

Tamara Kozlovska

English, 10

Підручник з англійської мови для 10 класу
загальноосвітніх навчальних закладів
(шостий рік навчання)

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Міністерством освіти і науки України*



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Дорогі десятикласники!

Ви стали дорослішими на рік, здобули базову середню освіту і перейшли у новий статус – тепер ви учні старшої школи. За дев'ять років навчання ви набули міцних знань із багатьох предметів, у тому числі й з англійської мови, яку вивчали як другу іноземну. Нині ви будете її вивчати вже шостий рік поспіль. Як і завжди, дізнаєтеся багато нового з предмета, повторите вивчене у попередніх класах, удосконалите базові навички володіння мовою, ознайомитеся з новими граматичними конструкціями, збільшите свій лексичний запас.

Серед питань, які розкриваються на сторінках підручника, багато таких, що стосуються життя сучасної молоді. Зокрема, мова йде про те, що необхідно робити, аби бути здоровим і радіти життю; як проводять дозвілля ваші однолітки за кордоном, що їх цікавить і що не подобається вашим ровесникам; що таке паркур і графіті; чому люди захоплюються хіп-хопом та R&B музикою; які незвичайні музичні інструменти існують у світі; хто винайшов радіо й мобільний телефон тощо. Багато нового ви дізнаєтесь про Велику Британію, країни, що входять до складу Об'єднаного Королівства. Чекає на вас і нова інформація про Україну.

Підручник складається з восьми тематичних розділів, які містять основний навчальний матеріал: тексти для читання, діалоги, будуючи або проговорюючи які, ви будете вправлятися в усному мовленні, вправи для аудіювання, тести, відомості з граматики, а також рубрики: “*Key words*”, “*It’s interesting to know*”, “*Vocabulary*”, “*Box*”. На уроках ви будете працювати індивідуально, у парах, у групах, що дасть можливість виявити ваші знання, загальну ерудицію, вміння застосовувати мовну здогадку, знаходити нову інформацію та використовувати її у мовленні. Окремо позначені вправи, що виконуються вдома. Кожен Unit закінчується підрозділом “*Stop and Check*”.

Ви знаєте, що без знання граматики англійської мови важко правильно побудувати речення, а значить, невимушено спілкуватися англійською мовою. Граматичний матеріал подається у рубриці “*Grammar*” у вигляді таблиць, з мінімальною кількістю незнайомих слів і простими, зрозумілими прикладами. Граматика, що повторюється, містить позначку “*Revision*”, а нова, відповідно, “*New*”.

Крім основних розділів, у підручнику є додаткові: *словник, довідник з граматики, список неправильних дієслів, тексти для аудіювання та читання*. Отже, інструмент для оволодіння мовою, тобто підручник, у вас є. Додайте ще ваше бажання, наполегливість, зацікавленість і ви обов'язково досягнете успіхів у вивченні англійської мови.

Хай щастить!

Автор

UNIT-1

Healthy Lifestyle



Vocabulary: Healthy Lifestyle

Grammar: *to take sb some time to do sth, to make sb do sth.*
Reported Statements & General Questions. Infinitive of Purpose

Speaking: Friendship

Writing: Sport in Teenagers' Life. Funny Story from Pets' Life

Exploration: Our Food and Healthy Lifestyle. Negative Sides of Smoking

Cultural Zone: Sports in Great Britain



UNIT - 1

Healthy Lifestyle

Lesson 1

Some Tips for a Healthy Lifestyle

Key words

healthy lifestyle, to keep fit, to go in for sport, healthy meal, to be in a good mood, to be on friendly terms with sb, to restore energy

- 1 Look at the photos and say what people do to be healthy for a long time.



- 2 Read the dialogue and say what the main elements of a healthy lifestyle are.

Teacher: Good morning, my dear friends! I am so happy to see you. You look very well today: sunburnt, healthy, strong and in a good mood. What should we do to keep fit, to be healthy for a long time?

Anton: We should go in for sports.

Oleh: Eat healthy meals.

Olha: Spend a lot of time outdoors, sleep a lot.

Kate: Be in a good mood, laugh a lot and be on friendly terms with people.

Teacher: You're absolutely right. So, the first point in our discussion will be information about a healthy way of life. Who is going to start? Who will be the volunteer? Olha, you are the bravest in our group! OK, let's start.

3 Read Olha's story and tell key facts of a healthy lifestyle.

As for me, I try to keep a healthy way of life as the most people do. I have no doubt that a healthy lifestyle has become a part of modern culture. That's why all of us go in for skating, skiing, snowboarding, bowling, tennis, dancing, billiard, swimming, horse riding. Everybody enjoys seafood or fresh juice at the café or restaurant. I am sure that a healthy way of life is a great fun for teenagers nowadays.



As for me, I always spend plenty of time outdoors. Walking with friends is one of the most pleasant ways of spending my free time. I am fond of skating, bowling, billiards. Apart from physical benefits these kinds of sport also have psychosociological benefits, strengthening friendship. No doubt people who spend more time with others actually become more sociable, friendly and happy. That's why relationships that we form in sports camps and clubs are very supportive in our life.

Although many people are for healthy food they sometimes visit "McDonald's". To be honest, if I have some pocket money, this is fun for me too. My mum says that it's not bad from time to time, but as long as I don't make it a habit. Anyway, everybody knows that junk food and fast food is very harmful for our health.

