

OY \_\_\_\_\_

ID \_\_\_\_\_

### **Task 1. Listening**

*Listen to Jack talking to his friend Martin about music. For each question, choose the right answer (A, B or C). You will hear the conversation twice.*

1. What is the name of Martin's music teacher?

A Harry B Peter C Steve

2. Martin has music lessons on ...

A Tuesdays B Thursdays C Saturdays

3. How long does Martin practice at the weekend?

A 1 hour B 2 hours C 3 hours

4. Martin will start playing

A at 6:15 B at 7:00 C at 7:45

4. Where is the music festival?

A at the music school B in the park C in the shopping Centre

### **Task 2. Reading**

*Read the article about Jonathan and his friends. Then for sentences 1-7 choose the correct answer.*

#### Miracle at Sea

A group of friends went on holiday to the South of France. The weather was good, so the friends decided to rent a car and spend the day on the beach. Jonathan kept the car keys in his pocket. Hours passed and Jonathan forgot he had the car keys in his pocket. He went swimming, played beach volleyball and sunbathed.

It was getting dark so the friends decided to go home. Jonathan went to unlock the car door but he had lost the keys!

Swimming in the sea was a boy wearing a snorkel and a mask. Jonathan asked the boy to help him find his keys. The boy dived deep down to the bottom of the sea. A few seconds later the boy appeared holding Jonathan's car keys.

The friends were so happy and grateful for the boy's help that they bought him a big ice cream to say thank you.

1. Jonathan went on holiday with his family.

A Right B Wrong C Doesn't say

2. They travelled to France in Jonathan's car.

A Right B Wrong C Doesn't say

3. Jonathan lost his keys in the swimming pool.

A Right B Wrong C Doesn't say

4. The boy went to the bottom of the sea to find the keys.

A Right B Wrong C Doesn't say

5. The boy found the keys on the surface of the sea.

A Right B Wrong C Doesn't say

6. Jonathan's friends were angry with him for losing the keys.

A Right B Wrong C Doesn't say

7. The friends bought the boy an ice cream to say thank you.

A Right B Wrong C Doesn't say

### **Task 3. Use of English**

#### **Part 1**

*Rearrange the letters to find the words. The first letter is given to help you.*

Dylan was really (1) **n**..... (rneovsu) when he moved from his (2) **p** ..... (ypimrra) school to his (3) **s**..... (ceoydnasr) school. It was a big school with lots of (4) **p**..... (upspli). On the first day, he felt (5) **l**..... (eolnyl) and scared. He didn't know his new (6) **c**..... (scalesasmt), and didn't know the school (7) **r**.....(slrue) either. He felt strange wearing a school (8) **u**..... (mufnrno) , and now he didn't just do 'science', he did (9) **s**.....(csbusjet) with names like physics, chemistry and biology. Then, he got a good (10) **g**..... (progu) of friends, he really enjoyed the first (11) **t** .....(etmr).

1	
2	
3	
4	
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**Part 2.**

***Choose the correct variant:***

12. My book is dull, ... is very interesting.

A) you B) your C) yours

13. The pupils played ... after school.

A) hockey B) the hockey C) in hockey

14. She is fond of listening ... .

A) music B) to music C) by music

15. Many pupils go ... by a school bus.

A) home B) to home C) to the home

16. He ... the book at home.

A) forget B) stayed C) left

17. Look! It ... .

A) snows B) snowed C) is snowing

18. ... you ... the film before?

