



Spośród odpowiedzi A, B, C, D wybierz te prawidłowe i przenieś na kartę odpowiedzi niebieskim lub czarnym długopisem.

Reading:

Superfood is food that is very advantageous for your body and health. It's natural, unprocessed and rich in nutrients. They are full of antioxidants which protect the body against the effects of air pollution, smoking, stress or a bad diet. Eaten daily, superfoods are believed to keep you away from diabetes, heart problems or even cancer. The list of superfoods is quite long – here are some of them.

The first on the list are pecan nuts. They've got little proteins but a lot of unsaturated fatty acids. They contain vitamin E which prevents blood circulation diseases, vitamin B1 that protects the nervous system (eating red beans is as good for your nervous system and concentration), and zinc that is good for your hair. You cannot eat too much of them as they are very caloric.

Including fruit like cranberry or black currant in your diet gives your heart a very good protection. Dried cranberries or cranberry juice can prevent heart and blood circulation problems. A cranberry is also known for its good influence on urinary system. Black currants contain big amounts of vitamin C, B and A. It is good for the heart and reduces blood pressure. It helps to get rid of toxins. It's antibacterial and is used to fight colds and digestion problems.

Some superfoods can prevent your body from coming down with cancer. Pistachios are full of potassium, magnesium, calcium and vitamin E and B. These are the only nuts that protect your eye retina. It's said that 70g of pistachios a day prevent your body from lung cancer. Blueberries, thanks to their anticancer properties, protect the body against larynx and lung cancers. Blueberry extract is also used in medicines for treating eyes.

Some of the superfoods can even destroy cancer cells. Plums are rich in antioxidants – the darker skin the stronger the properties. They regulate digestion and prevent constipation. Plum extract can destroy the cells of an aggressive cancer. Garlic is known for its strong antibacterial properties and is great for colds, but eaten regularly can destroy cancer cells, especially stomach and colon cancer. Garlic is also good for your heart and prevents blood clots.

A healthy diet won't do all the job though, apart from including superfoods in their diet, people should change their habits, they should take up more physical activity as well.

[adapted from: newsweek.com]

1. This text is about:

- A. cancer prevention.
- B. natural food.
- C. advantages.
- D. healthy lifestyle.

2. Superfoods:

- A. are antioxidants.
- B. are very caloric.
- C. are medicine.
- D. have good properties.

3. All superfoods:

- A. prevent cancer.
- B. prevent blood clots.
- C. are full of vitamins.
- D. are beneficial for the health

4. Which sentence is true?

- A. There are eight known superfoods.
- B. Red beans are harmful for nervous system.
- C. Cranberries are good for your kidneys.
- D. Pistachios prevent lung cancer.

5. Which sentence is not true?

- A. Some superfoods can fight cancer.
- B. You can improve your concentration with superfoods.
- C. Blueberries protect you against eye cancer.
- D. To be healthy you just have to eat superfoods.

Grammar and vocabulary:

6. Which verb forms are correct?

- A. Bite-bote-bitten.
- B. Lead-lead-lead.
- C. Read-read-read.
- D. Tear-tore-torn.

7. Which words are pronounced the same?

- A. Farther – father.
- B. Accept – except.
- C. Root – route.
- D. Chose – choose.

8. That's the jeweller's I bought my ring.

- A. that
- B. which
- C. where
- D. whose

9. He cutting out flowers for decoration.

- A. volunteered to
- B. doesn't mind
- C. is not
- D. doesn't want to

10. Talons:

- A. are vouchers you can use for shopping.
- B. is a word for smart trousers.
- C. are sharp claws.
- D. are parts of a leg.

11. A radiator is something:

- A. that allows playing music.
- B. that gives you heat.
- C. that is necessary for cooking.
- D. used for drying up things.

12. We had a fight last night, so we

- A. fell out.
- B. went off.
- C. hung out.
- D. stayed out.

13. If you are cautious, you:

- A. are not careless.
- B. avoid taking risks.
- C. are very calm.
- D. are extremely funny.

14. She was very tired, so she:

- A. hit the sack.
- B. got the sack.
- C. took a nap.
- D. lay down.



15. Which is correct?

- A. Stop picking up the crumbs, please.
- B. He stopped to write a message a few minutes ago.
- C. Ted stopped writing a message a few minutes ago.
- D. Stop to pick up the crumbs, please.

Communication:

16.A: Good afternoon, what would you like, Sir?

B:

- A. Just the starters, please.
- B. What do you recommend?
- C. Ok, I'll have it.
- D. Just the usual, please.

17.A: I've made some videos and I'd like to share them.

B:

- A. You can download them on your computer.
- B. You should upload them on YouTube.
- C. You can put it away.
- D. Help yourself.

18.A: The new Star Wars movie is on!

B:

- A. Really? Which channel?
- B. Really? Let's buy it!
- C. Really? Let's have it!
- D. Really? Would you like to go?

19.A: Could you, please, help me with the groceries?

B:

- A. Sure, just give me the list.
- B. Sure, it'll be easier with a trolley.
- C. Sure, just give me a hand.
- D. Sure, here's a shopper.

20.A: I'm leaving for a party in a minute.

B:

- A. You're behind the schedule!
- B. You'd better change quickly.
- C. Put these slippers on, it's cold.
- D. Catch you later!

21.A: What's for dinner?

B:

- A. The cooker looks professional.
- B. Ask the cook!
- C. I'll cook something.
- D. Something from the local cuisine.

22.A: Why is it so dark in here?

B:

- A. The blinds are down.
- B. The cushions are thick.
- C. It's blind.
- D. You need to switch it off.

23.A: I went to bed after one a.m.

B:

- A. You seem like a real evening person.
- B. You are a real late owl.
- C. Are you always such a night owl?
- D. I can see you are a real early bird.

24.A: Why can't I drive a car yet, mum?

B:

- A. Because you're underage.
- B. Because you're of age.
- C. Because you're not old enough.
- D. Because you haven't got a driving licence.

25.A:

B: On a leash.

- A. Where is the name tag?
- B. How do you take him for a walk?
- C. What's on?
- D. Where is the puppy?

Culture:

26. Ireland:

- A. has got a smaller population than Poland.
- B. has got a bigger population than Poland.
- C. is smaller than Poland.
- D. is bigger than Poland.

27. Eire is:

- A. part of the UK.
- B. on the British Isles.
- C. part of the EU.
- D. a name for the Northern Ireland.

28. There are in the Republic of Ireland.

- A. six counties
- B. two counties
- C. twenty-six counties
- D. four counties

29. Which of the actors is from Ireland?

- A. Colin Farrell.
- B. Sean Connery.
- C. Daniel Craig.
- D. Daniel Radcliffe.

30. What are the attractions of the Republic of Ireland?

- A. The Giant's Causeway.
- B. The Cliffs of Moher.
- C. The Dark Hedges.
- D. The Ring of Kerry.