You know that every student dreams about a long sleep. In fact a poor sleep makes it difficult for us to perform various tasks, to learn something, to communicate. It takes us several hours of a deep sleep to restore energy to our body. So in summer I slept enough to be full of energy.

Anyway, good sleep, healthy meals, positive mood and physical training help us to achieve main goals in our life.

4 Complete the sentences.

1. A healthy lifestyle has become
2. Walking with friends is
3. People who spend more time with others actually become more
4. Relationships that we form in sports camps and clubs are
5. Everybody knows that junk food and fast food is
6. It takes us several hours of a deep sleep to

***to take sb some time to do sth***

Example: *Harvard researchers found that it takes us several hours of deep sleep to help the brain to keep the memories we make during the day.*

5 Look through the *Grammar Reference* and open the brackets using the proper form of the verb *to take*.

1. We had a dream test: it was very easy and interesting. It (*not to take*) us much time to do it.

2. How much time (*to take*) you to get to school?

3. The translation was very difficult. It (*to take*) me 2 hours to do it.

4. It (*to take*) Hrushevsky 38 years to write his masterpiece "History of Ukraine – Rus".

5. How much time (*to take*) you usually to sleep enough?

6. The grammar rule was very easy: it (*not to take*) us the whole lesson to understand it properly.

7. How much time (*to take*) you to recover after sleepless night?

8. It (*to take*) Taras 30 min to do physical exercises every morning.

9. It (*to take*) them some time to make fresh orange juice yesterday?

10. How much time (*to take*) you to restore your energy yesterday?

11. It (*to take*) you some time to prepare vegetable salad tomorrow?

12. I hope it (*not to take*) me much time to keep fit.

Present Simple, Present Continuous, Present Perfect

6 Look through the *Grammar Reference* and put the verbs in brackets in the correct tense form.

1. He (*to visit*) a very interesting lecture on a healthy lifestyle this week.

2. Physical exercise (*to help*) her to feel and look better?

3. Teenagers' smoking (*to create*) problems for their health.

4. He is busy. He (*to write*) an essay about smoking.

5. She (*not to join*) a school Tennis Club yet.

6. Who (*to surf*) the Internet the whole day?

7  Write an essay *What I Did to Be Healthy and Happy in Summer*.

Queen of Scots, played golf. Tennis was also very popular. It became the sport of kings. English king Henry VIII was greatly fond of it and was good at it.

B. Times passed, new kinds of sport became popular. But people have always known that exercise keeps the body strong. You may ask, why? Walking, running, jumping, swimming, for example, stimulate the blood to move around inside the body. All in all we may say: doing sport helps us not only to become stronger, but cleverer, smarter and brighter. Long live physical exercise!

3 Match the words with their definitions.

- | | |
|--------------------|--|
| 1. to display | A. contest |
| 2. to achieve goal | B. to be better than others, to be superior to others |
| 3. tournament | C. traits of character necessary for a good soldier or warrior |
| 4. military skill | D. to show |
| 5. to excel | E. to realize a plan or desire |
| 6. to stimulate | F. to increase the activity of (an organ) |

4 A. Explain the meaning of the words and phrases from the box.

Example: to be well-built – *to have pleasant shape of body, to be big and strong.*



to be well-built, to keep fit, to make good progress in knowledge, positive mood, humanity, to draw athletes from various countries of the world, contest, knight, to work in a proper way, a smart person

B. Make up 3 sentences with the words from the box. Share you ideas with your classmates.

5 **Work in pairs.** Act out the dialogue.

Olha: Oh, James, I need your help.

James: What's the matter?

Olha: The teacher told me to find a piece of information about celebrities and sport. I found a story about famous Ukrainian surgeon Mykola Amosov. Could you help me to find more information about British and American celebrities?

James: Let me think a bit. Have you heard anything about Hemingway as a sportsman? Or, for instance, Princess Ann, daughter of Elizabeth II?

Olha: No. I am so sorry.

James: Don't worry, Olha. I'm sure, both you and your teacher will like my information about these celebrities.



• **Princess Ann**, a daughter of Queen Elizabeth II and Prince Philip, has always shown a keen interest in sports, especially she is fond of horses. At the age of 21 the Princess won the individual title at the European Eventing Championship. Since then she has participated in many competitions and won several medals. In the 1980s she visited the former Soviet Union and took part in the European Championship. She also competed in the Montreal Olympics. Princess Ann is now a president of the British Olympic Association.



• World-famous American writer **Ernest Hemingway** admired sport very much. His father was a doctor and understood positive effects of sport on people's health. He enjoyed shooting and boxing and was proud because his son shared his interests. Hemingway became a great sportsman and devoted many of his prominent books to strong people – boxers, hunters, bullfighters. Hemingway absolutely loved bullfighting and was sure it was a true test of manhood.



