МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
ЧЕРКАСЬКИЙ ДЕРЖАВНИЙ ФАХОВИЙ БІЗНЕС- КОЛЕДЖ

О.І.Борисенко, О.О.Мустафа

АНГЛІЙСЬКА МОВА
Збірник текстів із завданнями. Частина ІІ
(Pre-Intermediate / Intermediate)

Черкаси – 2025

УДК 811.111 (075)

Рекомендовано до друку рішенням Педагогічної ради
Черкаського державного фахового бізнес-коледжу
Протокол № ……/25 від ……2025 р.

Автори: Борисенко О.І., Мустафа О.О.
Англійська мова. Збірник текстів із завданнями. Частина ІІ (Pre-Intermediate / Intermediate)
Черкаси, 2025. 50 с.

Рецензент: Багач І.Г., к. пед. н., доцент кафедри іноземних мов та міжнародної комунікації Черкаського державного технологічного університету

Цей збірник є продовженням однойменної збірки з текстами для опрацювання студентами з метою покращення володіння англійською мовою в межах тематики, яка вивчається у коледжі.

Збірник складається з завдань по 10 текстів з певної тематиці, вправ для контролю розуміння змісту текстів, списку використаних та списку рекомендованих джерел.

Призначено для студентів закладів вищої та фахової перед вищої освіти з рівнем знань з англійської мови Pre-Intermediate / Intermediate.

Затверджено на засіданні
циклової комісії природничо-
математичних дисциплін та
англійської мови

Протокол №9 від 24.04.2025

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ВСТУП

Серед видів мовної діяльності читання представляє собою джерело пошуку інформації та збільшення об'єму лексики з певної теми та надає можливість покращити такі мовні компетенції як говоріння, діалогічне мовлення та аудіювання.

Процес ідентифікування графічного та звукового образів слова в пам'яті в єдину мовну одиницю представляю собою ускладнення в процесі вивчення та використання іноземної мови.

Ця збірка являє собою тексти із завданнями на розуміння та використання отриманого навчального та інформаційного матеріалу з метою здобування інформації, збільшення лексичного запасу, вдосконалення навичок усного мовлення, підвищення загальної ерудиції студентів.

Збірник містить 10 тематичних розділів. Кожен розділ складається з аутентичного тексту та завдань до нього, які розкривають розуміння тексту та знання лексичних одиниць.

Тексти взято з навчального посібника "Готуємось до зовнішнього незалежного тестування. Англійська мова. Тренажер" авторів Доценко І. та Євчук О.

Даний збірник може бути використаний для самостійної роботи студентів або як додаткові завдання для поліпшення знань студентів із рівнем знання англійської мови A2-B1.

Призначено для студентів закладів вищої та фахової перед вищої освіти з рівнем знань з англійської мови Pre-Intermediate / Intermediate.

TEXT 1.
HOW TO FEEL BETTER INSTANTLY

1. Listen to positive music. There is something a bit dark about listening to a song that makes you feel sad or bad. It feels like it is going to help but it really doesn't. Pay close attention to the music you listen to. Is it positive, uplifting and happy? There are tons of positive songs out there that you can listen to you. Remember garbage in, garbage out. Whatever you allow in your mind, you'll see show up in your life.

2. Look for positive words. Go to YouTube and search on words like 'inspiring', 'happiness', 'inspirational', 'kindness', 'amazing'. Then sit down and immerse yourself with the videos. You'll be amazed how you'll feel like you've had a bath in pure sunlight. You'll feel better about yourself, others and the world. Plus, it will save you a fortune in therapy.

3. Get up and get moving. Stand up and do some simple exercises. Your physiology determines much of your emotions. While you're doing some kind of physical activity, smile while you're doing it.

4. Relax or meditate. Allow your troubles to lift off of your shoulders. Imagine them going away from you. Really use your imagination to see them moving farther and farther away from you. It is a simple exercise but one that is powerful.

5. Become immediately aware of the present moment. Start living in the present moment. Most of what makes you feel bad emotionally has to do with images of the past or fears of the future. Right now, it is the only time anyone has. Live in it.

Джерело: [1, с. 26]

Task 1. In order to feel better you should (choose appropriate answers)

1. do some exercises
2. create positive reinforcement

3. listen to music
4. develop tangible goals
5. get long-term plans of moving
6. think positively
7. practice meditation
8. keep track of your most important tasks

Task 2. Answer the questions

1. What kind of music should you listen to in order to feel better?
2. What is a positive therapy?
3. What should you do to start thinking positively?
4. What does meditation stand for?
5. What should you do to get rid of bad thoughts?
6. Why is it important to start living in the present moment?

Task 3. Find the correct idea according to the text (True/False)

1. Go to YouTube and search on inspirational videos.
2. You should look for a qualified psychologist who will assist you to get rid of depression.
3. Make a mental-list of your strengths and weakness.
4. Physical activity will help you to balance your emotions.
5. Analyze your past and derive your own lessons from it.
6. Listen to music that will make you feel positive and happy.
7. Don’t think about the future.

Task 4. Give the definition of the following terms:

1. positivism
2. mental health
3. positive thinking
4. inspiration
5. meditation

6. relaxation
7. living in the present moment

Task 5. What are the opposite phrases for the following:

1. anxiety
2. depression
3. keep moving backward
4. kindness
5. lack of imagination
6. negative thinking
7. immerse yourself
8. complicated exercises
9. unaware of

Task 6. Translate into English

1. Люди, які мислять позитивно, мають більше шансів жити довше, ніж люди, які думають негативно.
2. Дослідники вважають, що оптимістам (позитивно мислячим) було легше впоратися зі стресом, ніж песимістам (негативно мислячим).
3. Для людей здоровіше дивитися на світлу сторону життя.
4. Наші результати показують, що підвищення рівня оптимізму може сприяти довголіттю та здоровому старінню.
5. Використовуйте свою уяву, щоб побачити, як ваші негативні думки відходять від вас усе далі й далі.
6. Чи знаєте ви, що робить вас щасливими, чи просто думаєте, що знаєте?
7. Деякі дії можуть бути мотивуючими, оскільки вони працюють на благо людей і світу навколо нас.
8. Ваша фізіологія визначає велику частину ваших емоцій і допомагає диференціювати їх залежно від вашого настрою.

