

Коледж фахової передвищої освіти Комунального закладу вищої освіти «Вінницький гуманітарно- педагогічний коледж»

ПРАКТИЧНИЙ КУРС АНГЛІЙСЬКОЇ МОВИ

навчально- методичний посібник для викладачів англійської мови, здобувачів першого (бакалаврського) рівня вищої освіти і освітньо - професійного ступеня фахового молодшого бакалавра

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Рекомендований до друку рішенням методичної ради Коледжу фахової передвищої освіти Комунального закладу вищої освіти «Вінницький гуманітарно-педагогічний коледж» Протокол 2 від 16 грудня 2025р.

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Practical Course of English = Практичний курс англійської мови : навчально-методичний посібник для здобувачів першого(бакалаврського) рівня вищої освіти і освітнього- професійного ступеня фахового молодшого бакалавра / укладачі : Олена Жупанова, Людмила Павліченко, Валентина Романенко - Вінниця: 2025, ТОВ «Вінницька міська друкарня», 2025, 164с.

Навчально- методичний посібник спрямований на вдосконалення мовних навичок, збагачення словникового запасу, розвиток комунікативних компетентностей. Містить різноманітні тексти, автентичні діалоги, системні вправи та контрольні тести. Забезпечує практичне застосування англійської мови в реальних ситуаціях спілкування. Рекомендовано для здобувачів вищої освіти як основний навчальний ресурс, а також як ефективний додатковий посібник для професійного розвитку всіх, хто прагне розширити та систематизувати знання англійської мови та застосовувати їх в різних сферах діяльності.

CONTENTS

INTRODUCTION	4
UNIT 1 EDUCATION AND TRAVELLING	6
UNIT 2 CULTURE AND ART	33
UNIT 3 MODERN WORLD AND ENGLISH SPEAKING COUNTRIES	56
UNIT 4 FAMILY LIFE AND HEALTHY LIFESTYLE	106
SUPPLEMENTS	135
100 PHRASAL VERBS	136
100 POPULAR IDIOMS	145
FAMOUS BRITONS	152
LITERATURE	160

Introduction

The primary goal of this course is to bridge the gap between textbook English and real-life communication. Each section focuses on topics relevant to daily life, professional situations, and cultural understanding, enabling learners to use English confidently in social, academic, and work settings.

What You Will Find in This Book

- **Vocabulary Sections:** Carefully selected words and phrases for each topic, with definitions and examples.
- **Dialogues and Role-Plays:** Practical conversations to help you practice speaking, listening, and pronunciation.
- **Reading Texts with Comprehension Exercises:** Engaging texts that improve understanding, critical thinking, and vocabulary.
- **Idioms, Proverbs, and Useful Phrases:** Expressions commonly used by native speakers.
- **Writing Tasks:** Essays, emails, and practical exercises to develop clear and correct written communication.
- **Tests and Exercises:** Lexical, grammar, and comprehension exercises.

Topics Covered

This book explores a wide range of topics, including:

- Family life, traditions, and household duties
- Health, fitness, and a healthy lifestyle
- Education, career, and professional communication

- Travel, tourism, and cultural experiences
- Music, cinema, theatre, and art
- Sports, hobbies, and leisure activities
- Everyday situations such as shopping, dining, and visiting museums

How to Use This Book

- Start with vocabulary sections, then use the words and phrases in dialogues and exercises.
- Read the texts and answer comprehension questions to improve understanding.
- Practice dialogues aloud to develop fluency and pronunciation.
- Complete writing tasks to express your ideas clearly and correctly.
- Take the tests to track your progress and identify areas for improvement.

EDUCATION AND TRAVELLING



UNIT1

EDUCATION AND TRAVELLING

Education Vocabulary

1. Curriculum

The complete set of subjects and lessons offered by a school or university.

Example: “The school has introduced a new **curriculum** focusing on digital skills.”

2. Syllabus

A detailed plan of what will be studied in a particular course.

Example: “The professor gave us the **syllabus** on the first day of class.”

