



World of languages

CZĘŚĆ PIERWSZA | Przeczytaj tekst i odpowiedz na pytania.



The brain is the most complex organ in the body, controlling everything you do. However, we do not give it as much (1) as we should.

A (2) brain is essential for problem solving, memory and simply living well. Yet certain everyday routines can have a (3) effect on your brain. Here are some bad habits you should quit:

1. Couch potato: sitting down most of the day has a bad (4) both on your body and brain. Therefore, you would do well to spend at least 30 minutes of exercise every day, because in this way you help create new brain cells as well as you pump more oxygen to your head.
2. Junk food: sweets, crisps, processed meat, fizzy drinks are high in sugar, bad fats, and salt, all of which can (5) blood pressure as well as damage brain cells. Moreover, junk food can have significant impact on your mood and ability to focus.
3. A lack of human contact: chronic loneliness can (6) anxiety or depression, and that is why we should try to interact with others every day. Get together with your friends or family. Face-to-face contact is much more beneficial than through the social media.

In conclusion, if you want your brain to function well a healthy diet rich in fish, nuts, vegetables, and fruit is vital. (7) salt and sugar. In order to provide more oxygen to your brain you should go jogging, biking, playing sports etc. (8) with your friends and your family on a regular basis.

1

- A food B time C attention D hope

2

- A healthy B health C unhealthy D healthily

3

- A harmless B harmful C positive D strong

4

- A way B attention C impact D signal

5

- A increase B decrease C slow down D change

6

- A have B lead C get D cause

7

- A Cut up on B Cut down on C Cut off on D Cut over on

8

- A Hang down B Hang over C Hang out D Hang up

CZĘŚĆ DRUGA | Odpowiedz na pytania



9 Look, that's the school ... go to when I was your age.

- A used to B get used to C be used to D use to

10 – What time does the concert start?

– Well, so we should hurry.

- A it is starting at 6 C it will start at 6
B it starts at 6 D it's going to start at 6

11 – What are you doing at the weekend?

–aside..... . We arranged to go there a few days ago.

- A We will go to the seaside. C We are going to the seaside.
B We go the seaside. D We might go to the seaside.

12 They went on holiday to a cottage.

- A beautiful, small, wooden C wooden, small, beautiful
B small, wooden, beautiful D beautiful, wooden, small

13 – Hi, John. Good to hear you. How are you?

– Good, but you know, we moved to a new place a week ago and everything is new around here, so I'm still to living here.

- A using B getting used C used D got used

14 We have bought

- A a few new furniture B new furnitures C a little new furniture D some new furniture

15 I've called the police and coming.

- A they are B it is C it was D they were

16 does it cost to fly to New York?

- A How many B How long C What D How much

17 It's quite late and I'm stuck in the traffic. I'm afraid I be late for work.

- A should B must C may D would

18 You're walking so fast. I'm not able to you.

- A keep down with B keep on with C keep up with D keep over with