TEXT 2.
HOW TO LIVE HAPPY TODAY

Stop worrying. Many people worry excessively about thefuture. But the future is uncertain. Often, what we worry about never materializes. But we stew and fret about what essentially amounts to nothing. We waste today for a future that never comes. To find peace you need to realize that there's little use in wasting away today to try to live for tomorrow.

Be appreciative. How much do you really appreciate what you already have? Do you appreciate the home you live in, your family, your job and the investments you have? Unfortunately, most people concentrate only on what they lack. They struggle to get more, never thinking that they already possess the things that can make them happy.

Get active. Activity prevents worry. It alleviates frustration. To live happy means to enjoy what you are doing right now. People find joy in gardening, others enjoy social activities. Others love to take walks with their spouse and children. Activity gets your mind away from your worries and on something that occupies your time.

Get involved. The world today is in a miserable state. While you can't change the world for the better all by yourself, there are things you can do today, no matter how small, to alleviate the pain and suffering of someone. Rather than stew in your own problems, focus your attention outward. Doing something for someone without expecting a reward brings happiness.

Seek for companionship. Living today means enjoying the company of your circle of friends. Go bowling or play bridge. Good company and laughter help elevate the soul and dispels worry, fear and anxiety. Take every opportunity to find new friends.

Джерело: [1, с. 37]

Task 1. In order to live happy today, you should (choose appropriate answers)

1. think about materialistic things
2. resolve conflicts positively
3. find good company of people
4. use humour and play to deal with challenges
5. appreciate your possessions
6. rapidly reduce stress
7. enjoy doing something you like
8. be empathetic

Task 2. Answer the questions

1. What do most people worry about?
2. What should one do to find “inner peace”?
3. What does it mean to live a happy life?
4. How much do you really appreciate what you already have?
5. Is it difficult to be empathetic towards people nowadays?
6. Why is it necessary to be surrounded by friends nowadays?

Task 3. Find the correct idea according to the text (True/False)

1. For most people, fun isn’t enough for real happiness.
2. Some parts of our lives are good or bad luck, but we can still design the rest to make more happiness.
3. Do something for other people without expecting a reward.
4. Focus on activities you like doing the most.
5. Spending time with friends will help get rid of stress, fear and anxiety.
6. Some social activities might be motivating because they work for the good of people and the world around us.
7. Unfortunately, most people concentrate only on what they lack.

Task 4. Give the definition of the following terms:

1. appreciate something
2. pragmatism
3. material world
4. frustration
5. rewards
6. alleviate the pain
7. outward
8. companionship

Task 5. What are the opposite phrases for the following:

1. get involved
2. elevate the soul
3. lose friends
4. anxiety
5. miserable
6. uncertain
7. alleviate frustration
8. possess the things
9. tangible
10. fear
11. dispel worry
12. essential
13. fortunately

Task 6. Translate into English

1. Напишіть список усіх речей, які роблять вас щасливими. Скільки з них веселих?
2. Якщо більшість речей у вашому списку стосується задоволення, це те, що, на вашу думку, робить вас щасливими.
3. Є різні способи, якими ми можемо знайти мету в речах.

4. Чому люди захоплюються купівлею брендів? Шопінг робить їх щасливими?
5. Хобі та різні інтереси відволікають ваші думки від турбот та неприємних життєвих моментів.
6. Замість того, щоб займатися власними проблемами, зосередьте свою увагу назовні.
7. Щастя не може тривати вічно, зосередьтеся на теперішньому моменті та насолоджуйтесь життям.
8. Жити сьогоднішнім днем означає насолоджуватися компанією близьких людей і друзів.

TEXT 3.
TOP PROFESSIONS OF THE WORLD

Firefighter

At many departments, responding to medical calls or car accidents it is the most frequent activity, and a routine shift might also entail sorties to deal with hazardous materials, gas leaks, structural collapses, floods, ice storms, wild animals, or the myriad predicaments from which local residents need to be rescued. There's also a ton of training, since this is a tactical, technical job that requires intense discipline under pressure. They work for local governments and respond mainly to community calls, but there are also specialists trained to cope with forest fires, airplane accidents, terrorism, and mass-casualty events. The profession attracts its share of adrenalin junkies primed for action.

Special-Education Teacher

It's the job to ensure that the students learn despite their disabilities. You may spend your day using sign language to teach deaf students or working with students who were born with mental retardation. You may work with students who have learning disabilities and ensure that they receive the necessary test taking accommodations, such as removal of time limits. Some of your time may be spent helping general-education teachers adapt their lesson plans fostudents with learning disabilities, working with parents on ways they can help their children at home, or learning about assistive technologies that could improve the classroom experience for your students.

Marriage and Family Therapist

While some counsellors focus on the behavior of an individual, these specialists go a step further, addressing mental-health issues within the context of the family. By counselling couples, families, or individuals, they can tackle a host of problems: adult schizophrenia, substance abuse, anorexia, and marital conflict. Today, this therapy is considered a 'core' mental-health profession, alongside social work, psychiatric nursing, psychology, and

psychiatry. More than 1.8 million people are currently receiving treatment from these specialists.

Veterinarian

More than 70 percent of all them work in small practices treating household pets and the occasional ferret or reptilian best friend. You will spend a lot of time diagnosing and treating minor ailments, providing vaccines and other medications, dressing wounds, and, if you specialize, performing surgery and repairing broken bones. Others deal with horses and, in farm settings, other large animals, in which case you'd spend a lot of time on the road tending to animals where they live on farms or in zoos, aquariums, and research specialty as a career.

School Psychologist

The line between educational success and failure is thick: High school dropouts earn just a fraction of what students with bachelor's and advanced degrees earn. As thick as the divide is, its causes are a gray and complicated area. It's your job to find the physical, psychological, social, or emotional issues that prevent students' success and craft a systemic solution that generally involves the student and the student's family, caregivers, and teachers. Although you may be working with limited resources and overstretched teachers, it's your job, for example, to ensure that a student who has just lost a parent to cancer can get the support he or she needs, or that a student's drug addiction doesn't go ignored. Programs and solutions are monitored and reworked with the help and input of parents and teachers.

