

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ
ЧЕРКАСЬКИЙ ДЕРЖАВНИЙ БІЗНЕС-КОЛЕДЖ**

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**Збірник текстів з завданнями. Частина I
(Pre-Intermediate/Intermediate)**

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Збірник призначено для розвитку навичок читання та пошуку інформації з друкованих джерел. Метою даного збірника є подальший розвиток мовної компетенції, вміння здобувати інформацію з друкованих джерел та збільшення лексики студентів

Збірник складається з текстів по певній тематиці, вправ для контролю розуміння змісту текстів та інформаційного глосарію для кращого розуміння текстів.

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

Затверджено на засіданні
циклової комісії іноземних мов
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ВСТУП

Читання є одним з видів мовної компетенції, джерелом пошуку інформації та засобом розширення іншомовної лексики.

Читання на іноземній мові є більш складним процесом, бо під час читання студент має ідентифікувати та зв'язати графічний та звуковий образ слова в пам'яті.

Ця збірка являє собою навчальний матеріал перевірконого та навчального характеру і ставить за мету навчити студентів працювати з текстами, здобувати інформацію, збільшити лексичний запас, вдосконалювати навички усного мовлення, повисити загальну ерудицію студентів.

Збірник має 12 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.

Збірник має практичне значення і призначений для використання для самостійної роботи або як додаткові завдання для поліпшення балів з дисципліни „Англійська мова” для студентів із рівнем знання англійської мови А2-В1.

TEXT 1
ARE YOU A BLOGGER TOO?

Only a few years ago, a “web log” was a little-known way of keeping an online diary. At that time, it seemed like «blogs» (as they quickly became known) were only for serious computer geeks or obsessives. This didn't last long, though, and within a very short period of time, blogs exploded – blogs were everywhere, and it seemed that almost everyone read blogs, or was a blogger.

The enthusiasm for blogging of a couple of years ago (when it was estimated that ten new blogs were started somewhere in the world every minute) now seems to have died down a bit — yet thousands of blogs (probably the better ones) remain. Blogs are now taken as important and influential sources of news and opinions. So many people read blogs now that it has even been suggested that some blogs may have been powerful enough to influence the result of the recent US election.

Blogs are very easy to set up — all you need is a computer, an Internet connection and the desire to write something. The difference between a blog and a traditional Internet site is that a blog is one-page consisting mostly of text (with perhaps a few pictures), and — importantly — space for people to respond to what you write. The best blogs are similar to online discussions, where people write in responses to what the blogger has written. Blogs are regularly updated — busy blogs are updated every day, or even every few hours.

Not all blogs are about politics, however. There are blogs about music, films, sports, books — about any subject you can imagine! So many people read blogs now that the world of blog writers and blog readers has its own name — the «blogosphere».

But how influential, or important, is this blogosphere? One problem with blogs is that many people who read and write them seem only to communicate with each other. When people talk about the influence of the blogosphere, they do not take into account the millions of people around the world who are not bloggers, never read blogs, and don't even have access to a computer, let alone a good Internet connection.

Sometimes, it seems that the blogosphere exists only to influence itself, or that its influence is limited to what is actually quite a small community. Blogs seem to promise a virtual democracy — in which important anyone can say anything they like, and have their opinions heard — but who is actually listening to these opinions? There is still little hard evidence that blogs have influenced people in the way that traditional mass media (television and newspapers) have the ability to do.

Джерело: [1, с.]

Task 1. For questions (1-5) choose the correct answer (A, B, C, or D).

1. According to the first paragraph, a «web log» or «blog»

- A) didn't last long.
- B) is a kind of an online diary.
- C) is read or written by everyone.
- D) is only for serious computer geeks or obsessives.

2. Which of the following can be inferred from the text?

- A) The popularity of blogging has recently declined.
- B) The enthusiasm for blogging has increased for the last two years.
- C) At present ten new blogs are started somewhere in the world every minute.
- D) Most blogs are about politics.

3. What is the main difference between a blog and a traditional Internet site?

- A) There's no difference.
- B) A blog can never have any pictures.
- C) An Internet site consists mostly of text.
- D) There's a space for people to respond in a blog.

4. What does the author mean by saying that «Blogs are now seen as important and influential sources of news and opinions»?

- A) Blogs are a means of a political control.

B) Blogs can have an effect on the popular beliefs and social processes in the community.

C) Blogs seem to promise a virtual democracy.

D) Blogs have influenced people in the way that traditional mass media do.

5. According to the text, which of the following statements is true?

A) The best blogs are similar to intercommunication conversations.

B) Blogs are rarely updated.

C) Not all people in the world read blogs and have access to a computer.

D) Blogosphere exists to influence the society.

Task 2. Answer the questions.

1. What is a blog?

2. Who is a blogger?

3. What is a “blogosphere”?

4. Can a blogosphere influence on the people? Yes/No. Why?

5. What blogs are there?

6. Do you want to create your own blog? Yes/No. Why?

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

1. Blogs can be important and influential sources of news and opinions.

2. Blogs show a high level of democracy.

3. Everyone who wants can make a blog.

4. Blogs are the best media in the world.

5. Blogs writers and blog readers form so-called “blogosphere”.

6. The best blogs are similar to off-line discussions.

Task 4. Give the definition of the following terms:

Online diary, obsessives, online discussions, updated blogs, blogosphere, virtual democracy, evidence, mass media, community.

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

Computer geeks, explode, influential sources, traditional Internet, take into account, influence people, good Internet connection, suggest,

regularly updated, set up, die down, powerful, write in responses, important, have the ability to do.

Task 6. Translate into English.

1. Блоги впливають на людей так само, як традиційні ЗМІ.
2. У чому головна відмінність блогу від традиційного Інтернет-сайту?
3. Які найпопулярніші теми для блогів зараз?
4. Скільки підписників у цього популярного блогера?
5. Скільки у вас має бути підписників, щоб отримувати гроші за ведення свого блогу?
6. Які теми заборонені для обговорення в блогах?
7. Багато хто починає довіряти відомим блогерам більше, ніж традиційним ЗМІ.
8. За останні кілька років ентузіазм щодо ведення блогів зріс.

TEXT 2

HOW TO MOTIVATE YOURSELF

Our life is constantly assaulted by negative thoughts and anxiety about the future. Everyone faces doubt and depression. What separates the highly successful is the ability to keep moving forward. There is no simple solution for a lack of motivation. Even after beating it, the problem reappears at the first sign of failure. The key is understanding your thoughts and how they drive your emotions. By learning how to cultivate motivating thoughts, neutralize negative ones, and focus on the task at hand, you can pull yourself out of a slump before it gains momentum.

There are 3 primary explanations why we lose motivation. Lack of confidence — if you don't believe you can succeed, what's the Lack of focus — if you don't know what you want, do you really want anything? Lack of direction — if you don't know what to do, how can you be motivated to do it? The first motivation killer is a lack of confidence.

