура» продвигает образование и культуру в массы.

**PROJECT WORK**

Once television was the main source of entertainment. It has become less popular recently. Do you watch TV? What is your favourite program?

## Unit 10. CINEMA

### WARM UP

**Exercise 1. Read and translate the following words and word combinations. Learn them by heart.**

A motion picture; an entertaining film; a comedian; a special effect; to go to the cinema; a script; to photograph; a film-maker; a studio; a set designer.

**Exercise 2. Match the English words on the left with their Russian equivalents on the right. Learn the words by heart.**

- |                          |                                    |
|--------------------------|------------------------------------|
| 1. a social issue        | a) смотреть комедию                |
| 2. a plot of the picture | b) успех у критиков                |
| 3. to require the skills | c) сюжет кинофильма (картины)      |
| 4. to guide              | d) простой трюк                    |
| 5. a hard working person | e) руководить                      |
| 6. a critical success    | f) социальный вопрос               |
| 7. to approve            | g) утверждать, одобрять            |
| 8. a cast                | h) требовать навык (опыт)          |
| 9. to watch a comedy     | i) распределение ролей             |
| 10. a simple trick       | j) усердный (трудолюбивый) человек |

### READING

**Exercise 3. Read and translate the text about film-making process. Use the dictionary when necessary.**

#### HOW TO MAKE A MOVIE

Motion picture (cinema) is one of the most popular forms of art in the world. Actually motion pictures are the main source of information. Movies can introduce some ideas, they can take us to the history, they can also help us to solve problems, they can help us to recreate events of great importance – that is why films are very powerful and popular. And of course movies can also help to explore the social issues. Everyone knows that films help us to relax, they help us to escape from cares and from boring everyday routine. While watching an entertaining film you can find yourself in a different and exciting world. If you want to be in a good mood you should watch a comedy and laugh at a popular comedian. During watching a film you are able to visit such places which you could never afford to visit in your real life. That is the reasons why motion pictures have become a powerful money-making

industry.

Many films cost millions of dollars, directors and producers try to make their films more popular and exciting by hiring great actors and actresses.

What makes a film more exciting and popular? Of course, special effects, actors and the plot of the picture. The first special effect was created in 1895 by Alfred Clark in *The Execution of Mary, Queen of Scots*. It was a simple trick: the camera was stopped and the actress replaced with a doll. In Europe special effects were developed by a French film-maker Georges Melies, a professional magician by trade. Between 1896 - 1913 he produced, directed and acted in more than 500 films!

To choose a good actor (maybe a star) is a very important turn to make a good film. Everyone wants to see a star in a film. Many of people go to the cinema to see the film with their favourite actor. A famous star could make any film a certain success. So the studios went to great lengths to make their actors into stars. And the third thing which makes a film a success is a good scenario or script. To write a good scenario is a very hard work, you should be talented and a hard working person to do this job. And if these three factors are well made the film would be great. Hundreds and even millions of people will visit cinema to see it. Many CDs will be bought.

As everyone knows making a film requires the skills of people in hundreds of different occupations. The most important of these occupations are: the producer, the director, the writer, the actors and actresses, set designer, editor, composer. The director guides the performance of the actors and the actresses. He also decides how each scene should be photographed. The director retains a responsibility for the quality of the whole picture.

It is a well-known fact that some films are built around a star. Sometimes the critical of financial success depends on the actors. If the cast isn't good the movie may be ruined even if the script and the director are good. That is why all producers of the world try to hire a good cast to be a success then. Filming begins after the script has been approved, the casting completed, the costumes are designed and the location selected. And if all the factors are well made the film would be a success and all the members of its staff will earn a lot of money.

**Exercise 4. Consult the text and find English equivalents to the word combinations.**

1. сбежать от забот; 2. быть в хорошем настроении; 3. прибыльное (выгодное) предприятие; 4. нанимать известных актеров и актрис; 5. играть в фильме; 6. добиться успеха; 7. идти на всё, не останавливаться ни перед чем; 8. нести

ответственность; 9. заработать много денег; 10. делать эскизы костюмов.

**Exercise 5. Decide whether the following statements are true or false.**

1. The director is responsible for the quality of the whole picture. 2. If the script and the director are good so the movie will be successful. 3. The critical of financial success always depends on the director. 4. To make a movie requires many people of different occupations. 5. If you want to be in a good mood you should watch a popular-science film.

**Exercise 6. Answer the following questions.**

1. When would the film be great? 2. Why are films powerful and popular? 3. How do directors and producers make their films more popular? 4. When was the first special effect created? 5. Who developed special effects in Europe? 6. What personality traits should one have to write a good script? 7. What occupation are the most important for film-making? 8. When does film-making begin? 9. Who is responsible for the quality of the whole picture? 10. Who was Georges Melies? How is this name connected with motion picture?