Джерело: [1, с.40]

Task 1. What are the advantages and disadvantages of the following professions:

1. Firefighter
2. Special-Education Teacher
3. Marriage and Family Therapist
4. Veterinarian

5. School Psychologist

Task 2. Answer the questions

1. What challenges are firefighters faced with?
2. What kind of students do special-education teachers work with? What are their duties?
3. What kind of problems do marriage and family therapists tackle?
4. Where do most veterinarians work?
5. What does a job of school psychologist involve?
6. Why are these professions gaining popularity in the world?

Task 3. Find the correct idea according to the text (True/False)

1. Firefighters work for fire departments, which may be part of municipal, county, state, or federal government agencies.
2. Firefighters must be quick-thinking and able to work well under stress.
3. Special education teachers work in many different settings, but they don't work with parents, other teachers, and school staff.
4.Their goal is to help students gain skills, confidence, and independence so they can adapt easily to social life.
5. Couples and families face unique problems, that is why they often seek out help from marriage and family therapists.
6. Marriage and family therapists assess, diagnose, but don’t treat mental illness.
7. Most vets work as mobile vets.
8. Most often, school psychologists can be reached by inquiring at the school directly.

Task 4. Give the definition of the following terms:

1. hazardous materials
2. structural collapses
3. predicaments

4. mass-casualty events
5. adrenalin junkies
6. deaf students
7. mental retardation
8. removal of time limits
9. general-education teachers
10. assistive technologies
11. adult schizophrenia
12. substance abuse
13. anorexia
14. marital conflict
15. psychiatric nursing
16.minor ailments
17. school dropouts
18. caregivers
19. overstretched teachers
20. input of parents and teachers.

Task 5. What are the opposite phrases for the following:

1. predicament
2. intense discipline
3. attract
4. routine shift
5. sign language
6. learning disabilities
7. mental retardation
8. adapt
9. improve
10. counselling
11. small practices
12. broken bones
13. failure
14. complicated area
15. prevent

16. overstretched teachers
17. input

Task 6. Translate into English

1. Пожежний відповідає за реагування на надзвичайні ситуації, пов'язані з пожежами, небезпечними матеріалами, невідкладною медичною допомогою та іншими лихами.
2. Обов'язки та відповідальність пожежників охоплюють широкий спектр завдань, спрямованих на захист життя, майна та навколишнього середовища під час надзвичайних ситуацій.
3. Вчитель-дефектолог – це вчитель, який підтримує учня з обмеженими можливостями в доступі до загальноосвітньої програми.
4. Вони несуть відповідальність за юридичну відповідність індивідуальним навчальним планам, гарантуючи, що учні отримують те, що описано в плані.
5. Шлюбні та сімейні терапевти лікують широкий спектр серйозних клінічних проблем, включаючи: депресію, сімейні проблеми, тривогу, індивідуальні психологічні проблеми та проблеми дітей і батьків.
6. Шлюбні та сімейні терапевти регулярно практикують короткострокову терапію; в середньому 12 сеансів.
7. Ветеринари можуть займатися загальною практикою, лікуючи тварин усіх видів; вони можуть спеціалізуватися на певній групі тварин.
8. Шкільні психологи пропонують комплексні психологічні послуги, щоб допомогти учням досягти академічного, соціального, поведінкового та емоційного успіху.

TEXT 4
THE 100TH MONKEY

The Japanese monkey, Macaca fuscata, had been observed in the wild for a period of over 30 years. In 1952, on the island of Koshima, scientists were providing monkeys with sweet potatoes dropped in the sand. The monkey liked the taste of the raw sweet potatoes, but they found the dirt unpleasant. An 18- month-old female named Imo found she could solve the problem by washing the potatoes in a nearby stream. She taught this trick to her mother.

Her playmates also learned this new way and they taught their mothers too. This cultural innovation was gradually picked up by various monkeys before the eyes of the scientists. Between 1952 and 1958 all the young monkeys learned to wash the sandy sweet potatoes to make them more palatable. Only the adults who imitated their children learned this social improvement. Other adults kept eating the dirty sweet potatoes. Then something startling took place. In the autumn of 1958, a certain number of Koshima monkeys were washing sweet potatoes the exact number is not known. Let us suppose that when the sun rose one morning there were 99 monkeys on Koshima Island who had learned to wash their sweet potatoes. Let's further suppose that later that morning, the hundredth monkey learned to wash potatoes. Then it happened! By that evening almost everyone in the tribe was washing sweet potatoes before eating them. The added energy of this hundredth monkey somehow created an ideological breakthrough!

But notice: A most surprising thing observed by these scientists was that the habit of washing sweet potatoes then jumped over the sea. Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakiyama began washing their sweet potatoes. Thus, when a certain critical number achieves an awareness, this new awareness may be communicated from mind to mind.

Джерело: [1, с.55]

Task 1. In order to get some results scientists provided monkeys with some stuff and they should (choose appropriate answers)

1. peel sweet potatoes
2. wash sweet potatoes
3. eat sweet potatoes
4. pass sweet potatoes to other monkeys
5. play with sweet potatoes
6. cook sweet potatoes.

Task 2. Answer the questions

1. How long had the Japanese monkey, Macaca fuscata been observed in the wild?
2. What kind of taste did the monkey like?
3. Which skill did monkeys teach their mothers?
4. What did all the young monkeys learn to do between 1952 and 1958?
5. What adults learnt this social improvement?
6. What created an ideological breakthrough?

Task 3. Find the correct idea according to the text (True/False)

1. An 18- month-old female named Imo found she could solve the problem by washing the potatoes in a nearby stream.
2. This cultural innovation was not picked up by other monkeys in the tribe.
3. Only the adults who imitated their children learned this social improvement.
4. In the autumn of 1956, a certain number of Koshima monkeys were washing sweet potatoes the exact number is not known.
5. By that evening almost everyone in the tribe was washing sweet potatoes before eating them.

6. Colonies of monkeys on other islands and the mainland troop of monkeys at Takasakiyama began washing their sweet potatoes.
7.Thus, when a certain critical number achieves an awareness, this new awareness may be communicated from face to face.

Task 4. Give the definition of the following terms:

1. cultural innovation
2. social improvement
3. imitation
4. ideological breakthrough
5. awareness
6. critical number
7. observation
8. mainland troop

Task 5. What are the opposite phrases for the following:

1. nearby stream
2. gradually
3. create
4. achieve
5. innovation
6. provide
7. make palatable
8. trick
9. adults

Task 6. Translate into English

1. На якому острові вчені спостерігали за мавпами щоб отримати цікаві результати?
2. Історія «Сотої мавпи» нещодавно стала популярною в нашій культурі як стратегія соціальних змін.