When this happens to me, it's usually because I'm focusing entirely on what I want and neglecting what I already have. Set aside time to focus on everything positive in your life. Make a mental list of your strengths, past successes, and current advantages. We tend to take our strengths for granted and dwell on our failures. By making an effort to feel grateful, you'll realize how competent and successful you already are. The second motivation killer is a lack of focus. How often do you focus on what you don't want, rather than on a concrete goal? We normally think in terms of fear. I'm afraid of being poor. I'm afraid no one will respect me. I'm afraid of being alone. The problem with this type of thinking is that fear alone isn't actionable. Instead of doing something about our fear, it feeds on itself and drains our motivation. If you're caught up in fear-based thinking, the first step is focusing that energy on a well-defined goal. By defining a goal, you automatically define a set of actions. If you have a fear of poverty, create a plan to increase your income. It could be going back to school, obtaining a higher-paying job, or developing a profitable website. The key is moving from an intangible desire to concrete, measurable steps.

The final piece in the motivational puzzle is direction. If focus means having an ultimate goal, direction is having a day-to-day strategy to achieve it. The key to finding direction is identifying the activities that lead to success. For every goal, there are activities that pay off and those that don't. Make a list of all your activities and arrange them based on results. Then make an action plan that focuses on the activities that lead to big returns.

It's inevitable that you'll encounter periods of low energy, bad luck, and even an occasional failure. If you don't discipline your mind, these minor speed bumps can turn into mental monsters. By being on guard against the top motivation killers you can preserve your motivation and propel yourself to success.

Джерело: [1]

Task 1. In order to motivate yourself you should (choose appropriate answers).

1. increase confidence
2. create positive reinforcement
3. realize that being motivated can be a challenge
4. develop tangible goals
5. get long-term plans of moving
6. understand reasons of losing motivation
7. develop the direction
8. keep track of your most important tasks

Task 2. Answer the questions.

1. Why do we sometimes have the lack for motivation?
2. What are three reasons for losing motivation?
3. What should we do to increase our confidence?
4. How should one get rid of fear of doing something new?
5. Why do we have to do a list of all our activities?
6. What are top motivation killers?

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

1. There are some simple solutions for a lack of motivation.
2. In order to cultivate motivating thoughts try to neutralize negative ones.
3. Make a mental-list of your strengths and weaknesses.
4. The problem with this type of thinking is that fear alone is actionable.
5. The key is moving from an intangible desire to concrete, measurable steps.
6. The key to finding direction is identifying the activities that lead to success.
7. Then make an action plan that focuses on the activities that lead to possible losses and profits.

Task 4. Give the definition of the following terms:

Motivation, mental list, strengths, goals, direction, success, action plan, motivation killers.

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

Anxiety, depression, keep moving forward, lose motivation, lack of confidence, neglecting, current advantages, take strengths for granted, fear-based thinking, well-defined goal, intangible desire, ultimate, big returns, preserve motivation, occasional failure.

Task 6. Translate into English.

1. Є кілька основних пояснень, чому ми втрачаємо мотивацію.
2. Успішних людей відрізняє здатність продовжувати рухатися вперед.
3. Чи існують способи розвитку мотиваційних думок?
4. Що спонукає вас більше: матеріальні чи нематеріальні бажання?
5. Ви неминуче зіткнетеся з періодами занепаду сил і навіть випадкових невдач.
6. Складіть уявний список своїх сильних сторін, минулих успіхів і поточних переваг.
7. Чому людей в основному мотивують гроші?
8. Чи є якісь спеціальні рецепти, як позбутися негативного мислення?

TEXT 3

FIVE KEY SKILLS FOR RAISING YOUR EMOTIONAL INTELLIGENCE

Emotional intelligence (EQ) is a different type of intelligence. It's about being «heart smart», not just «book smart». The evidence shows that emotional intelligence matters just as much as intellectual ability, if not more so, when it comes to happiness and success in life. Emotional intelligence helps you to build strong relationships, succeed at work, and achieve your goals.

The first key skill of emotional intelligence is the ability to quickly calm yourself down when you're feeling overwhelmed. When we're

under high levels of stress, rational thinking and decision-making go out the window. Runaway stress overwhelms the mind and body, getting in the way of our ability to accurately «read» a situation, hear what someone else is saying, be aware of our own feelings and needs, and communicate clearly. This emotional intelligence skill helps you stay balanced, focused, and in control — no matter what challenges you face. Many people are disconnected from their emotions — especially strong core emotions such as anger, sadness, fear, and joy. But although we can distort, deny, or numb our feelings, we can't eliminate them. They're still there, whether we're aware of them or not. Unfortunately, without emotional awareness, we are unable to fully understand our own motivations and needs, or to communicate effectively with others. Emotional awareness is the key to understanding yourself and others.

Being a good communicator requires more than just verbal skills. Sometimes, what we say is less important than how we say it or the other nonverbal signals we send out. In order to hold the attention of others and build connection and trust, we need to be aware of and in control of our nonverbal cues. We also need to be able to accurately read and respond to the nonverbal cues that other people send us.

The wordless form of communication is emotionally driven. It asks the questions: «Are you listening?» and «Do you understand and care?» Answers to these questions are expressed in the way we listen, look, move, and react. Our nonverbal messages will produce a sense of interest, trust, excitement, and desire for connection — or they will generate fear, confusion, distrust, and disinterest.

Playful communication relieves fatigue and relaxes our bodies, which allows us to recharge and accomplish more. When we loosen up, we free ourselves of rigid ways of thinking and being, allowing us to get creative and see things in new ways. Humour, laughter, and play are natural antidotes to life's difficulties. They lighten our burdens and help us keep things in perspective. A good hearty laugh reduces stress, elevates mood, and brings our nervous system back into balance.

Conflicts and disagreements are inevitable in relationships. Two people can't possibly have the same needs, opinions, and expectations at

all times. However, that needn't be a bad thing! Resolving conflict in healthy, constructive ways can strengthen trust between people. When conflict isn't perceived as threatening or punishing, it fosters freedom, creativity, and safety in relationships.

Джерело: [1]

Task 1. In order to raise your emotional intelligence, you should (choose appropriate answers).

1. connect to your emotions
2. resolve conflict positively
3. become more creative
4. use humour and play to deal with challenges
5. deal with challenges
6. rapidly reduce stress
7. smooth over differences
8. nonverbal communication

Task 2. Answer the questions.

1. What does emotional intelligence help you to build?
2. What is the first key skill of emotional intelligence?
3. What helps you stay balanced and focused?
4. What are the requirements for being a good communicator?
5. What are natural antidotes to life's difficulties?
6. What helps to resolve conflicts?

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

1. Emotional intelligence helps you to resolve conflicts.
2. The first key skill of emotional intelligence is the ability to quickly react to challenges.
3. Many people are disconnected from their emotions — especially strong core emotions such as anger, sadness, fear, and joy.

4. Without emotional awareness, we are unable to fully understand our own motivations and needs.
5. Sometimes, what we say is more important than how we say it.
6. Conflicts and disagreements rarely occur in relationships.

Task 4. Give the definition of the following terms:

Emotional intelligence, rational thinking, decision-making, challenge, core emotions, eliminate, emotional awareness, nonverbal signals, antidotes.

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

Heart smart, intellectual ability, achieve your goals, succeed at work, feeling overwhelmed, disconnected from emotions, communicate effectively, wordless form, accomplish, playful communication, rigid ways of thinking, elevate mood.