REVISION

Past Simple, Past Continuous, Past Perfect

- 6 Look through the *Grammar Reference* and put the verbs in brackets in the correct tense form.
1. Ancient people (*to go*) regularly in for sports?
 2. Mary Queen of Scots (*to be*) good at golf?
 3. Competitions between knights (*to be*) among the most popular kinds of sport in the Middle Ages?
 4. They (*to finish*) training by 5 pm yesterday?
 5. When he (*to see*) them they (*to go*) to fitness club.
 6. Sport (*to play*) an important role in your life when you (*to be*) 10?
 7. He (*not to play*) golf here. He (*to leave*) before she (*to arrive*).
 8. Ted (*to do*) five jumps by the time they arrived.
- 7  Write a letter to your penfriend. Tell about your personal experience in sports. Include the following information: *which sports you have played; what your attitude to sport is; how you think sport can help teenagers in their lives.*

Lesson 3

Laugh Is the Best Medicine

Key words

treatment, to cure, ability, to fight off, psychotherapist, to cheer up, in favour of sth, to take seriously, to attend, to reduce ≠ to increase, to laugh, to smile

- 1 Look at the photos and say what funny things make you happy.



- 2 **Work in groups.** Read Olga's story about laughter and discuss why "laugh is the best medicine".

A. Have you heard the expression "Laugh is the best medicine"? Robert Holden, a therapist in Birmingham, England, is taking it very seriously. He has started the first Laughter Clinic which people can attend and have the treatment free. Like many doctors, psychotherapists nowadays, Mr. Holden believes that laughing and being happy really help the body to cure itself. People recover more quickly after operations or illness if they are enjoying themselves. More laughter in your life also helps you to stay healthy, reducing stress and increasing the body's ability to fight off illness.

At least once a day make an effort to make someone else happy, or make them laugh. If you give these things to others, you'll be in better position to receive them.

B. Laughing becomes popular around the world. In America, hospitals bring teams of clowns and comedians in to cheer up patients. There are laughter clinics and workshops everywhere. In Duivendrecht in Holland there is a “Centre in Favour of Laughter” and in Sandefjord, Norway, “Lex Van Someren, the Mystic Clown” performs much the same service. We’re not joking. Perhaps there’s a laughter centre near you.

3 Express the same idea using the phrases from the box.

Example: It is well known that animals in the wild do not need doctors. They solve their health problems themselves. = *Animals in the wild can cure themselves.*

1. Did you pay much for your treatment? – I paid nothing.
2. I have visited a very interesting lecture on a healthy lifestyle this week.
3. How is Nina? – She feels much better after operation.
4. The surgeon and his team did their best: the operation was successful, they got a victory over illness.
5. Yellow and brown are very fashionable this autumn.
6. I’d like to buy new trainers. Mum supports my desire, she is for buying them.



to be in favour of sth, free, to come into fashion, to attend, to recover from, to fight off

4  Listen to the conversation and answer the questions.

1. Do you find pieces of advice interesting and useful or are they just funny?
2. Will you follow some advice? Which one?
3. What do you do to reduce stress?
4. Do you believe that laughter helps the body to cure itself? Have you ever tried this practice?
5. When you are ill, what do you do to fight off the illness?
6. Is laugh popular in Ukraine? Why?

5 A. Find antonyms to the words and phrases in the box.

Example: to cheer up sb – to make sb cry



to cheer up sb, to take sth seriously, to be happy, to attend clinic, healthy, to reduce stress, to fight off, to joke, to be in favour of sth, to recover, to relax, to cry

B. Fill in the gaps with the phrases and words from the box.

1. Listening to light music helps me to ... stress.
2. Eat much fruit: it’ll help you to ... after illness.
3. It is very difficult to deal with Taras: he takes everything too ...
4. Pete has a real talent: he ... people. Everybody enjoys his jokes.
5. Early to bed, early to rise makes people ..., wealthy and wise.
6. What about going to the cinema? Who is in ... of my suggestion?



to treat, to cure

6 Look through the *Vocabulary Reference* and fill in the gaps with the appropriate verbs: *to treat, to cure*.

1. How to ... a cold?
2. They use of herbs to ... any illness.
3. This medicine is very effective but it ... only the symptoms of the disease.
4. Antibiotics are usually used to ... infections.
5. The doctor ... my broken leg.
6. Honey will make a cough feel better but it will not ... it.



REVISION

to make sb do sth

- We use infinitive without "to" after the verb **to make** if we mean to force sb to do sth.

- Example:**
1. Mum **makes** me wash the dishes every day.
 2. What **made** you go there?
 3. Nothing **will make** me help him.

<p><i>to make sb angry / happy</i> <i>to make sb cry / laugh</i></p>

7 Match two parts of the sentences.

- | | |
|-----------------------|--------------------------------|
| 1. Bad weather | A. make children get up early? |
| 2. What | B. take my words seriously. |
| 3. Their explanation | C. made us stay at home. |
| 4. Will it | D. made him give up smoking? |
| 5. Is it difficult to | E. made us change our mind. |
| 6. What made you | F. make you happy? |

8  Write a funny story from the life of your pets to make your classmates smile.

Lesson 4

You Are What You Eat

Key words

junk food, fast food, harmful, high in calories, to damage, appetizing, to gain weight, to keep a diet, snack, to give up, to contain

- 1 Look at the pictures and discuss what food is good for teenagers.



- 2 **Work in pairs.** Read the dialogue and say why fast food is harmful for health.

Olha was passing McDonald's and to her great surprise saw Lesya there.

Olha: Hello, Lesya! What are you doing here?

Lesya: Hi, Olha! I have enjoyed a very-very-very big Big Mac and potato chips. Moreover, I'm drinking cola.