3. Більшість маленьких мавпочок почали мити картоплю, коли їм було від одного до двох з половиною років.
4. Нове покоління немовлят навчилося мити солодку картоплю через нормальний культурний зразок молоді, наслідуючи своїх матерів.
5. Це також приклад того, як прості інновації можуть призвести до великих культурних змін.
6. Однак дослідження показує, що дотримання позитивних ідей недостатньо для зміни світу.
7. Нам все ще потрібна пряма комунікація між людьми і ми повинні визнати свободу вибору тих, хто обирає альтернативи, відмінні від наших власних.
8. Використовуючи воду для їжі, мавпи Косіма почали використовувати море як ресурс у своєму середовищі.

TEXT 5.
TIPS ON HOW TO LEARN ENGLISH EFFECTIVELY

Do you want to know how to learn English effectively? If so, you are not alone. In fact, there are many people out there today who are working to learn English as a second language, No matter what the reason is that you are learning English, you want to make sure that you can learn it quickly and effectively as well. Whether you are learning English in a class, on your own, or with language teaching software, there are certain things that you can do to make sure that you learn the language effectively. So, here are a few tips to keep in mind that will help you on your journey towards learning the English language.

Decide on Some Purpose

It is very important that you have goals in mind if you want to know how to learn English effectively. Setting goals will help you to know where you want to be and it will you to actually see your progress as you learn the language as we'll. Decide what your goals are, whether you want to improve your vocabulary, pronunciation, or even if you want to comprehend when you're listening better. Once you know your goals, make sure that you are working to achieve them.

Be Sure to Train Your Skills

Practicing is probably one of the most important tips if you want to know how to learn English effectively. The more you practice your English skills, the better you will become at it. You can practice by reading English, by writing emails and letters, by listening to television or the radio in English, or even by taking time to speak to other people who speak the English language. The more you practice, the fewer mistakes you'll end up making over time, and you'll become more effective with your English skills.

Work on Vocabulary Development

No matter what language you're learning, a large number of words you know is going to be very important. This is especially important when you are learning the English language. One of the

best ways to learn new words is to start reading and you can also learn more by listening to the radio or watching television. Playing word games and doing word puzzles can also help you out when you are trying to enhance your English vocabulary.

Study on a Regular Basis

If you plan on learning a language, you are going to make studying a priority. It's not just something you do every now and then, but it should be done every single day. When you study each day it is easier to retain the new things that тyou learn. You'll also find that you can review easier every day and you'll definitely remember what you learn a lot better as well. So, if you want to know how to learn English effectively, then you need to make studying a priority.

Make It Enjoyable

When you're having fun, it actually makes it easier for you to remember things that you learn, so make sure that you make learning English fun. Take time to do puzzles and to play games, even if it does seem a bit childlike. They really can help you as you learn English and provide you with excellent practice.

Джерело: [1, с.107]

Task 1. In order to learn English effectively, you should (choose appropriate answers)

1. read everything you can get your hands on
2. subscribe to podcasts or Youtube channels (in English)
3. learn the language regularly
4. go abroad and practice your speaking there
5. play games in English
6. be curious while learning English
7. expand your vocabulary
8. talk with real native speakers

Task 2. Answer the questions

1. Is it necessary to set goals while learning the language?
2. What are the best ways of practicing your English?
3. What are the best tips for expanding your vocabulary?
4. What aspects of learning should you prioritize?
5. What should one do if you want to avoid boring learning?
6. Is speaking environment essential for learning the language?

Task 3. Find the correct idea according to the text (True/False)

1. Don’t kick yourself while you're down if something goes wrong in the process of learning.
2. If you’re learning English alone, don’t worry: find answers in blogs or language websites, ask other learners, or use forum.
3. Take time to do puzzles and to play games, even if it does seem a bit childlike.
4. The more you practice, the fewer mistakes you'll end up making over time.
5. Mix up your learning by picking a native English-speaking actor or singer you like.
6. Once you know your goals, make sure that you are working to achieve them.
7. Your English studies are likely to go far more quickly if you feel motivated.

Task 4. Give the definition of the following terms:

1. language teaching software
2. important tips
3. prioritize
4. review
5. regular basis

6. vocabulary bank
7. translation technique
8. personalized learning experience.

Task 5. What are the opposite phrases for the following:

1. study on a regular basis
2. vocabulary development
3. retain the new things
4. comprehend
5. become effective
6. achieve your goals
7. flexible learning
8. expert teachers
9. speaking through daily practice

Task 6. Translate into English

1.Читайте вголос, щоб відпрацювати вимову та інтонацію та навчити свій мозок сприймати розмовну англійську.
2. Писати – це процес, і потрібен час, щоб стати кращим. Тож наберіться терпіння та тримайтеся!
3. Не бійся робити помилки! Вивчення англійської може бути складним завданням, але чим більше ви практикуєтеся, тим кращим станете.
4. Грайте в словесні ігри, як-от кросворди та пошук слів, щоб поповнити свій словниковий запас.
5. Вивчення граматики англійської мови може бути складним завданням, але це можливо за умови правильного підходу.
6. Вивчення нової мови – це більше, ніж просто запам'ятовування слів і граматичних правил, це розвиток абсолютно нового способу мислення.
7. Приєднуйтеся до онлайн-спільнот з вивчення англійської мови, щоб практикуватися з носіями мови та іншими учнями.

8. Виділіть певний час, щоб попрактикуватися в оповіданні історій за допомогою штучного інтелекту, щоб створити розпорядок і контролювати свій прогрес.

TEXT 6.
VIDEO GAMES

Are Video Games a Paradise?

Millions around the world spend their free time playing video and computer games. Many even believe they are improving themselves by doing so. Could they be right?

Beads of sweat form on your brow as you grip the gun. Your heart is beating out of your chest as you creep through this virtual world. You are in control. Law what law? Go ahead, steal a car, shoot innocent bystanders...

Real? Almost.

'Thrilling?' 'Heart throbbing?' 'Captivating?' 'Addictive?' YES!