Task 6. Translate into English.

1. Постійний стрес переполює розум і тіло.
2. Ця навичка емоційного інтелекту допомагає вам залишатися врівноваженим і приймати прагматичні рішення.
3. Як позбутися таких емоцій, як гнів, смуток, страх?
4. Емоційна усвідомленість є ключем до розуміння себе та інших.
5. Що потрібно робити, щоб утримувати увагу інших і будувати зв'язок і довіру?
6. Які засоби допомагають долати життєві труднощі?
7. Що допомагає вирішувати конфлікти між співробітниками на роботі?
8. Гумор і сміх знижують стрес і повертають нашу нервову систему в рівновагу.

ТЕКСТ 4

HIPPIE MOVEMENT

The foundation of the hippie movement finds historical precedent as far back as the counterculture of the Ancient Greeks, espoused by

philosophers like Diogenes. The first signs of what we would call modern «protohippies» emerged at the end of the century in Europe.

Hippies tried to free themselves from social restrictions, choose their own way, and find new meaning in life. The movement opposed the formality of traditional clubs, instead performing amateur music and singing, creative dress, and communal rest like hiking and camping.

As such, hippie clothing was often loose and made of natural fibers like cotton. Men and women grew their hair long and avoided styling. Anything one made oneself, whether sewn, knit or woven as macramé, was prized. Flowers were very emblematic of the hippie movement. Nothing represented peace and love so much as a flower, and they were everywhere. Floral patterns were popular on tops and dresses and flower patches adorned skirts and jeans. Real flowers were worn in the hair and flower images were painted on the face. Hippies argued that in the face of some ugliness in the world, it was important to display as much natural beauty as possible.

Gathering of the Tribes — The First Human Be-In, San Francisco, January 1967. This was a highly charged, symbolic event that brought together the political, spiritual, literary, musical, and shamanic leaders of the generation. At the time it seemed like a good thing to do. Just get together and experience the vibes.

Carlos Santana is the musician who managed to define a whole genre back in the early 70s. His great performance at Woodstock made him a legend. And today he's back on the charts with a new hit. Santana's original funky, Latin, soul and rock sound is unmistakable. «Black Magic Woman» (1970) was the greatest hit of Santana.

Джерело: І.Доценко, О.Євчук. Готуємось до зовнішнього незалежного тестування. Англійська мова. Тренажер. Тернопіль: Підручники і посібники, 2012. — 208 с.

Diogenes [dai'odzenis] – Діоген
macramé [макра'ме]

Task 1. Answer the questions.

1. Does the hippie movement have a historical precedent? Explain your idea.

2. Who was Diogenes?
3. What is the main idea of the hippie movement?
4. Was the hippie movement a political or social form of protest?
5. What is a symbol of peace and love?
6. Can we recognize a hippie person by his or her appearance? Why?
7. Why is 1967 so important for the generation of 1960-s?
8. Have you ever heard about Carlos Santana?
9. Can we see hippie in our streets?

Task 2. Fill in the table according to the text.

Political ideas	
Social ideas	
Symbol	
Hair style	
Dress style	
Life style	
Main date	

Task 3. Tick the facts that are not found in the reading (✓).

№	Fact	<input checked="" type="checkbox"/>
1.	Diogenes was a coiner.	<input type="checkbox"/>
2.	1967 was an important year in the hippie movement.	<input type="checkbox"/>
3.	The political ideas of hippie were creating at the turn of 1960-1970.	<input type="checkbox"/>
4.	Carlos Santana and Frank Sinatra are famous American singers.	<input type="checkbox"/>
5.	Carlos Santana is the musician who managed to define a whole genre back in the early 70s	<input type="checkbox"/>
6.	Nothing represented peace and love so much as a flower.	<input type="checkbox"/>
7.	Real flowers were worn in the hair and flower images were painted on the face.	<input type="checkbox"/>
8.	Santana's best known composition was Black Magic Women.	<input type="checkbox"/>

Task 4. Give the definition of the following terms:

Prothippies, social restrictions, amateur music and singing, macramé, hippie movement, genre, flower patches, legend, funky, vibes.

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

Counterculture, modern, emerge, oppose, creative dress, communal rest, natural fibers, avoid styling, floral patterns, popular, ugliness, natural beauty.

Task 6. Translate into English.

1. Чим рух хіпі відрізняється від інших?
2. Коли з'явилися перші ознаки цього руху?
3. Хіпі намагалися звільнитися від соціальних обмежень і знайти новий сенс життя.
4. Як виглядають хіпі і який у них одяг?
5. Хіпі наполягають на тому, щоб показати якомога більше природної краси.
6. Чи є нині послідовники руху хіпі і як це проявляється?
7. Які співаки популяризували рух хіпі та зробили його пізнаваним у світі?
8. Рух виступав проти формальності традиційних клубів, замість цього виконуючи аматорську музику та спів.

TEXT 5

HOW TO GET OUT OF TROUBLES

Your troubles are real and actual. There's no denying about it. They are causing you distress, anger and anxiety. They rob you of good health, leave you listless and unmotivated. The more you think about your predicament, the more you feel distraught.

Whether you are having difficulty in your relationship, finances or career, you would not find yourself in a dilemma if you had paid attention and taken action. There is always a way to turn things around. But you have to put in lots of efforts.

There is a famous saying: «If you keep doing the same things, you are going to get the same results». In order to get yourself out of endless debts, having to go through never-ending relationship dilemmas, making wrong decisions, and getting yourself in a jam, you must change.

You must become a different person and develop better habits to get yourself out of the tight spot.

Single out and list down all of your problems to gain clarity. Ask yourself questions and face the truth. The purpose is to know what they are and to find the necessary information, skills and strategies to solve them.

You must decide and build the courage to defeat your difficulties. Decide to take control and to develop new disciplines. Once you make a firm decision, you will gravitate your mind to think of the best possible solutions.

Once you have decided that your goal is to put an end to your dilemma, deliberately think positive and constructive. Keep reminding yourself of this goal. Put your attention to solutions instead of the problems. Imagine your dilemmas ending and affirm to yourself that you can do it.

Don't wallow in self-pity. That's not going to remove your difficulties. You take control by taking the right actions consistently. Take action by planning out the steps to fix them. Get help from people who have overcome their difficulties.

Settle one problem at a time. Once you conquer one, it gives you the confidence to tackle the next and continue until you put an end to all of them. You gather lots of experiences and skills along the way, boost your personal growth and gain wisdom.

Джерело: [1]

Task 1. In order to get out of troubles you should (choose appropriate answers).

1. don't ignore the early signs
2. be willing to change

3. identify and shoot for troubles
4. take action
5. improve your manner of thinking
6. make a firm decision
7. think positively
8. behave as usual

Task 2. Answer the questions.

1. What feelings do troubles cause?
2. What aspects of life do most people have troubles in?
3. What should one do if you are faced with dilemma?
4. What habits should you develop to get yourself out of the tight spot?
5. Are there any tips how to switch from negative to positive thinking?
6. Shall we ask people who have overcome their difficulties for a piece of advice?