Olha: Lesya, don't you know that junk food and fast food is very harmful for our health? It is high in calories and fat...

Lesya: ... and nitrates that isn't good for us. I know all these rules and all information about junk food very well.

Olha: I see. That's why you are eating everything which damages your health.



Lesya: To my mind, the food we eat should not be the only source of our energy, but an important source of enjoyment and pleasure. You won't argue that we are born with the desire to eat. Sometimes it is useful to eat what is appetizing but, unfortunately, not healthy. Why does it happen so: everything which is tasty and appetizing is harmful for our digestion?

Olha: Not everything. By the way, do you remember Vika? She used to study with us and changed school 2 years ago?

Lesya: Yes, I do. A skinny pretty girl. Why are you asking?

Olha: I have met her this week. My Lord, I couldn't recognize her: now she is so plump. I'm sure she is about 80 kilos.

Lesya: Poor girl, what happened?

Olha: Vika told me that she was greatly fond of fast food, especially, hot dogs and fish sticks. Coca was her favourite drink. So, as a result she gained weight and now she regularly consults the doctor, does special physical exercises and keeps to a very strict diet.

Lesya: Oh, dear. I see... But sometimes, from time to time, it is possible to break the rules to have fun and change my mood. Do you share my opinion?

Olha: To be honest, if I have some pocket money, this is fun for me to have some chips and milk shake. But my mum says that it's not bad from time to time, but as long as I don't make it a habit.

Lesya: I think she is right.

3 Answer the questions

1. Are you a big eater?
2. What products do you keep usually handy when you're surfing the Internet or watching TV?
3. Can you explain what "junk food" is? Are you fond of it?
4. Do you think it is possible to eat only useful and healthy food?
5. Are you in a bad mood when you are hungry? Do you agree with the proverb "A hungry man is an angry man"?
6. What products affect our health positively and negatively?
7. Why do so many people of all ages who know everything about unhealthy foods, nevertheless, go to the McDonald's and eat junk food and fast food?
8. How often do you eat fresh vegetables and fruit?
9. How long can you live without sweets?
10. Is the food we eat the only source of our energy? Why?



to say, to tell, to speak, to talk

- 4 Look through the *Vocabulary Reference* and fill in the gaps with the appropriate verbs: *to say, to tell, to speak, to talk*.
1. Why ... about it?
 2. Does he ... Japanese?
 3. I have ... to her about you.
 4. She ... a little German.
 5. To ... the truth, I don't want to ... to her.
 6. She .. to me very kindly.
 7. What are you ... about?
 8. I can't ... on the subject because I don't know all the facts.
 9. I did not ... this.
 10. Don't ... me about it.
 11. You should ... her that we are going to be late.
 12. He waited for her answer but she didn't ... a word.

- 5 Read Olha's story and complete the sentences with the words formed from the words in brackets.

WHAT IS GOOD AND BAD FOR YOU

Answer these questions, then read some tips that may help you to eat (*health*) foods:

- Do you eat because you are (*bore*), sad or (*happiness*)?
- Do you snack in front of the TV without even (*to think*) about what you are eating?
- How often do you eat fast food?
- How big are the portions you eat?

If you are an (*emotion*) eater, keep the junk food like potato chips, ice cream and candy out of the house. Keep healthy snacks like fruit, vegetables, nuts handy.

If you (*enjoyment*) TV snacking at home and don't want to give up eating while (*to watch*) your favourite shows, keep low calorie foods close by. It is very easy to eat too much when you are (*to enjoy*) your favourite film, football match or musical show.

It is difficult to keep a good health if you eat a lot. Our stomachs* aren't big enough. That's why control your portion size. If you eat a lot of fast food, you have already stomach (*to find out*) how difficult it is to feel good and stay healthy. Fast food may be very (*appetite*), but it contains too many ingredients which are bad for your health.

* stomach ['stʌmək]

**Reported Statements**

- We do not change verb tenses in reported speech if the introductory verbs *to say, to tell* are in the **present**.
- We change personal pronouns (*I, we, you, they, he, she, it*) and possessive pronouns (*my, our, your, their, her, his*) according to the meaning of the sentence.

Direct Speech	Reported Speech
1. The lecturer says, "The foods we eat are the only source of our energy."	1. <i>The lecturer says (that) the foods we eat are the only source of our energy.</i>
2. Anton tells me, "Nina prepared such a tasty dinner. We enjoyed it very much."	2. <i>Anton tells me (that) Nina prepared such a tasty dinner and they enjoyed it very much.</i>
3. Granny says, "I'm going to cook a delicious dinner."	3. <i>Granny says (that) she is going to cook a delicious dinner.</i>

6 Change the following sentences using *Reported Speech*.

1. "Eating is a paradox and a mystery that ancient people tried and modern scientists are trying to solve," the lecturer says.
2. "I was surfing the Internet the whole night that's why I'm so sleepy now," Ivan tells his friend.
3. "We have bought a new fridge," Vika says.
4. "I have been learning English for 5 years," Olha says.
5. "We have known each other for a long time," Vasyl tells his classmate.
6. "Anton is still taking his English exam," my classmate tells me.
7. "I had a very poor sleep," mum says.
8. "Your behaviour is unpredictable," my friend says to me.
9. "I have never dreamt of it," Maxym says.