A) Do...see B) Did...saw C) Have...seen

19. I have been ill ... three weeks.

A) for B) since C) from

20. There were only ... people in the park.

A) a few B) little C) many

21. Would you like ... your holidays in Egypt?

A) spending B) to spend C) to spending

### **Task 4**

*Do you know London? Read the sentences and find the correct answers:*

1. London stands on the river ... .  
A) Thames B) Clyde C) Avon
2. Where does Queen Elizabeth II live?  
A) Buckingham Palace B) The Tower C) Westminster Abbey
3. It is one of the oldest buildings in London.  
A) Whitehall B) The Tower C) Big Ben
4. It is the most famous clock in the UK.  
A) Westminster B) Buckingham C) Big Ben
5. It is one of the most famous bridges in London over the river Thames.  
A) Millennium B) Tower C) Buckingham
6. You can see many wild animals there.  
A) Hyde Park B) The City C) London Zoo
7. It is one of the most famous museums in the world.  
A) Whitehall B) Big Ben C) The British Museum
8. There are many banks and offices there.  
A) Hyde Park B) The Tower C) The City
9. There is a monument to Admiral Nelson there.  
A) Trafalgar Square B) Hyde Park C) London Zoo
10. It was built by architect Christopher Wren.  
A) Whitehall B) The Tower C) St. Paul's Cathedral

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**Task 1. Listening**

Look at the six sentences for this part. You will hear a man called Aaron and a woman called Sophia talking about learning languages. Decide if each sentence is correct or incorrect. If it is correct, put a tick in the box under A for YES. If it is not correct, put a tick (V) in the box under B for NO.

		A	B
		YES	NO
1	Sophia thinks that Japanese is a difficult language to learn.		
2	Aaron and Sophia agree that it is important to learn languages.		
3	Aaron thinks he has a natural ability for remembering new words.		
4	Sophia feels worried when she can't understand what someone says.		
5	Aaron thinks writing is the most difficult skill.		
6	Both Aaron and Sophia think it is useful to make mistakes.		

**Task 2. Reading**

**Part 1**

For each question, choose the correct answer.

1.

Hollins Farm Campsite  
No groups of 4 or more unless  
by previous arrangement

- A. All campers must reserve a place in advance.
- B. Groups bigger than four are not allowed on this site.
- C. Groups of more than three should contact the campsite before arriving.

2.

To: Students booked on Oxford trip  
  
Money for Saturday's trip must be handed in at the school office by Wednesday lunchtime at the latest or you will lose your place.

- A. Those who don't pay punctually won't be able to go to Oxford.
- B. There are very few places left on the Oxford trip.
- C. This is the last chance for students to register for the Oxford trip.

3.

School Sport Day  
If interested in taking part, please sign below but note you are permitted to enter no more than two races

- A. You must have signed permission to take part in sports day.
- B. You have to limit the number of sports day races you take part in.
- C. You need to write your name here to get more information about sports day.

4.

**School Play**

Actors urgently required by director; previous experience welcome but not essential as training will be provided if needed

- A. It is essential to have more actors even if they haven't acted before.
- B. It is important for all actors to have training before being involved in the play.
- C. It is necessary to find a new director to train the actors.

**Part 2.**

*Decide which film (letters A-F) would be the most suitable for each person or people (numbers 5-9). One description of the film is an extra one.*

- 5. Jo is studying art at the university. She usually goes to the cinema on Friday evenings. She enjoys films that are based on real life and from which she can learn something.
- 6. Sheila has decided to take her mother to the cinema for her birthday. They both like love stories that have happy endings.
- 7. Brian is a hard-working medical student. He doesn't have very much free time, but he likes going to the cinema to relax, and enjoys a good laugh.
- 8. Adam wants to take his 8-year-old son Mark to the cinema at the weekend. They want to see a film with plenty of excitement.
- 9. Harry and Joyce go to the cinema about twice a month. They particularly like detective stories and do not pay much attention to which actors are in the film.

**A. The Delivery**

Jim Treace stars in this well-known comedy about two workmen who have to deliver a long piece of wood to a house. But unfortunately, the performances are poor, and the film is too long for such a simple joke.

**B. The Ends of the Earth**

A story is based on a real-life journey to the South Pole. This film contains some quite wonderful wildlife photography – make sure you see it while you have the chance, or you'll be sorry.