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

1. The more you think about your predicament, the more you feel focused on your problem.
2. There is a famous saying: «If you keep doing the same things, you are going to get better results».
3. The purpose is to know what the issues are and to find the necessary information, skills and strategies to solve them.
4. Put your attention to sorting out problems instead of solving them.
5. Once you make a firm decision, you will gravitate your mind to think of the best possible solutions.
6. Once you conquer one problem, it gives you the confidence to tackle the next one.

Task 4. Give the definition of the following terms:

Predicament, dilemma, single out, strategies, deliberately, wallow in self-pity, taking actions consistently, tackle the problem, boost personal growth, get oneself into a jam.

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

Motivated, feel distraught, endless debts, never-ending relationship, make wrong decisions, get yourself out of endless debts, to gain clarity, think positive and constructive, remove difficulties, consistently, gain wisdom.

Task 6. Translate into English.

1. Завжди є спосіб змінити ситуацію, але доведеться докласти чимало зусиль.
2. Чим більше ви думаєте про своє скрутне становище, тим більше почуваете себе у розпачі.
3. Проблеми потрібно вирішувати, а не відкладати на останній момент.
4. Прийняття рішення передбачає вибір з-поміж двох або більше можливих альтернатив, щоб прийти до вирішення даної проблеми.
5. Ви повинні щось змінити у своєму житті, стати іншою людиною і виробити кращі звички, щоб вийти з скрутного становища.
6. З якими проблемами ви найчастіше стикаєтесь у повсякденному житті?
7. Чи потрібно розробляти план дій для вирішення проблем?
8. Приймаючи рішення та вирішуючи проблеми, ви накопичуєте багато досвіду та навичок, набуваєте мудрості.

TEXT 6

UN MARKS 20 YEARS OF CONVENTION ON RIGHTS OF THE CHILD

Ceremonies are taking place around the world to mark the 20th anniversary of a landmark agreement protecting children.

The UN says the Convention on the Rights of the Child has transformed the way children are treated. But it says a billion children in the world still go without food, shelter or healthcare and that millions are facing lives of poverty and abuse.

On the eve of events, a British charity warned that millions of the world's children have no parents or family around them.

The Convention on the Rights of the Child (CRC), signed in 1989, guarantees children the right to life, to education, the right to play and to be protected from abuse. It has the widest international support of any human rights treaty — ratified by 193 countries, with only the US and Somalia yet to give their backing.

The UN says the achievements of the convention have been «remarkable» — 30% more children live beyond the age of five and more than 80% of children now attend primary school.

Elizabeth Gibbons, the deputy director of the UN children's agency UNICEF, said the impact of the convention on children's lives was clear.

«At any time across the world, in any city, in any media, you'll find a story about children's rights, that's the big change», she said.

«Yes, there are many problems not resolved, but now children matter, they matter to society, they matter to the media, they matter to politicians».

But the UN says 24,000 children under the age of five still die every day from preventable disease and illness and that governments must not cut back on provision for children in times of financial hardship.

Джерело: [1]

Task 1. For questions (1-5) choose the correct answer (A, B, C, or D).

1. According to the statement of the United Nations Organization, the Convention on the Rights of the Child

- A) helped all the children of developing countries.
- B) improved the attitude to the children.
- C) caused the growth of the number of children who face lives of poverty and abuse.
- D) helped millions of children to find a family.

2. Among the rights guaranteed by the Convention on the Rights of the Child (CRC) there is NO right to.....

- A) life.
- B) education.

- C) work.
- D) be protected from abuse.

3. It can be inferred from the text that the US and Somalia.....

- A) have already joined the convention.
- B) are not going to support the convention.
- C) at first supported the convention, but later refused to participate in it.
- D) are planning to join the convention.

4. Elizabeth Gibbons, the deputy director of the UN children's agency UNICEF, believes that.....

- A) the convention influenced children's lives significantly.
- B) media don't pay attention to the rights of children.
- C) the majority of the problems has already been resolved.
- D) society and politicians avoid thinking and speaking about children's rights.

5. According to the article, the disease and illness the children under the age of five die from.....

- A) can't be prevented.
- B) can be stopped from occurring.
- C) can be cured with only expensive pills.
- D) is the feature of financial hardships.

Task 2. Answer the questions.

1. What is the main idea of the Convention on the Rights of the Child?
2. What rights does the Convention guarantee?
3. How many countries ratified this Convention?
4. What are the remarkable achievements of this international treaty?
5. What kind of organization is UNICEF?
6. What problems of children must be still resolved?

Task 3. Tick the facts that are not found in the reading (✓).

- | № | Fact | |
|----|---|-------------------------------------|
| 1. | The Convention on the Rights of the Child (CRC) was | <input checked="" type="checkbox"/> |

✓

- signed in 1989.
2. A billion children in the world still go without food, shelter or healthcare and that millions are facing lives of poverty and abuse.
 3. Convention recognizes that the child should grow up in a family environment, in an atmosphere of happiness, love and understanding.
 4. On the eve of events, a British charity warned that millions of the world's children have no parents or family around them.
 5. Convention considers that the child should be fully prepared to live an individual life in society.
 6. The UN says 24,000 children under the age of five still die every day from preventable disease and illness.

Task 4. Give the definition of the following terms:

Ceremonies, charity, convention, guarantees, abuse, international support, treaty, UNISEF, media, preventable disease.

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

Protect children, healthcare, poverty, to support the convention, majority, attend school, resolve, warn about problems, significant, improve the attitude, ratify, expensive pills, financial hardships.

Task 6. Translate into English.

1. Конвенція про права дитини змінила спосіб поведження з дітьми та проголосила основні права.
2. Конвенція визнає важливість міжнародного співробітництва для покращення умов життя дітей у кожній країні, зокрема в країнах, що розвиваються.
3. Конвенція про права дитини гарантує дітям право на життя, освіту, право на ігри та право на захист від насильства.
4. ООН проголосила, що дитинство має право на особливу турботу та допомогу.

5. Конвенція визнає, що дитина повинна рости в сімейному оточенні, в атмосфері щастя, любові та розуміння.
6. Скільки дітей віком до п'яти років все ще помирає щодня від захворювань, яким можна запобігти?
7. Які досягнення конвенції можна вважати видатними?
8. Є багато проблем, які не вирішені, але зараз діти важливі для суспільства, вони важливі для ЗМІ, вони важливі для політиків.

ТЕКСТ 7

THE POWER OF NONVERBAL COMMUNICATION AND BODY LANGUAGE

Good communication is the foundation of successful relationships, both personally and professionally. But we communicate with much more than words. In fact, research shows that the majority of our communication is nonverbal. Nonverbal communication, or body language, includes our facial expressions, gestures, eye contact, posture, and even the tone of our voice.

There are many different types of nonverbal communication. Together, the following nonverbal signals and cues communicate your interest and investment in others.

The human face is extremely expressive, able to express countless emotions without saying a word. And unlike some forms of nonverbal communication, facial expressions are universal. The facial expressions for happiness, sadness, anger, surprise, fear, and disgust are the same across cultures.