- 7**  You have been asked to make a poster for a poster campaign in your school. The topic of your poster which will be displayed around your school is *Our Food and Healthy Lifestyle*.

Lesson 5

Wake up Sleepy Teens!



Key words

sleepy, sleepless, to fall asleep, to affect sth, inability, to avoid, soothing music, nap, nightmare, lack of sth

1 Read Olha's story and give some practical tips for a good sleep.

Sleep habits go crazy during teenagers' years. Many of us have the energy to play computer games until late at night or have a sleepless night at a disco but can't find the energy to get out of bed in time for school. When we fall asleep in class, two things happen: we miss what the teacher has told and we lose the respect of the teacher and classmates. All of these things affect our academic success. Lack of sleep can cause emotional troubles, such as feelings of sadness and depression. So, if you think you're getting enough sleep, you may not be. Here are some of the signs showing that you may need more sleep: difficult waking up in the morning, inability to concentrate, falling asleep during classes, feelings of sadness and even depression.



If you're sleepy, it's hard to look and feel your best. Schedule "sleep" as an item on your agenda to help you stay creative and healthy. Now it's your choice: to have a sleepless night enjoying yourself at a disco or sleep deeply and restore your energy.

2 Match the words with their definitions.

- | | |
|-------------------|--|
| 1. nightmare | A. unable to sleep |
| 2. to affect sth | B. to begin to sleep |
| 3. to avoid | C. to do sth that produces change in someone or sth |
| 4. to fall asleep | D. not to do sth, especially because it is dangerous |
| 5. nap | E. a short sleep, especially during the day |
| 6. sleepless | F. a very frightening dream |

3 Discussion. Here are some tips that may help you to sleep enough. Discuss them with you classmates.

- **Set a regular bedtime.** Going to bed at the same time each night signals to your body that it's time to sleep. So, go to bed and wake up at the same time every day.
- **Don't do exercise before bedtime.** Try not to exercise right before bed. If you attend sports club, finish exercising at least three hours before bedtime.
- **Relax your mind.** Avoid violent, scary, or action movies or television shows, exciting computer games right before bed.
- **Keep the lights low.** Light signals the brain that it's time to wake up. Staying away from bright lights (including computer screens!), as well as listening to soothing music, can help your body relax.
- **Don't nap too much.** Naps of more than 30 minutes during the day may keep you from falling asleep later.
- **Avoid all-nighters.** Don't wait until the night before a big test to study.
- **Air your room.** Keep the little window open or air the room well before going to bed.

4 Read Olha's story and choose appropriate words from the table to complete the sentences.

WHAT ARE DREAMS?



A dream is an imaginary **1...** that goes on in our mind when we are asleep. Some dreams seem very **2...** . We can see, taste, hear, touch and smell in a dream, and most dreams are in colour.

We all dream, usually for about 100 minutes over 8 hour sleep. Often we don't remember our dreams, and sometimes we remember only parts of a dream.

Where **3...** the story of a dream come from? It's made up in our mind. A dream is usually about things we **4...** done and feelings we have had the day before. It can also be based on our wishes, which often come true in our **5...** If you wish to become a rock star, you just dream that you are **6...** .

- | | | | |
|-----------------|------------------|----------------|---------------|
| 1. A. nightmare | B. anecdote | C. story | D. fairy tale |
| 2. A. strange | B. unpredictable | C. frightening | D. real |
| 3. A. have | B. does | C. had | D. is |
| 4. A. has | B. had | C. have | D. will have |
| 5. A. dreams | B. life | C. nightmares | D. behaviour |
| 6. A. he | B. she | C. it | D. one |



Reported General Questions

- We may introduce reported questions with introductory verbs and expressions: *to ask, to wonder, to want to know*.
- If introductory verbs and expressions *to ask, to wonder, to want to know* are in the **present**, we do not change tenses and time expressions in reported questions.

Direct Speech	Reported Speech
1. The doctor asks the patient, "Do you know that physical exercise gives you more energy?"	1. <i>The doctor asks the patient if / whether he knows that physical exercise gives him more energy.</i>
2. Mum wants to know, "Does Bohdan go in for sports?"	2. <i>Mum wants to know if / whether Bohdan goes in for sport.</i>

5 Change the following direct general questions into *Reported General Questions*.

Example: "Does physical exercise help you feel and look better?" Volodya asks Larysa. — *Volodya asks Larysa **if / whether** physical exercise helps her feel and look better.*

1. "Did ancient people regularly go in for sports?" Yulia wonders. 2. "Do you believe his words?" mum asks. 3. "Is sport as old as the humanity itself?" the teacher asks. 4. "Was Mary Queen of Scots good at golf?" Anton wants to know. 5. "Were competitions between knights among the most popular kinds of sport in the Middle Ages?" Ivan asks. 6. "Does physical exercise help us think better?" she wonders. 7. "Have you known Taras for a long time?" Olha wonders. 8. "Will you go to fitness club tomorrow?" Lesya wonders. 9. "Were native Americans the first sportsmen in the USA?" Myroslav asks. 10. "Does physical exercise move our brain?" the teacher asks. 11. "Had they finished training by 5 pm?" the coach wonders. 12. "Are you fond of watching sport competitions?" he wants to know.

