

1. Виконати всі вправи на сторінці 96

Multiple choice

EXAM TASK

2b Read the text about eating sweets. Match the questions (4-5) with the correct answers (A, B, C or D) according to the text.

THE TRUTH ABOUT CHOCOLATE

SO, YOU THINK CHOCOLATE IS BAD FOR YOU? People have been telling you all your life how fattening it is, how much damage it does to your teeth and how the caffeine it contains makes you nervous and irritable. But how much truth is there in these claims? Let's dispel a few of the myths about chocolate here and now.

Firstly, many teenagers are warned of chocolate because it is said to increase acne. Not true. We are also told that it is generally bad for our health and contributes to obesity and risk of heart attacks. Not completely true! Like many foods, if we eat it in moderation, we will come to no harm. However,

if we overindulge, then yes, chocolate will make us put on weight and trigger bad headaches. But there are benefits of eating chocolate too. The cocoa in chocolate might help us relax and feel happier, and it is proven to help keep our blood flowing well. In addition to this, dark chocolate is said to actually raise good cholesterol. And another branch of research reports that men who regularly eat chocolate live on average a year longer than those who don't!

Perhaps the most surprising scientific claim is that whereas most of us believe that chocolate is extremely addictive, this is not in fact true. It is apparently no more addictive than any other foods we enjoy. I, personally, might question that claim as the need to consume chocolate seems at times to me an illogical and uncontrollable urge. But I am happy to go along with the consensus of opinion. And isn't that all good news for the chocolate lovers amongst us?



4 Which of the following is mentioned in the text as a fact, not an opinion?

- A Eating chocolate helps us to live longer.
- B Eating chocolate is bad for our skin.
- C Eating chocolate helps our circulation.
- D Eating chocolate is addictive.

5 From texts in tasks 2a and 2b we learn that

- A chocolate can never be bad for us.
- B too much chocolate makes us fatter.
- C people disagree about the addictive nature of chocolate.
- D we should differentiate between different types of chocolate.

Fish for words

3 Complete the sentences with the correct words in the box.

cut benefits anticipation along myths  
creaky resist

- 1 There are some \_\_\_\_\_ of getting up early – you can go jogging before school for example.
- 2 I couldn't \_\_\_\_\_ the temptation to open my birthday present the day before my birthday!
- 3 It's impossible to be quiet in our house at night because of all the \_\_\_\_\_ floorboards.
- 4 My dad's got diabetes and he's had to \_\_\_\_\_ all sorts of sugary things out of his diet.
- 5 The \_\_\_\_\_ built as we waited for the rock band to come on stage.
- 6 Modern scientific research has dispelled a lot of \_\_\_\_\_ about what is healthy and unhealthy to eat.
- 7 Whatever you suggest, I'll go \_\_\_\_\_ with it.

4 What or who sometimes does the following?

- 1 growl
- 2 rumble
- 3 snore