Consider how your perceptions of people are affected by the way they sit, walk, stand up, or hold their head. The way you move and carry yourself communicates a wealth of information to the world. This type of nonverbal communication includes your posture, bearing, stance, and subtle movements.

Since the visual sense is dominant for most people, eye contact is an especially important type of nonverbal communication. The way you look at someone can communicate many things, including interest, affection,

hostility, or attraction. Eye contact is also important in maintaining the flow of conversation and for gauging the other person's response.

Have you ever felt uncomfortable during a conversation because the other person was standing too close and invading your space? We all have a need for physical space, although that need differs depending on the culture, the situation, and the closeness of the relationship. You can use physical space to communicate many different nonverbal messages, including signals of intimacy, aggression, dominance, or affection.

We communicate even when we are not using words. Nonverbal speech sounds such as tone, pitch, volume, inflection, rhythm, and rate are important communication elements. When we speak, other people «read» our voices in addition to listening to our words. These nonverbal speech sounds provide subtle but powerful clues into our true feelings and what we really mean. Think about how tone of voice, for example, can indicate sarcasm, anger, affection, or confidence. It's not what you say, it's how you say it.

The ability to understand and use nonverbal communication is a powerful tool that will help you connect with others, express what you really mean, navigate challenging situations, and build better relationships at home and work.

Джерело: [1]

Task 1. In order to communicate well you should use (choose appropriate answers).

1. space
2. facial expressions
3. gestures
4. touch
5. body movements and posture
6. voice
7. intensity
8. eye contact

Task 2. Answer the questions.

1. What is good communication?

2. What does nonverbal communication include?
3. Are facial expressions for basic emotions the same for different cultures?
4. What is the most important type of nonverbal communication?
5. How do we use physical space for communication?
6. Which nonverbal speech sounds seem to be important for communication?
7. How does the use of nonverbal communication help us?

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

1. We communicate with much more than words.
2. And unlike some forms of nonverbal communication, facial expressions are specific for different cultures.
3. The way you move and carry yourself communicates a wealth of information to the world.
4. Eye contact is less important type of nonverbal communication.
5. We all have a need for physical space, although that need differs depending on the culture, the situation, and the closeness of the relationship.
6. You can't use physical space to communicate many different nonverbal messages, including signals of intimacy, aggression, dominance, or affection.

Task 4. Give the definition of the following terms:

Foundation of successful relationships, verbal communication, nonverbal communication, facial expressions, dominance, flow of conversation, physical space, sarcasm.

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

Majority of our communication, countless emotions, universal, sadness, disgust, anger, subtle movements, hostility, attraction, invade the space, closeness of the relationship, affection, powerful tool, build relationships.

Task 6. Translate into English.

1. Обличчя людини надзвичайно виразне, здатне виражати незліченні емоції, не кажучи ні слова.
2. Коли ми здебільшого використовуємо невербальне спілкування?
3. Вирази обличчя для щастя, смутку, гніву, розчарування, огиди, страху однакові в різних культурах.
4. Те, як ви рухаєтеся, також може багато розповісти про вашу особистість.
5. Те, як ви дивитеся на когось, може передати багато речей, зокрема зацікавленість, обожнювання, ворожість або привабливість.
6. Про що може нам сигналізувати використання фізичного простору?
7. Коли ми говоримо, інші люди не тільки слухають що ми кажемо, але й «читають» наш голос.
8. Використання невербальної комунікації допомагає спілкуватися з іншими людьми та будувати кращі стосунки в різних сферах життя.

TEXT 8

SYMBOLS OF AMERICAN NATION

The Liberty Bell is one of America's most enduring symbols of freedom. It was rung on July 8 in 1776, to celebrate Congress's adoption of the Declaration of Independence. It is inscribed with the words from the Bible, «Proclaim Liberty throughout all the land unto all the inhabitants thereof». The Liberty Bell, first made in England and weighing over 2,000 pounds, was shipped to Pennsylvania in 1752. It is now rung only on special occasions. On display in Philadelphia, it attracts thousands of visitors every year.

The bald eagle is one of America's best-known symbols. It became the national bird of the United States in 1782, and appears on the face of the Great Seal. The eagle has been used as a symbol of strength and bravery dating back to Roman times. The bald eagle is found only in North America. The eagle is not really bald, but has that appearance because white feathers cover its head. Bald eagles are protected by federal law.

The Black Hills of South Dakota are home to a spectacular memorial. Carved into a granite cliff are the heads of George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln, four of America's greatest Presidents. They were chosen to represent the nation's founding, philosophy, expansion, and unity. The sculptures are approximately 60 feet high, and are 5,725 feet above sea level. On a clear day they can be seen from over 60 miles away. Gutzon Borglum designed and supervised construction of the Mount Rushmore memorial, which was completed in 1941. The figures were cut from the stone by using drills and dynamite.

The Statue of Liberty has become a symbol of the United States and a symbol of freedom to people all over the world. It was given to the United States by the people of France in 1884 as a symbol of friendship between the two nations. The statue, which stands on a large concrete pedestal, rises over 150 feet high and is made of 300 copper sheets fastened together. A spiral staircase brings visitors up from the base of the statue to the crown. Windows in the crown give people an unforgettable view of the harbour.

The rose, said to be about 35 million years old, has been used as a symbol of love, beauty, war, and politics throughout the world. The flowers are generally red, pink, white, or yellow and grow naturally throughout North America. The rose became the official flower of the United States in 1986. In October 1985, the Senate passed a resolution that declared the rose as the National Floral Emblem of the United States. Senate Joint Resolution 159 was passed by the House of Representatives on September 23, 1986.

Джерело: [1]

Task 1. Answer the questions.

1. What is the most enduring symbol of freedom?
2. When did the bald eagle become the national bird of the United States? What was it used for?
3. What are the Black Hills of South Dakota?
4. What does the Statue of Liberty symbolize?
5. Which flower became the official flower of the United States?
6. When did the Senate pass a resolution that declared the rose as the National Floral Emblem of the United States?

Task 2. Fill in the table with the facts according to the text.

The Liberty Bell	
Declaration of Independence	
The bald eagle	
Mount Rushmore memorial	
The Statue of Liberty	
the National Floral Emblem	

Task 3. Tick the facts that are not found in the reading (✓).

№	Fact	✓
1.	The Liberty Bell, first made in England and weighing over 2,000 pounds, was shipped to Pennsylvania in 1752.	
2.	The colors on the flag represent; Red: valor and bravery; White: purity and innocence; Blue: vigilance, perseverance, and justice.	
3.	The eagle has been used as a symbol of strength and bravery dating back to Roman times.	
4.	There's no evidence Ben Franklin protested to Congress about the choice of the bald eagle and lobbied for the turkey.	
5.	Constructed in France between 1875 and 1884, the copper statue "Liberty Enlightening the World" arrived in New York on June 17, 1885 in 214 specially built wooden cases.	
6.	The Pledge of Allegiance was written in August 1892 by the socialist minister Francis Bellamy and was originally published in The Youth's Companion on September 8, 1892.	

Task 4. Give the definition of the following terms:

Adoption of the Declaration of Independence, proclaim Liberty, national symbol, the Great Seal, spectacular memorial, resolution, national emblem.