3. Subject

An area of study, such as mathematics, history, or chemistry.

Example: “My favorite **subject** at school is literature.”

4. Major

The main field of study chosen at university.

Example: “She is majoring in psychology.”

5. Degree

An official qualification from a university after completing a course of study.

Example: “He has a **degree** in engineering.”

6. Diploma

A certificate given after completing a course, often shorter than a degree.

Example: “She received a **diploma** in business administration.”

7. Qualification

A certificate, degree, or skill that shows you are able to do something.

Example: “You need specific **qualifications** to work as a nurse.”

8. Academic

Relating to education, especially at colleges or universities.

Example: “The school has high **academic** standards.”

9. Lecture

A formal talk given by a professor at university.

Example: “We attended a **lecture** on climate change.”

10. Seminar

A small discussion-based class, often at university.

Example: “The **seminar** allowed students to share their ideas.”

11. Tutorial

A private or small-group lesson, often one-to-one with a teacher.

Example: “I booked a **tutorial** for extra help with mathematics.”

12. Assignment

Work given by a teacher to be completed by students.

Example: “Our first **assignment** is a 1,000-word essay.”

13. Essay

A short piece of writing on a particular subject.

Example: “We had to write an **essay** about global warming.”

14. Thesis

A long piece of academic writing required for a degree.

Example: “Her master’s **thesis** was about renewable energy.”

15. Dissertation

A long essay or research project, especially for a PhD.

Example: “He defended his **dissertation** in front of a committee.”

16. Research

A detailed study to discover new information.

Example: “The university is famous for its medical **research**.”

17. Laboratory (Lab)

A room with special equipment for scientific experiments.

Example: “We spent the afternoon working in the chemistry **lab**.”

18. Experiment

A scientific test to discover how something works.

Example: “Students conducted an **experiment** on plant growth.”

19. Grade

A score or mark showing the quality of a student’s work.

Example: “She was happy with her final **grade** in English.”

20. Mark

The points or percentage given for an answer or exam.

Example: “I got full **marks** on the test.”

21. Assessment

The process of judging a student's performance.

Example: "Continuous **assessment** includes assignments and presentations."

22. Exam

A formal test of knowledge or skill.

Example: "The final **exam** will take place in June."

23. Revision

The act of reviewing study material before an exam.

Example: "He spent the weekend doing **revision** for the test."

24. Attendance

Being present at school or university.

Example: "Good **attendance** is necessary to pass the course."

25. Enrollment

The act of registering for a course or school.

Example: "**Enrollment** for the new semester begins next week."

26. Scholarship

Money given to a student to help pay for education.

Example: "She received a **scholarship** to study abroad."

27. Tuition

The fee paid for instruction at a school or university.

Example: "University **tuition** fees are increasing every year."

28. Faculty

1. A division within a university (e.g., Faculty of Science).

2. The teaching staff at a school/university.

Example: "He works in the **Faculty of Medicine**."

29. Dean

The head of a faculty at a university.

Example: “The **Dean** welcomed the new students.”

30. Principal

The head of a school.

Example: “The **principal** gave a speech at graduation.”

31. Professor

A senior university teacher.

Example: “**Professor** Smith teaches physics.”

32. Lecturer

A university teacher, usually lower rank than a professor.

Example: “The **lecturer** explained the history of the Cold War.”

33. Tutor

A teacher who gives individual or small group lessons.

Example: “I hired a private **tutor** for extra English lessons.”

34. Student

A person who is studying at school or university.

Example: “The **students** are preparing for exams.”

35. Pupil

A schoolchild, especially in primary or secondary school.

Example: “The teacher asked her **pupils** to read aloud.”

36. Classmate

A student who is in the same class as you.

Example: “She studied with her **classmates** for the test.”

37. Alumni

Former students of a school or university.

Example: “The university’s **alumni** network is very strong.”

38. Campus

The buildings and grounds of a university.

Example: “The university **campus** has modern libraries and cafes.”