**C. A private Party**

A wonderfully funny comedy, which takes place in the 1940s. A reporter and his wife try to save a sheep from the local butcher. The actors really make the most of this clever script.

**D. And Tomorrow We find You**

A fast-moving adult story about a San Francisco policeman in danger. Based on a real-life happening, it keeps you guessing right until the last minute. Although there are no big stars, there are some fine performances.

**E. Island of Fire**

You get spectacular scenery and lots of thrills in this action-packed story, in which a young sea-captain rescues terrified villagers from a volcanic island in the South Seas.

**F. A Time of Silence**

Don't forget your handkerchief for this story of a young college boy and girl who manage to survive all the pressures of modern life. And what an unforgettable wedding scene!

5	6	7	8	9

**Task 3. Use of English**

*Read the text below and choose the correct word for each space. For each question 24–33, mark the correct letter A, B, C or D.*

**Perfume**

The Egyptians were the first people (0) \_\_\_\_\_ to make perfume. They used nice-smelling oils on their bodies before (1) \_\_\_\_\_ dressed. Some perfume recipes, (2) \_\_\_\_\_ date from about 5,000 years ago, still (3) \_\_\_\_\_. Most of the perfumes (4) \_\_\_\_\_ that time were made from flowers and only the very richest people could (5) \_\_\_\_\_ to buy them. Today, perfumes are usually (6) \_\_\_\_\_ by a perfume company. As well as ingredients from over 500 plants, (7) \_\_\_\_\_ ingredients are made by chemists in a laboratory. One of the most famous places that produces perfumes is the town of Grasse in France. Its climate makes it perfect for growing flowers – around 4,000 kilos of roses, for example, (8) \_\_\_\_\_ be used to make just a small (9) \_\_\_\_\_ of perfume. After a perfume is made, (10) \_\_\_\_\_ time and money is spent on designing a bottle and a box and advertising it.

	A	B	C	D
0	ever	yet	often	still
1	taking	getting	carrying	putting
2	which	whose	what	who
3	stay	live	last	exist
4	to	over	at	with
5	afford	earn	gain	spend
6	imagined	built	created	dreamt
7	another	other	both	every
8	can	have	need	ought
9	size	number	amount	total
10	much	lots	many	plenty

**Task 4.**

*Read the menu and the text below and decide what each person — Dan, Jenny, Kate, Tim — ate and drank.*

**Jack's café**

Dan's food cost less than a pound. Jenny doesn't eat meat or fish. Kate's food cost more than Jenny's. Tim doesn't like fish. Jenny didn't have chips with her food. Kate and Dan had the same thing to eat. Tim's food was the most expensive on the menu. Dan didn't have a sandwich. The total bill for food was £4.43. Jenny and Tim had the same drink. Only Kate had a hot drink. Dan had the least expensive drink. Jenny's drink cost 25 p more than Kate's drink.

Hamburger and chips	£1.40
Fish and chips	£1.20
Chicken and chips	£1.80
Sausage and chips	£1.00
Egg and chips	99 p
Ham sandwich	75 p
Cheese sandwich	65 p
Glass of lemonade	38 p
Glass of milk	15 p
Cup of tea	20 p
Cup of coffee	35 p
Glass of coke	45 p



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**Part 1. Listening**

*You will hear an interview with a travel writer called Anna Bryant, who is talking about what to do when visiting other countries. For questions 1-7, choose the best answer (A, B or C)*

- 1. Before travelling to another country, Anna always tries to**
  - A watch people practicing their traditions.
  - B talk to someone from that country.
  - C do some background reading.
  