Why is society so wrapped up in them? What do studies and research show? Why are people so enthralled by these inventions, spending countless hours in front of a screen?

An Escape from Reality?

For many people, the world of video games is a perfect break from a reality filled with deadlines, stress and responsibilities. People play them because they are fun, interesting and a way to relax. Computer and video games are often used to help people focus on something other than life's daunting problems. They are in a virtual world that makes sense to them a place where they can be whoever or whatever they choose, without worrying about how they look or act, and without having to deal with real-life problems. For some, this escape is just a passing fascination but for others, video games are much more.

In Search of Social Lives

The video games of today can be compared to the board games of previous generations. People once played board games as a form of social interaction. These games were generally a way of learning about and getting closer to family, friends or even dates. It was an opportunity to spend time with people and learn about how they thought. Board games offered a chance to socialize, stimulate the

mind and enjoy interesting conversation. Human beings need this type of innocent social interaction. People were designed to engage with talk to each other. Many today believe they can gain a social life from playing computer and video games.

Addictive Behaviour

Recently, researchers have recognized that video games have another destructive quality: They are addictive. Many video games are so engrossing that players feel they absolutely must finish the TASKs in the games even going so far as to neglect their own personal lives. This has been further compounded in online games, in which players who take time off in order to live their normal lives feel as though they are letting down their online friends.

The effects of this have been tragic. In 2002, a gamer was so addicted to Everquest that he actually took his own life, most likely because of problems he was having solely within the game.

Of Lasting Value

The current state of video games reveals a world that is progressing further into self-deceit, confusion, violence and ignorance. Young generation should be taught which pursuits truly have long lasting value. Adults must show the way how to form correct relationships and how to react, respond to and deal with stress. People should no longer turn to vain pursuits in the hope of finding social lives, or to waste the day away.

Джерело: [1, с.62]

Task 1. Why are people so enthralled by playing computer games? (choose appropriate answers)

1. offer competitive experience
2. escape from reality
3. can be educational
4. unwind and relax after a long day
5. social interaction
6. can be waste of time
7. give a feeling of achievement

8. deal with stress

Task 2. Answer the questions

1. What do video games offer their players?
2. Why do most people play them?
3. Why are video games compared with board games nowadays?
4. What have researchers recognized about video games recently?
5. What does the current state of video games reveal?
6. What are the consequences of playing video games?

Task 3. Find the correct idea according to the text (True/False)

1. Most gamers eventually get distracted from their social lives; they forget the important things in their lives.
2. We love playing video games because they allow us to become anything we can dream of.
3.Video games are designed to be enjoyable.
4. Video gaming has a strong social component, allowing players to interact with other friends and meet new people.
5. Video games can offer a competitive experience, allowing players to test their skills and compete against others.
6.Video games often provide challenges and obstacles to overcome.
7.Video games make people addicted and destroy their psyche.

Task 4. Give the definition of the following terms:

1. wrapped up in gaming
2. heart throbbing
3. addictive
4. be enthralled
5. life's daunting problems
6. passing fascination
7. engrossing

8. letting down their online friends
9. self-deceit

Task 5. What are the opposite phrases for the following:

1. captivating
2. countless hours
3. virtual world
4. stimulate the mind
5. destructive quality
6. violence and ignorance
7. take time off
8. have solely within the game
9. long lasting value

Task 6. Translate into English

1. Ви можете грати в ігри, які дають вам можливість робити те, що ви ніколи не змогли б зробити в реальному житті.
2. Крім того, низка досліджень показала, що відеоігри можуть допомогти покращити пам'ять (і настрій).
3. Багато відеоігор є швидкими та напруженими, але багато з них спокійні та розслаблюючі.
4. Ігри, які дозволяють вам грати у відкритому світі, як-от World of Warcraft, дозволяють вам взаємодіяти з іншими в режимі реального часу, і існує ризик у тому, як ви спілкуєтеся.
5. Змагальні відеоігри привертають увагу, тому що в них можна грати професійна.
6 .Відеоігри пропонують безпечне місце для покращення ваших навичок і вдосконалення в чомусь.
7. Люди можуть вільно залишатися собою у відеоіграх, де вони вільні від впливу чи керівництва з боку інших.
8. Стімінг – це коли хтось грає у відеогру в прямому ефірі, щоб інші могли дивитися онлайн.

TEXT 7.
THE VIDEO GAME INDUSTRY

Growing Popularity

The video game industry is exploding. People of all ages are enjoying them, whether on a computer, game console or the Internet.

Everyone is talking about them. Consider these recent headlines: 'Top Activity for National Goof-Off Day: Playing Video Games!', 'Video games, not TV responsible for obesity in kids...', 'Video Games Approved for Teens Often Contain Violence, Study Concludes', 'Violent video games are training children to kill'.

Practicing Skills

Recently, the U.S. Army and Navy have employed video games to train their recruits. They have found that the large simulators once used were much too expensive. Instructors are able to spend far less time explaining how to use a complex simulation; this allows them to spend far more time training soldiers in battlefield tactics. There is evidence that 'gamers' have faster reaction times and more accurate hand-eye coordination than 'non-gamers.' Like the military, certain corporations have seen positive results from using video games to train workers who engage in intense mental activities, such as stock market trading.

Do Games Make You Cleverer?

Additionally, there is a tendency within the circle of avid gamers to talk about the wonderful benefits of these games. Many in this crowd claim that video games are actually making them smarter. There are various conflicting theories as to defining and measuring intelligence. Some psychologists say that it is skill; others consider it an aptitude for learning; and still others assert that it is an ability to handle diverse situations. Regardless, knowledge is not the same as intelligence. Gamers have not actually become more intelligent they have become more experienced. Consider. Would anybody be surprised if studies proved that smokers are better at smoking or that heroin addicts are

better at giving injections? Experience in these 'skills' does not make such people more intelligent.

Children Are Practicing Violence

Practicing an activity makes one better at it. Apply this understanding to the video games that children play games in which kids practice fighting, murder and taking drugs. As a result, children are becoming good at being deplorable!

Many parents are unaware of the level of violence to which they are exposing their kids in giving them such games. Sadly, most parents simply do not take the time to know what their children are really doing. Often, the few who try are met with the violence or cursing that their kids have been learning from video games. Parents need to be diligent and cautious in buying video games for children, or else they risk exposing them to violence and sexually explicit material.