39. Boarding school

A school where students live and study.

Example: “He went to a **boarding school** in Switzerland.”

40. Private school

A school that parents pay for (not government funded).

Example: “Her parents sent her to a **private school**.”

41. Public school (UK)

In the UK, an expensive private school.

Example: “Eton is a famous British **public school**.”

42. State school (UK)

A school provided by the government, free to attend.

Example: “Most children in the UK go to **state schools**.”

43. Elementary school (US)

Primary school in the US.

Example: “He teaches at an **elementary school**.”

44. High school

Secondary school, especially in the US.

Example: “She graduated from **high school** last year.”

45. Vocational training

Education that teaches specific job skills.

Example: “He took **vocational training** in carpentry.”

46. Distance learning

Studying online or away from school/university.

Example: “Many universities offer **distance learning** courses.”

47. Lifelong learning

Continuing to study new skills throughout life.

Example: “The company encourages **lifelong learning**.”

48. Literacy

The ability to read and write.

Example: “Improving adult **literacy** is a global goal.”

49. Numeracy

The ability to work with numbers.

Example: “Good **numeracy** skills are important for daily life.”

50. Discipline

A subject studied at school/university OR rules and order in education.

Example:

1. “Psychology is an academic **discipline**.”
2. “The teacher keeps strict **discipline** in class.”

Why Education Is Important

Education is more than just going to school or passing exams. It helps people develop the knowledge and skills they need to live better lives. Through education, we learn how to read, write, and think critically. These abilities are necessary not only

for work, but also for everyday situations, such as reading instructions, managing money, or communicating clearly.

Education also creates opportunities. A good education can open doors to better jobs and higher salaries. People with qualifications often have more career choices and greater security in their lives. In addition, education supports personal growth. It helps individuals discover their interests, develop talents, and build confidence.

Another important aspect is that education benefits society. Educated citizens are more likely to participate in community life, understand political issues, and respect the rights of others. Education also plays a role in solving global challenges, such as poverty, inequality, and climate change, because it gives people the tools to find solutions.

Reading Comprehension Questions

A. Understanding the Text

1. According to the text, what skills do people gain through education?
2. How can education improve someone's career opportunities?
3. In what ways does education benefit society?
4. Why is education connected to solving global challenges?
5. What is the main message of the text?

B. Vocabulary in Context

6. What does the phrase "*open doors*" mean in paragraph 2?
 - a) To enter a room
 - b) To create opportunities

- c) To start a new hobby
7. The word “*citizens*” in paragraph 3 refers to:
- a) Workers in a company
 - b) Members of a community or country
 - c) Teachers and professors
8. Find one word in the text that means “*the ability to examine information carefully and make judgments.*”

C. Critical Thinking

9. Do you agree that education is important for solving global problems? Why or why not?
10. How has education affected your own life or community?

Dialogue: Education in Ukraine

Anna : Hi Mark! How are your studies going?

Mark : Hi Anna! Pretty good, thanks. By the way, I’m still learning about the education system here in Ukraine. Can you tell me a bit about it?

Anna: Of course. In Ukraine, children usually start school at the age of six. We study in primary school for four years, then in secondary school until we are about 17.

Mark: Oh, so it’s quite similar to my country. Do most students go to university after that?

Anna: Many do, especially in big cities. Ukraine has a lot of universities and academies. Some of the most famous ones are in Kyiv, Lviv, and Kharkiv.

Mark: What subjects are popular at Ukrainian universities?

Anna: Engineering, medicine, law, and IT are very popular. Recently, more students are also choosing business and international relations.

Mark: Interesting. And what about language? Do students learn English at school?

Anna: Yes, English is a compulsory subject. We usually start learning it in primary school. Some schools even offer other foreign languages like German or French.

Mark: That's great. And are there any problems in the education system?

Anna: Well, like in many countries, there are challenges. For example, not all schools have modern technology. But there are many reforms now, and teachers are trying new methods.

Mark: I see. But it sounds like education is still very important in Ukraine.