- 2. How does Anna feel about her language skills?**
  - A regretful that she didn't pay more attention at school
  - B confident that she can communicate fairly easily
  - C amazed by how many languages she has acquired
  
- 3. Anna says that when visiting someone in their home**
  - A it's fine to let them know you're anxious
  - B it's a good idea to copy how they behave
  - C it's advisable to find out what to do in advance
  
- 4. How did Anna feel when she made a mistake?**
  - A annoyed that she had forgotten some advice
  - B grateful that her host was sympathetic
  - C amused by her own behavior
  
- 5. How did Anna overcome culture shock when she lived abroad?**
  - A by studying the culture carefully
  - B by getting to know local people
  - C by establishing a routine
  
- 6. How did Anna feel when she was at the Lantern Festival?**
  - A astonished that she had never heard about it
  - B anxious to remember every moment of it
  - C eager to participate in it
  
- 7. What does Anna say about the book she is writing about culture?**

- A She is disappointed in her progress so far.
- B She is keen to get feedback from people she knows.
- C She is unsure about including her own experiences.

## **Part 2. Reading**

**Task 1. Match headings A-H to texts 1-7 choose the best heading A-H. There is one heading you will not need to use.**

- A. UNUSUAL RELATIONSHIPS
- B. SIMILAR CHARACTERISTICS
- C. DIFFICULT PERIODS
- D. TWO TYPES
- E. IMPORTANT MOMENTS
- F. MISTAKEN BELIEFS
- G. MANY RESPONSIBILITIES
- H. HOME ALONE

1. In Britain? Most families are “nuclear families”. This means that the family consists of the parents and children. Of course, there are uncles and aunts and grandparents, too, but they do not have much to do with raising the children and often live a long way away. In many other countries, the “extended family” is more common. With the extended family, uncles, aunts and grandparents live closer to the parents and children – sometimes even in the same building – and everyone in the family has a much closer relationship.
2. Most teenagers say at some point; “When I’m a parent, I’m going to give my children much more freedom than I have now.” When they do actually become parents however, they soon realize that giving a child or teenager lots of freedom is not always the best thing to do. Many parents end up hearing their children saying to them exactly the same things they said to their parents when they were young.
3. What does bringing up a child involve? Giving a child love and making a child feel safe in their environment are extremely important. So is providing food and warmth. Parents also have a duty to teach their children the differences between right and wrong, and to make sure their children get a good education. Some parents believe that their role is also to teach children about the importance of things such as family, religion and society.
4. The English phrases “a chip off the old block” and “like father, like son” (or “like mother, like daughter”) are used to show the similarities between a parent and their child. These might be similarities in terms of appearance, behavior or interests. For example, if a dad loves watching cricket and his son Eric becomes interested in cricket, too, you might say. “Eric’s a chip off the old block, isn’t he?”
5. “Latchkey kids” are a major problem in many countries, including Britain and the USA, These are children whose parents are still at work when they come home from school, so there is no one at home to look after them. Their parents aren’t there to help with their homework, and some of them spend hours on their own before their parents’ return.
6. The idea of “quality time” is based on an understanding that the amount of time a parent spends with their child is not the only important thing. What is also important is what they do together during that time. Ten minutes of discussing problems that a teenager is facing may be much more valuable than two hours of watching a movie together in silence.
7. Families work well when things are going well, but the real test of a family comes at times of stress. Perhaps Mum has been working too hard, or perhaps young Amy is taking exams at school. These are times when all the families can find themselves

fighting instead of helping each other. When a family is going through a crisis like this, it can often help to talk to someone outside the family. It could either be an expert, such as a family counselor, or a trusted family friend

**Task 2. Read the text and complete gaps 8-13 with sentences A-G. There is one extra sentence that you don't need to use.**

What time is it? To answer that question today, all we have to do is look at a watch or clock. It wasn't always that simple, however. For thousand of years, people have wanted an accurate way of telling the time, (8)\_\_\_\_\_.

We know that the ancient Egyptians had sundials, (9)\_\_\_\_\_. It is thought they also had a way of measuring time using running water. The ancient Chinese also developed non-mechanical ways to measure the passing time.

The first mechanical clock appeared around the 9th century. This did not have hands as modern clocks do, (10)\_\_\_\_\_.

The first reasonably accurate clocks were developed in Italy in the 13th century.