6  Read the words and phrases in the box connected to our way of life. Decide if each thing is healthy or unhealthy. Then add your own ideas to each group. Share your ideas with your classmates.



sweets, surfing the Internet, medicine, fast food, smoking, stress, living in cities, public transport, fitness club, fresh air, vegetables

Lesson 6

You Are Playing With Fire



Key words

to prohibit, to ban, smoke-free policy, to give up, to realize, harmful, to suffer, to convince, drugs, drug-addict

- 1 Look at the pictures and say why smoking is harmful for our health.



- 2 **Work in pairs.** Act out the dialogue.

Olha: Oh, let's not talk about school. We've had enough for one day. What are you doing tonight? Are you coming to the club?

Maryna: No, I'm not a member. I don't like youth clubs. I don't like being "organized". I prefer doing things by myself.

Olha: What kind of things?

Maryna: Well ... er..., listening to my CDs, playing the piano, doing jigsaw puzzles, many different things. I like being with my friends, chatting and laughing – but at home, not at a club.

Olha: I've got an idea! Why don't we both join the Debating Club?

Maryna: Mm... What do the members of that club do?

Olha: They talk!

Maryna: What do they talk about?

Olha: About everything! They discuss different problems and try to solve them together. I am sure it's interesting. Today they are going to discuss the problem of teenagers' smoking.

Maryna: Do you know that the use of tobacco was prohibited in any church in Mexico and Spanish colonies in the Caribbean in 1575. The Ottoman sultan Murad IV prohibited smoking in his empire in 1633. Smoking was banned in Berlin in 1723. The first building in the world to have a smoke-free policy was the Old Government Building in Wellington, in New Zealand in 1876. As you see, many centuries ago people understood that smoking was very harmful for health.

Olha: How do you know about all these facts?

Maryna: My dad told me about it. He had learned a lot of interesting things about smoking before he gave up smoking some years ago. It was the first reason for him to realize how smoking was harmful!

Olha: I am sure we should join the Debating Club as soon as possible to tell everybody this information.

Maryna: OK. See you at the Debating Club.

3 Match the words with their definitions.

- | | |
|----------------|---|
| 1. harmful | A. someone who is unable to stop taking sth harmful |
| 2. to give up | B. not to allow to do sth |
| 3. addict | C. to make sb believe |
| 4. to prohibit | D. to feel unpleasant or have difficult experience |
| 5. to convince | E. causing harm |
| 6. to suffer | F. to stop doing sth |

4 **Work in pairs.** Think of a situation in which this proverb might be used. Share your ideas with your classmates.

Things are not always what they seem

5  Listen to Anton's speech in the Debating Club and complete the sentences.

1. Practically all teenagers at least once in their lives try to
2. Many teenagers give up smoking after
3. Some teenagers start smoking because
4. The teenagers' smoking create problems for
5. ... should combine their efforts in the "war" against nicotine.
6. We should convince the teenagers that when they are smoking, they are

- 6 Read Olha's story about drugs and complete the sentences with the words formed from the words in brackets.

The most terrible thing happens when a teenager becomes a drug-addict. Drug-addict is dependent on the drug so much that without (*to take*) it he or she becomes seriously ill. Many young people believe that drugs are (*excitement*) and (*fashion*). Some teens try drugs to show their friends that they are "cool" and are not scared. Others (*sincerity*) believe that drugs are absolutely harmless things and bring only (*happy*), fun and (*to enjoy*).

Many teenagers don't understand or refuse to understand that health (*to risk*) are very great. Drugs damage practically all parts of the body, ruin it. Brain, mentality and the whole personality suffer so much that a human becomes to say "no" to this (*cruelty*) killer.

- 7 **Discussion.** Discuss the following questions.

1. Is smoking dangerous for our health? Why? 2. Have you ever suffered from second-hand smoking? 3. A smoking girl: cool or ugly? 4. What do you know about drugs? 5. Is it possible to stop drug using? 6. To your mind, what are the main reasons for a teenager to misbehave: to use drugs, alcohol or to smoke?



Reported Statement

- If the introductory verbs *to say, to tell* are in the **past**, we change verb tenses in reported speech.

Present Simple	→	Past Simple
Present Continuous	→	Past Continuous
Past Continuous	→	Past Continuous / Past Perfect Continuous
Past Simple	→	Past Perfect
Present Perfect	→	Past Perfect
Past Perfect	→	Past Perfect
Present Perfect Continuous	→	Past Perfect Continuous
Past Perfect Continuous	→	Past Perfect Continuous
Future Simple	→	would V
Future Continuous	→	would be Ving
Future Perfect Continuous	→	would have been Ving

- 8 Change the direct speech into reported speech as in the example.

Example: Father said, "I gave up smoking because my girlfriend didn't like it." —
Father said that he had given up smoking because his girlfriend hadn't liked it.

1. The doctor said, "The teenagers' smoking creates problems for their health."
2. Svitlana said, "I surfed the Internet and found a piece of interesting information about drug addiction."