Cause and Effect

Remember, people once played board games to engage in conversation and to learn about each other. But today, when people play video games with each other, the conversation is far from engrossing. Many gamers claim that since they are not good at dealing with other people, they turn to their 'online friends'. However, is the 'virtual social life' that these people engage in truly as beneficial as real life?

Gamers who devote virtually all their spare time to playing video games do not allow themselves to develop the social skills that would lead to real-life relationships. They do not have a social life because they have not allowed themselves the opportunity to develop one!

To be good at anything takes practice and this includes developing an active, healthy ability to interact with all kinds of human beings.

Джерело: [1, с.74]

Task 1. Why is the video game industry exploding? (Choose appropriate answers)

1. making people more antisocial
2. making people smarter
3. making people more creative
4. making people more violent
5. making people more interactive
6. making people more competitive
7. making people more sociable
8. making people more reserved

Task 2. Answer the questions

1.Where are video games used as simulators?
2.What do large corporations use video games for?
3.What are the benefits of playing video games?
4. Are parents aware of the level of violence in giving kids such games?
5.Why do gamers try to find more virtual friends than real ones?
6. How much time do gamers devote to playing video games?

Task 3. Find the correct idea according to the text (True/False)

1. For years video games have been criticized for making people more antisocial, overweight or depressed
2. Gamers have not actually become more intelligent they have become more experienced.
3.There is also evidence that gaming can help with psychological problems.
4. Parents need to be diligent and cautious in buying video games for children.

5. In the future, we may see many treatments for physical and neurological problems which incorporate the playing of video games.
6. Gamers who devote virtually all their spare time to playing video games do not allow themselves to develop the social skills.
7. Violent action games that often worry parents most may actually have the strongest beneficial effect on the brain.

Task 4. Give the definition of the following terms:

1. game console
2. complex simulation
3. hand-eye coordination
4. stock market trading
5. the circle of avid gamers
6. handle diverse situations
7. being deplorable
8. sexually explicit material
9. engrossing

Task 5. What are the opposite phrases for the following:

1. goof-off day
2. obesity
3. accurate coordination
4. intense mental activities
5. aptitude for learning
6. cautious
7. real-life relationships
8. violence
9. claim

Task 6. Translate into English

1. Відеоігри також сприяють різноманітним функціям мозку, включаючи прийняття рішень.
2. Вчені виявили, що жінки, які грають в ігри, краще здатні подумки маніпулювати 3D-об’єктами.
3. Іноді персонажі з ігор стають сюжетами повнометражних фільмів, наприклад «Розкрадачка гробниць».
4. Нові технологічні відкриття допомогли відеоіграм удосконалюватися з часом.
5. Комп'ютерні технології спочатку були призначені для серйозних обчислень та інших досліджень, але згодом вони перетворилися на середовище для відеоігор.
6. Цифровізація ігор створила зовсім нову сферу можливостей, ви можете зробити будь-що, якщо поставите собі за мету.
7. Тепер у геймерів більше можливостей знайти найсучасніші ігри та інтерактивні розваги, ніж будь-коли раніше.
8. Люди, які раніше мало цікавилися іграми, стали завзятими користувачами мобільних пристроїв.

TEXT 8.
HALLOWEEN

Halloween is the perfect time to have fun and build comradeship at the office. We never forgot the thrill of

yelling 'TRICK OR TREAT' and getting that candied apple, popcorn ball or candy bar dropped in our bag from when we were children. That same excited child still lives in all of us, we just pretend it does not matter anymore. We relive the thrill every year when the kids come to our door and repeat the same ritual, we did so many years ago.

Let's face it the world is not as safe as it used to be, and parents no longer take their children to the homes of strangers to collect treats the way our parents did. Most parents take their children to one of the thousands of malls across America to trick or treat. I did it myself once, but I never will again. The lines are long, it is boring and the candy is cheap. I came up with an idea that changed all that and my children remained equally safe.

All the parents in the office I worked at brought in their own bags of candy and we divided it all up and gave it to every worker, along with permission to eat as much as they want but save some for the children. We all left work a little early and brought our costumed children back to the office. At a predetermined time, we started going from office to office and desk to desk allowing the kids to Trick or Treat. It was a blast!

The children went right up to the desk of each person and received the candy purchased by the parent. The employee did not need to get out of their seats and it only took up one or two minutes of the workers time to give treats to all the children. I honestly believe the employees giving the treats enjoyed it more than the children did. They talked about it for days!

The following Halloween I had more employees without children asking if we were going to get to do it again than employees with children. It created a bond between all of the

employees and bonded employees make better team mates when working on various projects.

I have also worked in offices where people brought in little plastic pumpkins filled with candy for their coworkers. It puts a bit of excitement in the air and everyone is happy and
productive for the day! So go out there and let your inner child run free for the day and trick or treat in your own chosen way at the office this year.

Джерело: [1, с.87]

Task 1. In order to celebrate Halloween in the perfect way under current conditions, you should choose appropriate answers:

1. parents allow their kids to go from a door to a door
2. parents bring children to the office
3. parents carry candied apples, popcorn ball, candy bar dropped in the bag to the office
4. parents dress the children in costumes
5. parents leave their children to stay at home on this day
6. parents create a festive atmosphere
7. parents should allow kids to go from desk to desk and from office to office
8. an office has bought all the sweets for the children
9. parents think about their kids' safety.

Task 2. Answer the questions

1. What's the text about?
2. What's the perfect time for teambuilding? Why?
3. What's the problem with Halloween these days minding the safety?
4. How do office staff perceive the arrival of children at the office?
5. How do think this holiday should be cancelled or not? Why?

6. Do you agree with the following words" I honestly believe the employees giving the treats enjoyed it more than the children did"?
7. Do you like the idea to create such a holiday for the kids nowadays.

Task 3. Find the correct idea according to the text (True/False)

1. The safety problem is real nowadays.
2. Kids in the whole world like gifts especially with sweets.
3. Office staff don't like perceiving the arrival of children at the office.
4. Children of employees cannot help build a team at work.
5. Types of gifts wrapping for children should be standard and can only be found in specialized stores.
6. Children in Ukraine also have the same holiday.
7. You can buy the special gifts for Halloween in stores.
8. Everybody has an inner child inside.