Unlike modern clocks, they did not tell the time to the nearest minute; rather, they announced when an hour had passed. Table clocks became popular in the 1500s. They usually only had one hand, which had four possible positions each hour, (11)\_\_\_\_\_.

In 1657 the pendulum clock was invented. Although Galileo came up with a similar idea first, it is Christian Huygens (12)\_\_\_\_\_. Since then, clocks have become more and more dependable. Today, each of us carries a mobile phone or wears a watch (13)\_\_\_\_\_.

- A. but rang a bell to tell the time
- B. who is generally considered to be an inventor
- C. allowing you to tell the time to the nearest fifteen minutes
- D. which requires sunlight to work
- E. where the first clocks were developed
- F. apart from looking at the position of the sun
- G. which can be relied on to be accurate

8	9	10	11	12	13

**Part 3. Use of English.**

**Task 1. For questions 1 – 6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.**

Here is an example (0).

Example: 0 Prizes are given out when the school year finishes. **PLACE**

Prize giving ..... end of each school year.

The gap can be filled by the words 'takes place at the', so you write:

Example: 0 **TAKES PLACE AT THE**

1. I spent ages doing my homework last night.

**LONG**

It \_\_\_\_\_ to do my homework last night.

2. It's possible that Maria forgot it was your birthday.

**MAY**

Maria \_\_\_\_\_ it was your birthday.

3. Danny is very disappointed that he lost the important tennis match on Saturday.

**LOSING**

Danny hasn't got over the \_\_\_\_\_ the important tennis match on Saturday.

4. Carole said that it wasn't a problem if her guitar lesson started an hour later than usual.

**MIND**

Carole said she \_\_\_\_\_ her guitar lesson an hour later than usual.

5. Even though Luca took the early bus, he was still late for school!

**SPITE**

Luca was late for school \_\_\_\_\_ the early bus!

6. Joanna decided that using an out-of-date website for her school project was pointless.

**POINT**

Joanna decided that there \_\_\_\_\_ an out-of-date website for her school project.

**Task 2.** For questions 7 – 14, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Example: 0 R E F E R E N C E

**A book of world records**

One of the most fascinating (0) ..... books you can read is *Guinness World Records*. It contains a (7) ..... of facts and figures about incredible human achievement. It is also full of statistics concerning (8) ..... natural features such as the world's highest mountains. But it is more than just a (9) ..... source of amazing facts. The organisation that produces the book is also now responsible for checking the (10) ..... and accuracy of every new world record. It all started in 1951 when Hugh Beaver, the Managing Director of a large British company, got into an (11) ..... about which bird was the fastest in the world, and found that none of the books in his library were (12) ..... in giving him the answer. He hired researchers to produce a book that could answer such questions. It sold quickly and became a huge (13) ..... success. In recent years, the book has increasingly focused on records set during (14) ..... competitions, such as sword swallowing.