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

Enduring symbols, special occasions, best-known, strength and bravery, expansion, approximately, pass a resolution, to complete.

Task 6. Translate into English.

1. Історію, традиції, культуру та державний устрій народу уособлюють його національні символи.
2. 13 американських колоній були символізовані 13 зірками та 13 смугами на оригінальному прапорі, який був розроблений у 1777 році.
3. Велика печатка Сполучених Штатів є зображенням їхньої суверенної держави, і її можна знайти на офіційних паперах.
4. Національний птах Америки, білоголовий орлан, є символом сили та незалежності.
5. Статуя Свободи — мідна статуя, подарована Сполученим Штатам Францією в 1886 році і є одним із найбільш впізнаваних символів Америки.
6. Тепер у Дзвін Свободи дзвонять лише в особливих випадках, і виставлений у Філадельфії, він щороку приваблює тисячі відвідувачів.
7. З портретами заввишки 60 футів, вигравіруваними на граніті штату Південна Дакота, гора Рашмор вшановує чотирьох президентів США: Джорджа Вашингтона, Томаса Джефферсона, Теодора Рузвельта та Авраама Лінкольна.
8. Американці шанують троянду як символ краси та стійкості країни та сприяють вихованню почуття національної ідентичності.

ТЕКСТ 9

WHY PEOPLE HAVE GOOD AND BAD LUCK

Do you sometimes wonder why some people have spells of good luck while many watch and hope good fortune will knock on their doors? And is it possible to create good luck?

The thing, that you set your mind to believe, becomes your reality. If you continue to lament on how unlucky you have been, you will deny yourself the chance to have your big break. Amend how you have been identifying yourself and perceiving things. Hold a higher standard and expect fortunate events to happen regardless of what has happened in the past. You do that by focusing your attention on the positive and on what has worked. When you replace your limiting beliefs with empowering ones, you change your life.

The next person that you meet, a lecture that you listen to, or reading some useful information may contribute to your big break. Take time to listen and watch successful people talking about how they made it. Unless you are ready and prepared, you won't recognize it when it appears. Get yourself prepared by knowing what you truly desire. Make a firm decision on what you want to become and do.

The longer and the harder you work in the right direction, the bigger are your chances of being lucky. When you are busy doing and working, you will find the thrills and joy of creation and productivity. Gather as much knowledge as you can and develop better skills. Your attitude about how much time and efforts you are willing to put in will determine your outcome. Remarkable results will happen when you are committed, stay positive and do all that you can.

Ralph Waldo Emerson stated that weak men believe in luck. Strong men believe in cause and effect. And there is a popular quote that states that the best way to predict your future is to create it. So can you predict how the outcome of your efforts will turn out? Yes, because the law of cause and effect shows that things do not happen by chance. Whether you are aware of it or otherwise, whatever you have done or thought of in the

past produced your experiences today. What you are doing and thinking today and onward determines your future.

Almost everything takes time to develop and grow. Keep on persevering even if you are not seeing the miracle happening. If you put in the hours for study and work, your big break will show up. It's quite predictable. The trouble is people give up too soon. Keep reminding yourself that you will finally reap the rewards equivalent to the amount of time and efforts that you put in.

Джерело: [1]

Task 1. In order to be lucky you should (choose appropriate answers).

1. work hard at it
2. understand that it takes time
3. set priorities
4. be precise
5. recognize opportunities
6. write goals down
7. change your perception
8. apply the law of cause and effect

Task 2. Answer the questions.

1. Is it possible to create good luck?
2. What should you do to start changing your life?
3. Why should you listen and watch successful people?
4. Is it necessary to gain new knowledge and develop better skills to attract luck?
5. What does the law of cause and effect show?
6. What activities determine your future?

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

1. Hold a higher standard and expect fortunate events to happen regardless of what has happened in the past.

2. Get yourself prepared by knowing what you truly reject.
3. The next person that you meet, a lecture that you listen to, or reading some useful information may contribute to your development.
4. The longer and the harder you work, the less are your chances of being lucky.
5. Your attitude about how much time and efforts you are willing to put in will determine your outcome.
6. What you are doing and thinking today and onward determines your positive attitude to life.

Task 4. Give the definition of the following terms:

Good fortune, lament, perceiving things, empowering, thrills, outcome, remarkable results, committed, cause and effect, experiences, persevering, miracle, predictable, reap the rewards.

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

Deny yourself, hold a higher standard, limiting beliefs, contribute, firm decision, work in the right direction, stay positive, turn out, rewards.

Task 6. Translate into English.

1. Це правда, що протягом життя з деякими людьми трапляється набагато більше поганих речей, ніж з більшістю з нас.
2. Життя непросте чи ідеальне, але труднощі допомагають нам вчитися і рости.
3. Основні переконання можуть «закривати» нам можливості, оскільки ми знову і знову несвідомо вибираємо неправильні речі або ускладнюємо життя, тоді ми називаємо це «невезінням».
4. Дивіться та слухайте успішних людей, щоб почати мислити позитивно та спрямовувати свої зусилля на досягнення успіху.
5. Дослідження показують, що щасливі люди мають дві спільні риси: вони більш оптимістичні та думають позитивно.
6. Менталітет сприймає невдачу як неминучу, але удачу як щось, що ми створюємо наполегливою працею, хоробрістю та оптимізмом.

7. Удача (хороша чи погана) - це просто коли щось трапляється частіше, ніж це передбачає ймовірність.
8. Якщо вам зараз не щастить, можливо, ваші очі більше зосереджені на проблемах, ніж на позитиві.

TEXT 10

FORGIVE IN ORDER TO FORGET

When you forgive someone who has done you wrong and hurt you, you are closing the chapter of your past. It shows that you have stopped all the blame and let your resentment go.

Some people do not want to pardon someone who has offended them because they do not want to let go so easily. It gives them a sense of power or dominance by making the other person feel guilty.

But that's not how it works. If you keep the bitterness within or speak about it over and over, you are the one who suffers the pain. The more you think or talk about it, the more you emotionalize it.

The first thing to do to enable you to pardon people who have done you wrong or hurt you, is to do it to yourself first. The mistakes, errors and negligence that you did were because you were once ignorant, selfish and immature. You were unaware of the repercussions of your actions.

Forgiving yourself frees your mind from self-hate and self-destructive habits and attitudes. It gives you a peace of mind. It's like a burden has been lifted from your shoulders and it'll make you feel that you can now move on and start fresh.

There are people out there who gain pleasure from hurting others and hurling abuses. Refuse to allow them to break your spirit. Stay strong inside and face the challenges. Keep in mind that regardless of what they do, your goodness is never lost. Pardon them for their ignorance and tell yourself that they are only revealing what exists inside their hearts and souls.

One of the reasons that you are unforgiving and holding on to grudges is because you focus on the negatives. Always think and look for the good

in people and situations. By doing that you can't feel angry at the same time. People fail to see the good in others but you can make a choice to think and see differently. Love others unconditionally. Love people for just being themselves and for being there to teach you lessons about life.

Concentrating on the object of your anger will make you think negative thoughts and cause immense stress. Shake off and forget the past so that you can move on. By focusing on your personal growth and expecting a better life ahead, you'll forget your hostility and bitterness.