3. Marco told his mother, “I’m writing a composition about a healthy lifestyle. I haven’t finished it yet.”

4. My grandpa said, “I have been smoking all my life. As a result I have problems with my lungs.”

5. The doctor said to the patient, “Your smoking affects your heart badly because of nicotine in cigarettes.”

6. Olha said, “James, my English penfriend, sent me a letter about teenagers’ smoking in Great Britain.”

- If the introductory verbs *to say, to tell* are in the **past**, we change not only verb tenses in reported speech, but **certain words and expressions**

Direct Speech	Reported Speech
now	→ at that time, then
today, tonight	→ that day, that night
yesterday	→ the day before, the previous day
tomorrow	→ the next day, the following day
this week (month, year)	→ that week (month, year)
last week (month, year)	→ the week before, the previous week (month, year)
ago	→ before
here	→ there
this, these	→ that, those

- 9** Change the following sentences into *Reported Speech* as in the example. Add introductory verbs *to say, to tell, to explain* in the *Past Simple*.

Example: Olena and Oleh went to the concert yesterday. – *A friend of mine told me that Olena and Oleh had gone to the concert **the day before**.*

1. His dad gave up smoking 2 years ago.
2. School and parents will combine their efforts in “war” against smoking next month.
3. If we unite now, we will fight off dangerous habits tomorrow.
4. They discussed the health dangers at the Debating Club last week.
5. I like to spend my free time here, at the Debating Club.
6. Many people believe that drugs are fashionable today.

- 10**  Find information about all negative sides of smoking to tell at the Debating Club. Share your ideas with your classmates.

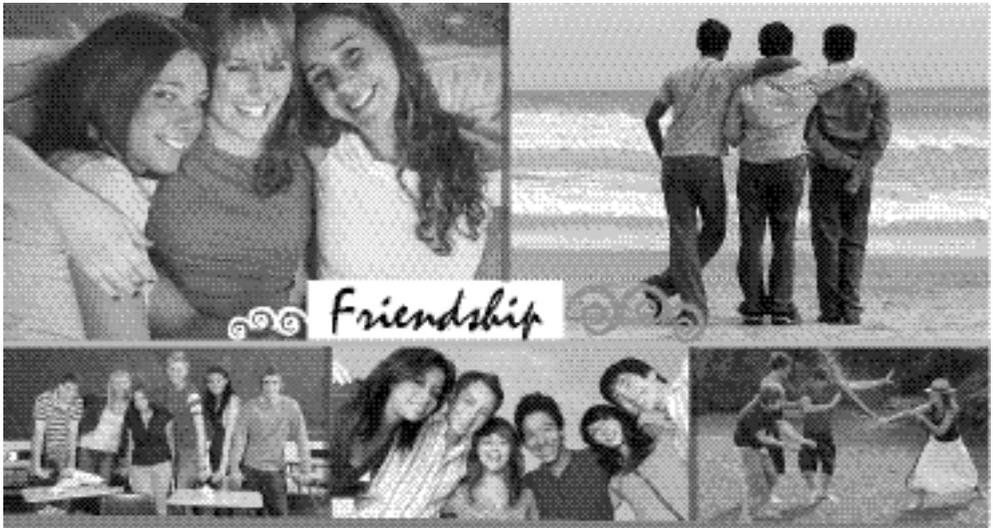
Lesson 7

How to be Friendly and Happy

Key words

to get along with sb, to make friends with sb, to have a good friendship with sb, to be good / best friends with sb, to arrange, to apologize, to be attentive to sb

- 1 Look at the photos and tell why people need friends and friendship.



- 2 Read Olha's tips for a happy friendship and discuss them with your classmates.

Some Tips for a Happy Friendship

- Arrange time to see your best friends.
- Be attentive to your friend. Listen to his / her problems.
- Don't leave your friend out of your new friendship, hobby or interest.
- Don't talk your friend's secrets to other people. He / she will be very hurt.
- Learn to apologize. It is important to be able to admit that you are wrong.
- Always give your friend time to be alone if he / she wants it.

3 Match words with their definitions.

- | | |
|--------------------|---|
| 1. to get along | A. to tell someone that you are sorry that you have done sth wrong |
| 2. to make friends | B. having a high level of mental ability |
| 3. to apologize | C. to meet people and become friendly with them |
| 4. intelligent | D. always supporting friends |
| 5. loyal | E. able to wait calmly for a long time or to accept difficulties without becoming angry |
| 6. patient | F. to have a friendly relationship |

4 Use adjectives from the box to complete the sentences.

1. Olha is a very ... person. You can believe every word she says.
2. George is very I think he cares more about his friends than about himself.
3. Ann is so She keeps winning all the school competitions.
4. Andrew is very ... which is good because I am always forgetting things, or arriving late.
5. Taras is a very ... friend. He is always on my side.
6. Anton is very He makes all of us laugh all the time with his humorous stories.



funny, intelligent, honest, loyal, patient, kind

5 Discussion. Discuss the statements with you classmates using the introductory words and phrases.



I agree that
I'm sure that
That's right!
Exactly!

I don't agree that
I don't think that
I wouldn't say that
That's silly, because

1. A good friend is a person who is always in a good mood.
2. Friendship is a thing that teaches us how to get along with other people.
3. Good friends are people who spend a lot of time together, and share secrets and experiences.
4. True friends are people who are generous and keep promises.
5. Friendship is a thing that helps us to be happy.
6. A good friend is a person who always tries to understand you.
7. A true friend sees the first tear, catches the second and stops the third.
8. A road to a friend's house is never long.
9. Friendship doubles your joys, and divides your sorrows.
10. To be depressed is to be lonely; to have a friend is to be happy.