**REFER**

**COLLECT**

**IMPRESS**

**RELY**

**TRUE**

**ARGUE**

**HELP**

**COMMERCE**

**CONVENTIONAL**

7	
8	
9	
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12	
13	
14	

**Part 4. Match the Russian attractions to their descriptions**

1. Built between 1554 and 1561 and situated, the cathedral is designed to resemble the shape of a bonfire in full flame, the architecture is not only unique to the period in which it was built but to any subsequent period.
2. Sometimes referred to as the Sacred Sea, the lake represents the unspoilt beauty of Russia and is the central part of many local myths and folklore. It is also known as the 'Galapagos Of Russia' due to its exceptional biodiversity and importance to evolutionary science. The freshwater ecosystem is one of the world's richest due to its age, isolation and deep oxygenated water.
3. This place is the second largest hot spring field in the world. It was discovered in 1941 by local scientist Tatyana Ustinova.
4. Begun in 1891 by Tsar Alexander III and completed by his son, Tsar Nicholas II, in 1916, the line is known as the route of the tsars. You can not only admire Siberia's spectacular scenery in summer or winter, but also explore the Buddhist monasteries of Ulan-Ude and enjoy the views of the Pacific from Vladivostok.
5. Founded in 1764 by Catherine the Great, the collections occupy a large complex of six historic buildings including a former residence of Russian emperors.
6. Those who wish to experience the best of Russia's historic architecture, full of onion-dome topped kremlins, cathedrals and monasteries, will find it in here. Dating back to 1024, the entire city is like a large open-air museum that transports visitors back in time.
7. The 250-acre grounds include the Armoury, filled with royal treasures of the past, and the Diamond Fund Exhibition, a collection of jewelry that includes a 190-carat diamond given to Catherine the Great.
8. Standing 125 feet high and adorned with five spectacular domes, the it is the oldest church building in Russia. It's home to lots of ancient religious artifacts, including an icon that legend says saved Novgorod from attack in 1169.
9. The place is best known for its incredible open-air museum of wooden houses, windmills, chapels and barns. The peasant culture is represented with craft demonstrations and folk ensembles.
10. The lake occupies a special place in the life and history of Russia, because in its expanses there were not only the famous trade routes from the Varangians to the Greeks, but also historical and cultural monuments, including well-known petroglyphs, which are several thousand years old.





## Script 1

**Narrator:** You will hear an interview with a travel writer called Anna Bryant, who is talking about what to do when visiting other countries. For questions 1-7, choose the best answer (A, B or C). You now have one minute to look at the questions.

**Man:** Good morning Anna, and thank you for joining us on the Travel Programme. You're here to talk about travelling to other countries and how to deal with cultural differences. How can you find out about a country's culture before you travel?

**Anna:** Well, it's often tempting to turn to guide books, though many focus on things to do rather than how to behave. If you're lucky enough to know someone from the country you're visiting – I rarely have been – you've got the perfect consultant! My preference is to eat in a restaurant where the staff are from the place you're planning to visit – you can observe things like greetings and table manners. That isn't always possible, either, but it's worth a try!

**Man:** How can you get over the language barrier?

**Anna:** It does no harm to try to use the local language, especially if it's one you've studied at school. Even if you only remember a bit it helps – though maybe, not much! Often, you might not know any of the language and you'll have to rely on hand gestures or even drawing. I've been in situations where nobody understood a word anyone else was saying. Surprisingly the messages got across and now that's the least of my concerns when travelling, though I try to pick up as much language as I can.

**Man:** One thing people worry about is how to behave when visiting someone in their home.

**Anna:** Some people are concerned that telling their host they're nervous is rude – personally, I see little wrong with explaining why that's the case. It provides the host with the opportunity to make you feel at home. Otherwise, you could be trying to do what they're doing and get confused – copying them means you could end up behaving like the host instead of the guest. Talking to other people before you go might help, but every family has its own particular traditions, so it may not.

**Man:** Have you ever made a cultural mistake yourself?

**Anna:** Oh, yes, though thankfully I was fortunate enough to have an understanding host who put me at ease, and because of that I'm able to laugh about it now. I don't know why I made the mistake – I took an unlucky number of flowers as a gift. Looking back, it wasn't so serious really – I'd just misunderstood what someone had told me before I went. I'd never make the same mistake again, though.

**Man:** Have you ever experienced culture shock?

**Anna:** When I've lived abroad, yes. At first everything's exciting, but if you stay longer, you notice differences in cultural values and beliefs, and that can be confusing. Making good friends in a new place takes time, and it's important to try to let things happen rather than desperately trying to do everything at once. Doing familiar things helps – sleeping regular hours and eating food you like. It really worked in helping me get used to my new environment.

**Man:** What's the most interesting tradition you've experienced?

**Anna:** I remember being in China at New Year and seeing the Lantern Festival – there was this amazing parade of handmade lanterns. Seeing it taught me that no matter how

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**Школьный этап 9–11 классы**

much you think you know about something in advance, it can still take you by surprise! I was desperate to join in but didn't have my own lantern – it was still enormous fun to watch. The images of it are stuck in my memory – I needn't worry about forgetting anything, despite not taking any photos.