If you need to apologize or pardon someone, today is the day. Don't wait for the right time because you may not live long enough. Life is short. The sooner you do it, the better you will feel about yourself.

Джерело: [1]

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

1. forget the past and focus on your future
2. maintain your spiritual, mental and emotional strength
3. look for the good in people
4. self-forgiveness
5. get help
6. do it immediately
7. apologize
8. write a letter

Task 2. Answer the questions.

1. Why do people do not want to pardon someone?
2. What will happen if you keep the bitterness in your heart?
3. What is the first thing to do to enable you to pardon people who have done you wrong or hurt you?
4. What does forgiving yourself give you?
5. What is one of the reasons that you keep unforgiving someone?
6. What is the best way to get rid of your hostility and bitterness?

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

1. Some people do not want to pardon someone because It gives them a sense of power or dominance by making the other person feel guilty.
2. The more you think or talk about it, the more you exaggerate it.
3. The mistakes, errors and negligence that you did were because you were once silly, arrogant and rational.
4. Forgiving yourself frees your mind from self-hate and self-destructive habits and attitudes.
5. People succeed in seeing the good in others but you can make a choice to think and see differently.
6. Concentrating on the object of your anger will make you think negative thoughts and cause immense stress.

Task 4. Give the definition of the following terms:

Chapter of your past, resentment, power or dominance, emotionalize, negligence, immature, repercussions of your actions, self-destructive habits, hurling abuses, grudges, love others unconditionally, hostility.

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

Offend, feel guilty, bitterness, pardon people, selfish, ignorant, unaware of the repercussions, self-hate, gain pleasure, break your spirit, face the challenges, fail to see, immense stress.

Task 6. Translate into English.

1. У чому головна відмінність між прощенням і забуттям?
2. Якщо можливо, що ми маємо здатність прощати, щоб рухатися вперед, чи можливо забути тих, хто завдав нам болю та образив нас?
3. Як ви можете пробачити людину, яка завдала вам болю, а ви щодня страждаєте від цього?
4. Чи можливо двом людям, які завдали один одному болю, пробачити і забути одночасно?
5. Просто будьте зайняті своїм життям, будьте прогресивними, думайте про інші речі.

6. Зрозумійте, що погана фаза закінчилася, вони образили вас у певний час, тепер це минуло, ви можете знову зосередитися на своєму житті.
7. Просто будьте орієнтовані на дію, сприйміть цю образу як життєву ситуацію, щось трапилося, ви повинні спланувати, щоб це більше не повторилося.
8. Пробачте цю людину не для того, щоб допомогти їй, а щоб звільнити себе від цього довічного прокляття, зробити свій розум продуктивним і щасливим. «Це для мене, а не для них».

ТЕКСТ 11

STOP EATING PROCESSED AND FRIED FOODS

There's a drugless and side effect-free way to reduce inflammation in the body, restore the body's natural defense system, lose weight, possibly increase lifespan and improve or prevent diabetes, cardiovascular disease and kidney disease. What's more, you can get the benefits from this natural health strategy no matter what your age or whether you already have a serious disease. So who's behind these 'wild' health declarations? It's not a supplement maker or natural health group. Instead, the claims come from mainstream science – researchers from the Mount Sinai School of Medicine, to be exact.

Their findings conclude there's a simple, inexpensive dietary intervention that could control weight even without changing caloric intake and help make people healthier in a host of ways. The key? Stop eating processed and fried foods.

According to the study, these foods, which are abundant in Western diets, are loaded with harmful toxins called Advanced Glycation End products (AGEs). AGEs are produced when foods are heated, pasteurized, dried, smoked, fried or grilled. Then, once consumed and inside the body, AGEs adhere to tissues and oxidize them, causing inflammation which can result in numerous diseases. In fact, a long list of animal studies has previously shown the dangers of AGEs. The oxidative stress from high oxidant levels and inflammation increase the

risk of diabetes, heart disease, kidney disease and other chronic diseases.

The new clinical study, conducted in collaboration with the National Institute on Ageing (NIA), built on this earlier animal research but this time looked at what people ate and how it affected their bodies. The researchers studied 325 healthy adults and 66 with chronic kidney disease. A subset of 40 healthy participants and another 9 with kidney disease were randomly assigned to follow a regular Western diet full of AGEs or to follow a diet with only one-half the amount of AGEs typically found in the American style of eating. Research subjects in the 'AGE-less diet' group were advised to avoid grilling, frying or baking their food. Instead, they were told to eat food that was poached, stewed or steamed. There was no change in calories or nutrient intake during the time of the study.

After four months on the low-AGEs eating plan, the scientists checked the blood of the healthy research subjects. They found that AGE levels, inflammatory

markers, and biomarkers of vascular function declined by as much as 60 percent. What's more, a similar reduction was found in the kidney patients after only one month on the AGE-less diet.

In addition, the research team found a positive effect on a cellular receptor for AGEs called AGER1. That's a critical finding because the AGER1 receptor is needed for removing toxic AGEs from the body. On the other hand, the participants with kidney disease had severely suppressed AGER1 receptors. The Mount Sinai scientists speculate that's because this important defense mechanism

is 'exhausted' as a result of persistently elevated AGEs.

But there's good news. After even a short period of not eating AGEs loaded fried and processed foods, the number of AGER1 gene copies was restored to normal levels among patients with kidney disease. That means by simply adjusting the diet to avoid processed and fried foods, the body was rebuilding its healthy defense system.

'What is noteworthy about our findings is that reduced AGE consumption proved to be effective in all study participants, including healthy persons and persons who have a chronic condition such as

kidney disease,' said

Dr. Vlassara, the study's lead author, in a press statement.

'This suggests that oxidants may play a more active role than genetics in overwhelming our body's defenses, which we need to fight off disease. It has been said that nature holds the power, but the environment pulls the trigger. The good news is that unlike genetics, we can control oxidant levels, which may not be an accompaniment to disease and ageing, but instead due to the cumulative toxic influence of AGEs.'

Джерело: [1]

Task 1. In order to stop eating processed and fried food you should (choose appropriate answers):

1. eat tinned vegetables;
2. eat grilled, fried or baked food;
3. eat poached, stewed, or steamed food;
4. eat healthy food;
5. drink fresh juices;
6. drink vitamins.

Task 2. Answer the question.

1. What is drugless and affect-free side of food?
2. May oxidants play more active role than genetics? Prove.
3. Is it possible that the number of AGER1 gene copies can be restored to normal levels?
4. Why is it necessary not to consume processed food?
5. Can unprocessed food lead to numerous diseases? What way?
6. How do you think if the problem of proper nutrition is global?
7. Is there a problem of proper nutrition in Ukraine?

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

1. You can get the benefits from this natural health strategy no matter what your age you are.
2. The idea of health nutrition isn't so important as people say.

3. Any food is drugless and side effect.
4. There's no oxidants that can play an active role in genetics.
5. Processed food is bad for our health and body.
6. The best ways of cooking are poaching, stewing and steaming.

