

Дата:28.03.2022

Група №25

Урок №17-18

Тема уроку: «Test on Reading. Test on Listening.»

Мета уроку: опрацювати нову лексику уроку. Вдосконалювати навички читання та письма. Розвивати інтерес до вивчення іноземної мови. Виховувати патріотичне ставлення до своєї країни.

Матеріали уроку:

Write the date of today:

Monday, the twenty-eighth of March

Class Work.

Lesson; 17-18

Topic: «Test on Reading. Test on Listening.»

1. Read the text and mark the statements *True or False*.

Start Young, Stop Sitting

Most of us know that physical activity leads to better health. That is nothing new. But for the first time in 10 years, the United States government has changed its guidance on how much exercise people need to stay healthy and when they should start. Getting the health benefits from exercise may be easier than earlier thought, and they are much greater.

The new federal guidance states that children as young as 3-years-old need to be physically active. Earlier guidelines used to begin at age 6. The most important time for children to begin exercising is between the ages of 3 and 5. Boys and girls in this age group need at least three hours of activities every day. That could be light activities, moderate activities, or even more dynamic activities. This is the kind of play that children normally engage in.

Doctors say it is important to start young. They add that from birth to age 5, a child's brain develops more than at any other time in life. These developments have a lasting effect on a child's ability to learn and to succeed in school and in life. Children who start exercising at a young age are more likely to have healthy behaviour that they will continue in their adult life. However, it does not mean a 5-year-old should be put on a 'treadmill' or other exercise equipment. But simply giving a child the time and space to play actively as they normally would is enough.

The new guidelines say that children aged 6 through 17 should get at least one hour of moderate to more dynamic activity a day. Most of this activity should be aerobic exercise, such as biking, swimming or running. Aerobic activity can make the heart and lungs stronger by making them work hard for several minutes or more. Exercise should also include muscle- and bone-strengthening activities, such as climbing trees or playground equipment and playing sports. Experts suggest that children should get this kind of exercise at least three times a week.

1. American government has changed their advice on people's physical activity.
2. In the past the government advised that children should start exercising at the age of three.
3. Young children need at least three hours of exercise a day.
4. According to doctors, people should start exercising at the young age.
5. The human brain develops the most up to the age of five.
6. According to the text, healthy habits are more likely to change as children grow up.
7. Parents should buy exercise equipment for their young children.
8. Children exercise when they play actively.
9. Exercise that makes the heart and lungs work more actively is called aerobic exercise.
10. Climbing trees can make child's muscles weaker.

2. Read and complete the gaps in the text with the correct option.

Vienna

The Austrian capital, Vienna, is (1) _____ its museums, palaces and high standard of living. Last year the city of 2 million people (2) _____ identified as having (3) _____ quality of life. That opinion comes (4) _____ Mercer, a consulting agency that does a yearly Quality of Living Ranking.

Measuring quality of life is not (5) _____ simple job. Mercer says the agency looks (6) _____ many factors. For example, researchers measure (7) _____ people can use public transport, such as buses and trains. They ask if drivers can move well on the roads. They ask if houses and apartments are available at a good price, and whether children can (8) _____ international schools. They think about whether people in the city can enjoy music, theater, restaurants and sports. And, they look for a healthy political and social climate. In total, the agency (9) _____ 39 factors in 10 areas to name Vienna the winner.

Vienna (10) _____ number one on other quality of life measurements, such as the Economist's Global Live ability Index.

1.	A.	knew with	B.	known for	C.	known with	D.	knew for
2.	A.	is	B.	are	C.	was	D.	were
3.	A.	the world higher	B.	the world's highest	C.	the world highest	D.	the world's higher
4.	A.	from	B.	off	C.	with	D.	under
5.	A.	a	B.	an	C.	the	D.	-
6.	A.	for	B.	up	C.	forward	D.	at
7.	A.	how easy	B.	what easily	C.	what easy	D.	how easily
8.	A.	go to	B.	leave at	C.	come from	D.	visit to
9.	A.	consider	B.	considered	C.	was considered	D.	is considering
10.	A.	are also been ranked	B.	have also been ranked	C.	is also being ranked	D.	has also been ranked

Виконані завдання надсилати згідно з розподілом на підгрупи:

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