**Exercise 7. Give a short summary of the text.**

**Exercise 8. Now read and translate the text about the main film-festivals and awards. Use the dictionary when necessary.**

**INTERNATIONAL MOVIE-REWARDS**

There are a lot of groups, organizations and festivals that recognize achievements in cinema, usually by awarding various prizes. The awards sometimes also have popular unofficial names (such as the *Oscar* for Hollywood's Academy Awards), which are mentioned if applicable. Many awards are simply identified by the name of the group presenting the award.

Awards have been divided into three major categories: critics' awards, voted on (usually annually) by a group of critics; festival awards, awards presented to the best film shown in a particular film festival; and industry awards, which are selected by professionals working in some branch of the movie industry.

The *Oscar* is the most prestigious honor in film industry. Awarded annually to those involved with the best productions of the previous calendar year, the Oscars is one of the most widely watched award ceremonies in the world. The American Academy of Motion Picture Arts and Sciences organizes the show and the banquet



and red-carpet event preceding the ceremony. The first Oscar Awards were given out on May 16, 1929. There is no fixed date for the Oscars, which are awarded at the end of February or during March. The ceremony features top musicians and actors.

The *British Academy Film Awards* are presented in an annual award show hosted by the British Academy of Film and Television Arts (BAFTA). It is often considered to be the British counterpart of the Academy Awards. As of 2008, it has taken place in Central London at the Royal Opera House, the latter having taken over from the flagship Odeon cinema on Leicester Square. The ceremony used to take place in April or May, but from 2002 onwards it takes place in February in order to precede the Oscars. The awards are mostly open to all nationalities, though there is an award for Outstanding British Film and Outstanding Debut by a British Writer, Producer or Director. The Awards ceremony is broadcast on a slight delay on British television the same evening, and across the world.

The *Nika Award* is the main annual national film award in Russia, held by the Russian Academy of Cinema Arts and Sciences which was established in 1987 in Moscow by Yuli Gusman. At first the awards were judged by all the members of the Union of Filmmakers. The Nika Awards ceremony is broadcast annually and attracts huge publicity across Russia and the Commonwealth of Independent States.

*Cannes International Film Festival* is an annual film festival held in Cannes, France, which previews new films of all genres, including documentaries, from around the world. Founded in 1946, it is one of the most prestigious and publicised film festivals in the world. The 2013 Cannes Film Festival took place between 15 May – 26 May 2013. The President of the Jury was American film director Steven Spielberg. The festival has become an important showcase for European films. Additionally, given massive media exposure, the non-public festival is attended by many movie stars and is a popular venue for film producers to launch their new films and attempt to sell their works to the distributors who come from all over the globe.

The *Golden Globe Award* is an American accolade bestowed by the 93 members of the Hollywood Foreign Press Association (HFPA) recognizing excellence in film and television, both domestic and foreign. The annual formal ceremony and dinner at which the awards are presented is a major part of the film industry's awards season, which culminates each year with the Academy Awards. The 1<sup>st</sup> Golden Globe Awards were held in January 1944 at the 20<sup>th</sup> Century-Fox studios in Los Angeles. The broadcast of the Golden Globe Awards, telecast to 167 countries worldwide, generally ranks as the third most-watched awards show each year, behind only the Oscars Awards.

**Exercise 9. Match each definition with the correct word. Translate the words into Russian and learn them by heart.**

- |                    |   |
|--------------------|---|
| 1. a member        | a) a formal act or set of acts performed as prescribed by ritual or custom            |
| 2. previous        | b) something that has been accomplished, especially by hard work, ability, or heroism |
| 3. to launch       | c) to go or be before (someone or something) in time, place, rank, etc.               |
| 4. a ceremony      | d) existing or coming before something else in time or position; prior                |
| 5. to judge        | e) to transmit a radio or television program for public or general use.               |
| 6. foreign         | f) to pass sentence on; condemn   |
| 7. to precede      | g) one that belongs to a group or an organization                                     |
| 8. exposure        | h) appearance in public or in the mass media  |
| 9. to broadcast    | i) conducted or involved with other nations or governments; not domestic              |
| 10. an achievement | j) to introduce to the public or to a market  |

**Exercise 10. Choose the right answer.**

- When does the Oscars take place?  
a) in April or May;                      b) on May 16;  
c) There is no fixed date;              d) between 15 May – 26 May.
- Where is the British Academy Film Awards show broadcast?  
a) across the world;      b) in the UK;      c) in the USA;      d) in Europe.
- When were the 1st Golden Globe Awards held?  
a) on 26 May 2013;      b) in 1946;      c) in 1987;      d) in January 1944.
- How many major categories do awards fall into?  
a) eight;                      b) twenty one;      c) three;              d) five.
- What awards ceremony precedes the Oscar?  
a) the Golden Globe Award;              b) the Cannes International Film Festival;  
c) the British Academy Film Awards;      d) the Nika Award.
- What is BAFTA?  
a) British Annual Festival for Television Arts;  
b) British Academy of Film and Television Arts;