Task 4. Give the definition of the following terms:

1. Halloween
2. teambuilding
3. office
4. 'Trick or treat'
5. employees
6. plastic pumpkins
7. sweets.

Task 5. What are the advantages and disadvantages of the following:

1. improving the teambuilding
2. take away working time
3. quite safe
4. children are happy

5. bosses are not very happy
6. Halloween traditions are changing
7. the whole world is changing
8. maybe office workers should work overtime any day

Task 6. Translate into English

1.Свято Хелловін з'явилося у стародавніх кельтів та означало «кінець літа».
2. Зараз це свято практично святкується у всьому світі.
3. Це важко знайти людину, яка б не любила свята.
4. Часто фрази на кшталт: "trick or treat", люди перекладають як "Гаманець або життя" або "Солодкість або гидота".
5. Життя сучасного офісу змінюється досить швидко відповідно до змін у суспільстві.
6. На жаль, у наш час все більше стає питання про безпеки дітей.
7. Тому батьки вимушені шукати інших, безпечних шляхів для організації свят для своїх дітей.
8. Всі батьки хочуть бачити своїх дітей із щасливими посмішками на обличчях.

TEXT 9.
HOW TO SELECT SNACKS THAT ARE NUTRITIOUS

1.Purchase a variety of fresh fruit. Keep them at your fingertips. Take fruit with you to work so when it's snack time you reach for a piece of fruit instead of a candy bar from the vending machine. Put some grapes in the freezer so you have a frozen treat available.

2.Have a store of chopped vegetables. Chop your favorite vegetables into bite size pieces and store them in zip lock baggies in the refrigerator. Pull out a bag and either take them to work, eat them at home or when you're running errands. Preparation is key!

3. Eat nuts and seeds. They are a great way to add vitamins, minerals, fiber, and essential fatty acids like omega 3 and omega 6 to your diet. Some great choices include walnuts, almonds, cashews, flaxseeds, peanuts, pumpkin seeds, sesame seeds and sunflower seeds. Be creative and make your own variety of trail mix. Use granola, nuts, seeds and fruit.

4.Spread natural peanut butter on apple slices, celery, whole wheat crackers, rice cakes etc. Natural peanut butter is an excellent source of protein. Note: store natural peanut butter at room temperature so it's easier to spread. Turn the jar upside down and stir to mix the oil and peanut butter. The standard recommended shelf life for peanut butter is 18 months.

5. Choose low-fat or fat-free popcorn. For a buttery flavor, add a few spritzes of 'I Can't Believe It's Not Butter!' spray. Experiment and use different seasonings for added flavor i.e. dry taco seasoning mix, chili powder, garlic powder, salt free seasoning blends, parmesan cheese etc. You can also try adding raisins or dried fruit.

Directions: pop the popcorn in the microwave or air-popping machine; spritz with butter flavored spray; sprinkle seasoning on top.

Джерело: [1, с.92]

Task 1. In order to have healthy diet you should:

1. eat only the products from the Mediterranean countries
2. have balanced diet
3. include seasonal fruits and vegetables as the most suitable food
4. eat a candy bars and hamburgers with eggs
5. find meal rich in vitamins, minerals, fiber, and essential fatty acids like omega 3 and omega 6
6. buy and eat frozen food from the shops
7. exclude nuts and dried fruits from the diet
8. replace drinks with bubbles with natural juices.

Task 2. Answer the question

1. How do you get the word "diet"?
2. Do healthy people should keep a special diet, or not? Why?
3. Does your daily diet impact on your daily activity? What way?
4. Why is it not a good idea to eat purchased granola and ready-made breakfast cereals?
5. Why is it recommended to take nuts and seeds?
6. Can meals impact on our mental activity? What way?
7. What's your best diet?
8. What's the best snack at the work?

Task 3. Find the correct idea according to the text (True/False)

1. Sugar substitute is a good idea to replace sugar in food or beverages.
2. People must keep a special diet all the time.
3. You diet is what you eat every day.
4. Fizzy drinks are not so bad as they say.
5. Natural vitamins from food are better than pharmacy vitamins.

6. Natural peanut butter is an excellent source of protein.
7. People should eat only meals from their native countries.
8. Food from different countries adds variety to our diet.

Task 4. Give the definition of the following terms:

1. diet
2. benefits of vegetables and fruits
3. a store
4. low-fat
5. sugar-free
6. microwave oven
7. ready-made food
8. takeaway meals.

Task 5. What facts about food and diet are positive?

1.Yeast-free products are healthier than yeast products.
2. There are special spices which can help you keep your health.
3. Unfortunately, all very tasty food leads to obesity and other problems of the body.
4. In the future, we are offered to have food in tablet format.
5. Veganism is not recommended for young children and teenagers, as well as older people.
6. I am what I eat.
7. A person should receive with food everything the body needs

Task 6. Translate into English

1.Іжа різних країн урізноманітнить нашу дієту.
2. Кожен огранізм хоче мати здорову їжу.
3. Іжа – це насолода смаком.
4. Іжа – це все, що споживає людина та інші живі істоти для підтримування життя.

5. Здорова іжа – це натуральна іжа, яка містить всі необхідні мікроелементи та вітаміни що дозволять організму виконувати своїх функції.
6. В різні години доби організм по різному перетравлює іжу у шлунку.
7. Все, що у житті хорошого - чи незаконно, чи аморальна, чи веде до ожиріння.
8. Їжа може формувати наш настрій на цілий день

TEXT 10.
CORRUPTION OF COMMUNICATION

Degradation of the Quality of Communication

Picture a time when written communication only occurred through handwritten letters an era before word processors, spell-check or grammar correction. Through the wonders of technology, we are more easily able to communicate whatever thoughts come to mind. Regrettably, this freedom has come with a cost. Since we are no longer forced to construct complex sentences in our thoughts, the 'mind muscle' the brain has become lazy in the correct use of language. Certain technologies perpetuate laziness. One example is the cellphone, whose users operate with a language all its own.

This is a particularly popular form of communication among young people.

Have you allowed this to happen to you?