**Man:** Finally, Anna, you're writing a book about culture.

**Anna:** That's right. I'm still at the beginning of the process, even though I've been working on it for a while. People who know me keep asking 'Isn't it finished yet?' but you've got to do the preparation. I'm still undecided about whether people will want to read about my own travels, or whether I should just focus on describing customs from around the world. I won't show anyone what I've written till it's finished – I'm hopeful that people will enjoy it!

**Narrator:** Now listen again.

## Script 2

**Narrator:** You will hear a girl called Lydia giving a talk about a project she has been involved in on healthy eating. For questions 1-10, complete the sentences with a word or short phrase. You now have 45 seconds to look at the questions.

Lydia: Hi, I'm Lydia and I'm going to tell you about a project I'm involved in about how to have a healthy diet, as part of our health and fitness campaign at school. This is what's otherwise known as maintaining a balanced diet. It's crucial to eat properly in order to decrease the risk of suffering from disease later in life.

You could say that our body is a machine and that the food we eat is its fuel. Without it – or without the right kinds of it – we'd find it difficult to study or move around without becoming weak and exhausted.

So, what does healthy eating really mean? Everyone's aware that there are certain foods we ought to avoid and others we should eat plenty of. It isn't a case of simply avoiding particular food groups altogether, though. Not all fats are bad for us, for example, and living solely on say, fruit and vegetables, could mean cutting out vital nutrients. What should we be eating, then? Have you seen what I call the food pyramid? It's basically a diagram in the shape of a triangle, with a wide base and a pointed top, and it gives you an idea of what you should eat and in what quantities. It's divided into four layers, with the foods you need most of in the bottom layer, such as potatoes and bread, and those you should have a minimal amount of in the top layer – like oil and sweets. The food triangle's a good place to start if you aren't sure what to cut down or eat more of.

In the middle of the triangle are fruit and vegetables. You've no doubt heard that we should eat five portions of these every day. There are good reasons for eating these – from providing us with much-needed fibre, to protecting us against health problems, like high blood pressure. You can have them as juice, or create soups, if you don't enjoy eating them whole. I've got some recipes I can give you afterwards if anyone wants them. They're delicious. The different vitamins found in fruit and vegetables have important functions. For example, vitamin A helps us maintain healthy eyesight, and is found in orange vegetables like carrots. Vitamin D, on the other hand, strengthens our bones – it's also produced in our bodies with the help of sunlight, so not only should you try to include it in your diet but get outside often, too.

Now I'm going to talk to you a little about food myths! There are some snacks which we've been told to believe are pretty unhealthy for us. I'm not going to say a packet of crisps is OK- they're fried and covered in salt. But chocolate, you'll be relieved to find out, is not the worst thing you can eat – though large amounts should be avoided, of course. Certain types are actually OK for us – the dark variety contains iron, in fact, which our bodies need for healthy blood.

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**Школьный этап 9–11 классы**

There's another myth that chewing certain raw salad items, such as celery, consumes more energy than it gives you. People eat a lot of it, thinking they're going to lose weight, but I'm sorry to say that this so-called 'fact' simply isn't true!

Turning to drinks, now ... It's important not to fill up on fizzy drinks which contain a ton of sugar. And though we tend to think it's really good for us, juice has a lot of sugar, too, so we shouldn't have more than one glass a day. On the other hand, we think we ought to avoid coffee. However, it contains important chemicals which can help us digest our food, by telling what our bodies need from it.

Finally, you hear people saying 'It doesn't matter what I eat as long as I do plenty of exercise'. Well, of course, running or playing sports is great for you – but you shouldn't rely on them as the main way you keep healthy. It's good, fresh food which feeds our brains and bodies.

**Narrator:** Now listen again.