Infinitive of Purpose

6 Combine the following phrases. Make a new sentence using the *Infinitive of Purpose*.

Example: to raise money, to buy a cool present
Taras is raising money (why?) to buy a cool present for his sweetheart.

1. to study a lot, to have good progress in knowledge; 2. to tell a funny story, to cheer up friends; 3. to laugh and enjoy life, to fight off illness; 4. to visit health centre, to keep fit; 5. to go in for sport, to keep fit; 6. to eat healthy food, to be healthy; 7. to sleep a lot, to be in a good mood; 8. to keep a healthy lifestyle, to achieve main goals in our life; 9. to send plenty of time outdoors, to be active.

Reported General Questions

- If the introductory verbs and expressions *to ask, to wonder, to want to know, etc* are in the **past**, we change tenses and time expressions in reported general questions in the same way as we do it in reported statements.

Direct Speech	Reported Speech
1. "Does alcohol severely <i>damage</i> the teens' developing body?" Nina asked.	1. Nina asked if / whether alcohol severely damaged the teens' developing body.
2. " <i>Can</i> a teenager buy alcohol in Ukraine?" James wondered.	2. James wondered if / whether a teenager could buy alcohol in Ukraine.

7 Change the direct reported questions into *Reported Questions* as in the example.

Example: Do you often take part in sport competitions? — *Olha asked if I often took part in sport competitions.*

1. Have you known each other for a long time?
2. Will you arrange time to see your best friend tomorrow?
3. Does Olha help you with Maths regularly?
4. Is she still telling her friend's secrets to other people?
5. Did you give your friend time to be alone?
6. Does your friend do morning exercises regularly?

8  Write an essay about friendship. Use these items as a prompt: *what qualities make someone a good friend; how friends can help each other; whether it is better to have a wide circle of friends or a few close friends.*

•STOP AND CHECK•

- 1 Look at the photos and share your ideas about dangers of alcohol and ways of keeping a healthy lifestyle.



- 2 Read Olha's story and choose the correct variant.

HOW LONG CAN YOU LIVE WITHOUT SLEEP?

You can live quite *long / awhile* without sleep because very soon you will not be able to do even simple things. After one night without sleep you will be *in a blue mood / very happy* and slow. After two nights you will be unable to concentrate and do easy tasks like reciting *English poems / the alphabet*. After three days you will have trouble thinking, seeing and hearing. Even speaking a sentence will be difficult.

People have stayed *happy / awake* for as long as eleven days. After such a long time without sleep they become *confused / angry* and no longer know what is real and what is not. Everything seems like *a beautiful fairy tale / a frightening nightmare*. At this point they usually *scream or cry / sing happy songs* and then collapse into a deep sleep.

- 3 Read the statement and prepare arguments to support your opinion. Share your ideas with your classmates, responding to their contrarguments, as well. *Some people believe that our modern lifestyle is very unhealthy. However we tend to live longer than 100 years ago.*

- 4 Complete the following sentences using *to make sb do sth*. Use words / phrases from the box.

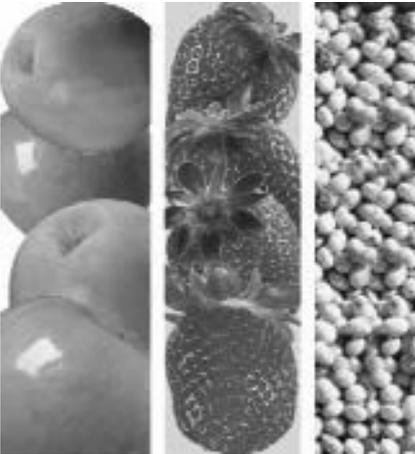
1. His words made me ... that I was wrong. 2. What made you ... that story? 3. Nothing will make me ... junk food. 4. Olha made her classmate 5. It's impossible to make her 6. His story made everybody



to eat, to believe, to understand, to tell a lie, to laugh, to keep a promise

- 5  A. Listen to the text.

B. Read attentively the following sentences and combine them in a proper way.



1. Any genetic mistakes can be very dangerous for ... nicer-looking, longer-lasting, more nutritional foods.

2. Nature has controlled ... GM food by taking DNA from one organism and putting it into another.

3. Scientists have played around with ... new foods we have never eaten before.

4. Researchers created ... our genetics successfully for the last 3 billion years.

5. Scientists have been trying to create ... the future generation.

6. Genetic engineers are producing ... the genetic structure of fruit and vegetables.

- 6 Read the dialogue. Change it using *Reported Speech*.

Olha: Doctor, my sleep is very poor. When I go to bed, it takes me about an hour to fall asleep. Moreover, I have terrible nightmares.

Doctor: You go to bed late, don't you?

Olha: Yes, you're right. At about 12 o'clock.

Doctor: Before going to bed you watch TV, surf the Internet, read detectives, don't you?

Olha: You know everything about me.

Doctor: Yes, I do, because you are not an exception to the rule. Your story is a typical one.

Olha: Can you help me with my problem?

Doctor: With pleasure. Firstly, you should relax before you go to bed. No TV, no the Internet, no detectives. A walk in the fresh air, some tea with honey will also help you.

Olha: Thanks a lot for your advice.