Digital World

During the last three decades, personal communication has undergone a revolution. Rarely does one hear of receiving never mind writing an actual letter with paper and pen. Times have dramatically changed! Telephones, email, instant messages, text messages and other 'instant' services have largely replaced handwritten letters, allowing man to communicate with a speed and efficiency once unheard of. No matter your age, these tools impact your life. It is not un8.common for people, from preteens to adults, to send text messages. Again, technology has allowed unprecedented access to communication but has our ability to harness language and convey ideas also improved?

Expand Image

Then there are the social networks which allow for a continuous connection to friends and family, updated any minute of any day. Friendships should be able to blossom and families should grow

closer with such unprecedented access. In addition, people are now much better able to reach those of like mind and similar interests unlike any other time in history. Communication has come a long way from the days in which a handwritten letter took weeks to reach its recipient. Of course, people still converse face-to-face, but written communication largely drives the language of oral communication.

What about you? Do you spend nearly as much time interacting through a computer as you do in real life?

Digital Relationships

Growing numbers turn to digital communication because they are no interested in actual personal, human contact. A popular cellular phone company recently ran an advertisement in which family members, while sitting only a few feet from each other, communicated entirely through

Twitter and Facebook. This satire speaks volumes to how far real families and society have gone in interpersonal communication. Friends and acquaintances have become nothing more than a name on a screen... What is the result of technology being widely misused? Interaction has become curt and abbreviated. Instead of exchanging pleasantries and actually caring about others, communication has been transformed into a search for raw information.

Against the Current

Why does communication and language matter? Why should you care?

Perhaps you may have recognized that some of these characteristics have crept into your communication.

Do you find yourself losing interest in physical interaction with others?

Do you often become bored with conversation? To be any other way in an instant-access digital world is to swim upstream. Again, people were designed to interact with each other. As we slip into digital thinking, we risk the danger of becoming cold and distant like the lifeless computer systems we use to communicate. When our peers become nothing more to us than sources of information not living, breathing human beings we automatically focus more on the

self. Self-focus, self-esteem, self-promotion, self-preservation and, ultimately, self-fulfillment become our only goal

Джерело: [1, с. 95]

Task 1. In order to have good communication you should (choose the following):

1. have enough time to communicate face-to-face
2. know perfectly current types of communication
3. learn non-verbal types of communication
4. try to use social networking every day
5. develop your speaking skills
6. try to write essays for yourself
7. use the latest brands of gadgets.

Task 2. Answer the questions

1.What are the most important factors impacting on our communication?
2. How does the current technology help us to communicate?
3. How do modern technologies prevent us from communicating?
4. What's the best way of communication from your point of view?
5. Can you imagine the life without current types of communication?
6. Do you think you should know the rules of communication?
7. Does the current technology give us freedom in communicating?
8. Does this digital freedom in communicating have its price? And what's this price?

Task 3. Find the correct idea according to the text (True/False)

1. There were the times people wrote information with signs and pictures.
2. I think the best type is to text to all your people.
3. In the future, people will communicate at the level of telepathy.

4. There's no any needs to know communication rules.
5. It's necessary to see a person you are speaking with.
6. Man is a social being, so he needs communication with his own kind.
7. Eye contact is essential for successful communication.

Task 4. Give the definition of the following terms:

1. communication
2. verbal communication
3. non-verbal communication
4. social networking
5. digital world
6. technology
7. communication face-to-face
8. degradation

Task 5. What are advantages and disadvantages of the current communication following:

1. high speed of information transfer
2. acceleration of life in all areas of activity
3. lack of face-to-face communication
4. inability to read non-verbal information from the somebody's face
5. more time for private life
6. lots of troubles during live communication
7. knowledge of the correct language is lost
8. the expression of living emotions is lost

Task 6. Translate into English

1.Спілкування — це передача інформації у будь-якій формі від однієї особи до іншої безпосередньо або за допомогою засобів зв'язку будь-якого типу.

2. Розвиток технологій надає нам різні можливості для спілкування.
3. Людина – істота соціальна, а значить, їй потрібна жива розмова.
4. На жаль, уходить вміння так званої «світської бесіди», тобто бесіди із незнайомими людьми.
5. Важко сказати, чого більше у сучасних технологій для спілкування – допомоги чи ускладнень.
6. Спілкування супроводжує нас впродовж всього життя.
7. Я гадаю, що віртуальне спілкування не замінить реального.
8. Спілкування – це наше все!

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ДОВІДКА ПРО АВТОРІВ

БОРИСЕНКО Олена Іванівна – викладач англійської мови Черкаського державного бізнес-коледжу, викладач-методист. Закінчила факультет іноземних мов Черкаського державного педагогічного інституту (1985). Має багаторічний досвід роботи у навчальних закладах та комерційних структурах. Отримала грант за Програмою "Трансформ" уряду ФРН (1998). Почесний працівник Черкаського державного фахового бізнес-коледжу.

Є автором та співавтором понад 20 наукових та навчально-методичних праць, у т.ч. 1 колективної монографії, 4 статей у фахових виданнях України та 9 навчально-методичних праць, які впроваджено в освітній процес Черкаського державного фахового бізнес-коледжу.

МУСТАФА Оксана Олексіївна – викладач англійської мови Черкаського державного бізнес-коледжу з 1999 року, викладач-методист (2014). Закінчила факультет іноземних мов Черкаського державного педагогічного інституту (1989). Працювала викладачем англійської мови кафедри іноземних мов Черкаського інженерно-технологічного інституту (1992 – 1997). Почесний працівник Черкаського державного фахового бізнес-коледжу.

Є автором та співавтором понад 30 наукових та навчально-методичних праць, у т.ч. 1 колективної монографії, 1 – підручника, 5 статей у фахових виданнях України та 11 навчально-методичних праць, які впроваджено в освітній процес Черкаського державного фахового бізнес-коледжу.

Навчальне видання

БОРИСЕНКО Олена Іванівна
МУСТАФА Оксана Олексіївна

АНГЛІЙСЬКА МОВА

Збірник текстів із завданнями. Частина ІІ
(Pre-Intermediate / Intermediate)

Комп'ютерний набір Борисенко О.І.

Підписано до друку _____ 2025 р. Формат 60х84 1/16
Папір офсетний. Гарнітура Times New Roman.
Друк офсетний.
Умов. друк. арк.1,5 Тираж 30 прим. Зам. № 392

За довідками з питань реалізації
звертатися за тел.: (0472) 64-05-15