Task 4. Give the definition of the following terms:

Side effect-free way, to reduce inflammation in the body, restore the body's natural defense system, get the benefits from something, to control weight, to be restored to normal levels, adjusting the diet, to be effective in.

Task 5. What are the opposites?

Drugless, to keep the diet, side effect-free, inexpensive dietary, inside the body, to reduce inflammation in the body, a positive effect on, no matter, chronic diseases, to avoid eating.

Task 6. Translate into English.

1. Їжа має бути не тільки смачною, а й корисною.
2. Ніколи не пізно починати дотримуватися здорового харчування.
3. Дотримуючись правильного харчування ви можете не рахувати калорії.
4. На жаль, дуже багато блюд є смачними, але шкідливими.
5. Оброблена їжа містить канцерогени, і тому є досить шкідливою для здоров'я, особливо, якщо у вас проблеми з нирками.
6. Не все те корисно, що в рот лізе.

TEXT 12
HISTORY OF MOBILE PHONES

Mobile phones have become ubiquitous in our society. In fact, they have been around for several decades in some form or another. The technology began shaping in the late 1940s, when the idea of a mobile phone was introduced. Let us see how the mobile phone developed in its current form.

Mobile phones are looked upon as a modern invention. However, their origin can be traced back to the invention of telephone way back by Graham Bell in 1870s and success in the capture of radio message. Since those events, these basis technologies have merged and shaped themselves together as mobile phone.

Summing up the history of mobiles phones we can say that the Telephones were the beginning of the whole system. Radio charted the progress of radio communications. Both technologies came together to bring Radio Telephones. Then came Cellular which marked the development of the

popular cellular mobile phone systems. Another step was Digital which led to the emergence of a digital standard, GSM. Satellites helped mobile phones emerge as the preferred medium of communication at the global level.

Alexander Graham Bell patented the telephone in 1876. The device was initially developed using the technology designed for the telegraph and started 64it as a manually-switched network. Calls were connected by operators.

Another pillar of mobile telephony came into being when Charles Stevenson developed radio communication in the early 1890s to keep in contact with offshore lighthouses. Marconi transmitted a signal over a distance of 2 km in

1894, Fessenden was able to broadcast music by radio in 1906.

Next development was merger of telephone and radio technologies. Units worked by connecting to one or more base stations. However, one could only talk or listen, for the transmit and receive frequencies were different.

In early 1920s in the United States, mobile radios began operating at 2 MHz. These mobile radios were used only by the police on experimental basis. By the 1920s, police forces in the United States were experimenting with two-way radios in patrol cars. Practical systems were not implemented until the 1940s. Development of the system was done keeping the police and emergency services requirements in mind. Public use of mobile technology was not yet thought.

Commercial Mobile Telephone goes back to the 1940s, when digital wireless and cellular roots came into being. The transistor, invented in 1948, made it possible to build smaller, cheaper and lighter devices. While early telephone network worked on the vacuum tube and the transistor, the wireless revolution began only after low cost microprocessors and digital switching became available.

Джерело: [1]

Task 1. Answer the questions.

1. Who was Alexander Graham Bell?
2. What can you say about the 1940s?
3. What is the role of satellites in the development of mobile phones?
4. Units worked by connecting to one or more base stations, didn't they?
5. When does Commercial Mobile Telephony go back to?
6. When was the idea of a mobile phone introduced?
7. What are the perspectives of the mobile phone in the future?

Task 2. Find the correct idea according to the text (True/False).

1. It's impossible to communicate without satellites.
2. The idea of a mobile phone appeared at the end of 19th century.
3. The first mobile phone was tested by the police and the army of the USA.
4. Charles Stevenson developed phone communication in the early 1890s.
5. The ideas of the landline telephone and the mobile telephone appeared at the same time.
6. Charles Stevenson, Marconi and Fessenden invented the things that could help develop the telephoning.
7. We can't imagine our life without the mobile technology.

Task 3. Give the definition of the following terms:

Mobile phones, invention, telephone way, the capture of radio message,

radio communications, transmit a signal, to keep in contact, to merger telephone and radio technologies, the global level, satellite services, telephone network.

Task 4. Give the Ukrainian equivalents of the following:

Ubiquitous, to begin shaping, patrol cars, cellular mobile phone systems, current form, the pillar of mobile telephony, offshore lighthouses, a manually-switched network, digital wireless and cellular roots, wireless revolution.

Task 5. Translate into English.

1. У 1908 році професор Альберт Ян та Power Company заявили, що розробили бездротовий телефон.
2. Людина могла розмовляти по мобільному телефону, стоячи біля звичайної телефонної будки, яка була порожня.
3. Мобільні телефони вперше були розроблені в 1940-х роках.
4. Лише в середині 1980-х років мобільні телефони стали широко доступними.
5. 2011 року в Британії було підраховано, що більше дзвінків здійснювалося за допомогою мобільних телефонів, ніж за допомогою дротових пристроїв.
6. Розробка системи проводилася з урахуванням вимог поліції та екстрених служб.

Task 6. What are the opposite phrases for the following:

Mobile phones, to become ubiquitous, to begin shaping, to catch radio messages, to be connected by operators, light devices, radio communications, a manually-switched system, to have in mind, to transmit a signal.

GLOSSARY

- Bell, Alexander Graham - (1847-1922)** an American and Canadian scientist, inventor and entrepreneur, one of the founders of telephony, founder of the “American Telephone and Telegraph Company”, which determined the entire further development of the telecommunications industry in the United States.
- Diogenes of Sinope** – was an ancient Greek philosopher. He was born 412 BC in Sinope, and died 323 BC (aged 89) in Corinth.
- Fessenden, Reginald Aubrey (1866 – 1932,** was a Canadian and American inventor, well known for his work in the early stages of radio development. His radio legacy includes three significant achievements: the first radio transmission of sound (1900), the first two-way transatlantic radio communication (1906), and the first radio broadcast of entertainment and music (1906).
- Hippie /hippy -** an international youth movement that arose in 1965 in San Francisco in the context of the liberalization and democratization of traditional society, one of the most striking manifestations of the counterculture, had a pacifist overtones, and had a significant influence on art, especially rock music.
- Marconi, Guglielmo Giovanni Maria (1874 - 1937) -** Italian radio engineer, entrepreneur and diplomat. Winner of the Nobel Prize in Physics for 1909 jointly with Karl Ferdinand Braun "in recognition of their contribution to the development of wireless telegraphy." Founder of Wireless Telegraph & Signal Company

(later Marconi Company[en])

Santana,
Carlos Augusto
Alves –
(born 1947)

a Mexican and American musician of Mexican origin, a guitar virtuoso, a founder and a front man of Santana band. He's a winner of numerous Grammy awards, and gained fame at the turn of 1960-1970. His most famous song is Black Magic Woman.

Stevenson, Charles
Alexander
(1855 – 1950)

was noted for his inventiveness, improving the efficiency of optics and fog-horns, together with an interest in the use of radio for communication.

Woodstock –

a fair of music and art, it's one of the most famous rock festival taken place 15-18, August, 1969. The event performed on one of the farms of a little town in Bethel countryside, NY state, USA.

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ПРО УКЛАДАЧІВ

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