- c) Big Academy Film and Television Association;  
 d) Broadcast Association For Training of Actors.
7. When was the first Oscar Award given?  
 a) in 1929;                    b) 2002;                    c) in 2008;                    d) 1987.
8. What annual Film Award is the main in Russia?  
 a) the Cannes International Film Festival;                    b) the Golden Globe Award;  
 c) the British Academy Film Awards;                    d) the Nika Award.
9. How are the Film Awards named?  
 a) after the name of the group presenting the award;  
 b) after the name of the person presenting the award;  
 c) after the name of the place where the award takes place;  
 d) it's random choice.
10. Who established the Russian Academy of Cinema Arts and Sciences?  
 a) Steven Spielberg;                    b) Yuli Gusman;  
 c) British Writer;                    d) Odeon cinema.

## COMPREHENSION

**Exercise 11. Fill in the gaps using the words given below, and translate the sentences into Russian.**

judge	ceremony	filmmakers	special effects
actor	launched	previous	occupation
script	broadcast	exposure	money-making

1. The Japanese tea ... was seemed to me strange but very beautiful.
2. You are so artistic. You could be an actress in ... life!
3. A ... is one capable of making rational, dispassionate, and wise decisions.
4. He is an actor with much recent ... in television.
5. This organization ... the new perfume with prime-time commercials on the major networks
6. The Oscar Award Ceremony is widely ... .
7. The motion-pictures, as a part of show business, have become a powerful ... industry.
8. Many people visit the cinema just to see their favourite ... .
9. Where does he work now? What is his ... ?
10. Steven Spielberg is one of the most successful ... of today.
11. The film used many ... to attract more spectators.
12. It's not so easy to write a good ... .

**Exercise 12. a) Match the verbs on the left with the nouns on the right.**

- |                 |                        |
|-----------------|------------------------|
| 1. to broadcast | a) cinemas             |
| 2. to use       | b) a star              |
| 3. to watch     | c) with a slight delay |

- |                 |                            |
|-----------------|----------------------------|
| 4. to visit     | d) the award ceremony      |
| 5. to see       | e) the location            |
| 6. to introduce | f) the actress into star   |
| 7. to require   | g) lots of special effects |
| 8. to do        | h) some new ideas          |
| 9. to make      | i) this job                |
| 10. to select   | j) skills                  |

**b) In the sentences below replace the Russian expressions with the phrases you have got. Use these expressions in the necessary form.**

1. Modern film-makers try to (использовать много спецэффектов) in order to make a movie more exiting. 2. From the very beginning intellectual classes didn't think cinema was a kind of art, but now everyone (ходят в кино). 3. The TV-channels (транслируют) the Film Awards Ceremonies (с небольшой задержкой) to escape from technical problems. 4. We were lucky in his coming because he (предложил несколько новых идей). 5. Most of fans want (увидеть звезду) both in a movie and in the real life. 6. To do certain thing professionally you (требуются) definite professional (навыки). 7. Do you know who was awarded? – Yes, we (смотрели церемонию награждения) very attentively. 8. Only hard-working person could (сделать эту работу). The last blockbuster (сделал звезд из актрис). 10. We (выбрали место) for making a film: it will be an ancient castle.

**Exercise 13. Choose the most suitable word in each sentence.**

1. Prestigious SABRE award *ceremony/show* was held in Prague this year. 2. Who *retains/carries* a responsibility for their unlawful actions? 3. The first special effect was simple: the actress was *located/replaced* with a doll. 4. You should talk to her only when if she would be in a *good/kind* mood. 5. The *producer/director* decides how each scene should be photographed. 6. If the *script/cast* isn't good the movie may be ruined even in the case when the scenario and the director are good. 7. To trace changes from the last year we need to study the data of the *previous/further* period. 8. I don't know the rules so I can't be a *director/judge* in your game. 9. The parcel was received with a *slight/small* delay. 10. Each had reacted in his own way to the *publicity/public* of the past week.

## **WRITING AND COMMUNICATION**

**Exercise 14. Write an essay on the given topics and retell it.**

1. How to make a film.
2. Main film-festivals and international movie-rewards.
3. My favourite film.

**Exercise 15. Translate the following sentences from Russian into English.**

1. Каждый человек хочет сам добиться успеха. 2. Действиям предшествуют размышления о них и планирование. 3. Ты знаешь, кто первый начал использовать спецэффекты в кино? 4. Ты собираешься сходить в кино, чтоб посмотреть новую комедию? 5. Я не помню сейчас его фамилию, но этот известный композитор снова был награжден. 6. Что делает фильм популярным? 7. Успех фильма зависит, в первую очередь, от актеров. 8. Кино является одним из самых доступных видов развлечения. 9. Обычно церемония награждения проходит в Москве, но в этом году ее перенесли в Петербург. 10. Речь Анны на церемонии награждения произвела много шума.

**PROJECT WORK**

Do you like going to the cinema? How often do you go there? Choose your favourite film and make the sound track for your favourite episode.

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