Anna: Absolutely. Most parents encourage their children to study hard because a good education means better opportunities for the future.

Education in Great Britain

Education in Great Britain has a long tradition and is respected around the world. Schooling is compulsory for children between the ages of 5 and 16. Most children attend state schools, which are free, but some parents choose private schools, where they pay fees.

The school system is usually divided into primary and secondary education. Primary school lasts from the age of 5 to 11. After that, pupils move on to secondary school until they are 16. At the end of this stage, students take national exams called GCSEs (General Certificate of Secondary Education).

After GCSEs, many students continue their education in what is called “sixth form” or a college. They usually study for A-levels (Advanced Level exams), which are required for university entrance. Some students choose vocational training instead, which prepares them for specific jobs.

Higher education in Great Britain is very well known. Universities such as Oxford and Cambridge are famous worldwide. British universities offer a wide range of degrees, and students often specialize in one main subject, called a “major.” Tuition fees can be high, but scholarships and student loans are available.

Test

A. Comprehension

1. At what ages is school compulsory in Great Britain?
2. What are GCSEs, and when do students take them?
3. What is the difference between A-levels and vocational training?
4. Why are Oxford and Cambridge mentioned in the text?
5. Besides exams, what else is important in British education?

B. Vocabulary

6. What does the word “*compulsory*” mean in the text?
 - a) Optional
 - b) Required by law
 - c) Expensive

7. Find a synonym in the text for “*well-known*.”
8. Which word in the text means “*money given to students to help pay for education*”?

C. True or False

9. All schools in Great Britain charge fees. (True/False)
10. British universities only accept students with A-levels. (True/False)

Plans for the Future. Travelling.

Talking about Future Travel Plans

- I'm planning to...
- I've decided that my next trip will be to...
- I would like to visit... because...
- My dream is to travel to... one day.
- I'm saving money so that I can...
- Next year, I hope to go to...
- I'm thinking about travelling to... in the summer.

Talking about Arrangements

- I've already booked...
- I'm going to stay at...

- I'm flying with...
- We've arranged to meet...
- I'll be travelling with...

Talking about Reasons for Travel

- The reason I want to go is...
- I've always wanted to see...
- It's famous for...
- I'd like to experience...
- I'm interested in...

Talking about Feelings & Expectations

- I'm really excited about...
- I'm a bit nervous because...
- I can't wait to...
- It will be my first time...
- I expect it will be...

Talking about Time & Duration

- I'm going for... (a week / two months).
- I'll leave on... and come back on...

- We're planning to spend... in...
- During the trip, I'll also...

Role-Play Activity:

Talking About Future Travel Plans

Situation

Two friends are discussing their plans for travelling in the future. They ask each other questions and share details about where they want to go, why, and what they will do there.

Partner A – Your Role

You are planning a trip abroad. Talk about:

- Where you want to go.
- Why you chose this destination.
- How long you want to stay.
- What you are going to do there.
- How you feel about the trip.

Use these starters:

- *"I'm planning to..."*
- *"I've always wanted to see..."*

- *“I’m going for...”*
- *“I can’t wait to...”*

Partner B – Your Role

You are also planning a trip. Ask your friend questions about their trip, and then share your own plans. Talk about:

- What questions you want to ask (Where? When? Why? How long?).
- Your own travel destination.
- What activities you want to do there.
- How you feel about travelling.

Use these starters:

- *“Where are you planning to go?”*
- *“How long will you stay?”*
- *“I’ve decided to travel to...”*
- *“I’m really excited about...”*

Dialogue

A: Where are you planning to go on your next holiday?

B: I’m planning to visit Japan. I’ve always wanted to see Tokyo because I love Japanese culture.

A: That sounds amazing! How long will you stay?

B: I’m going for two weeks. I’ve already booked my flight. I

can't wait to try sushi and visit Mount Fuji. What about you?

A: I've decided to travel to Spain. I'll stay for one week in Barcelona. I'm really excited about the beaches and the food.

Task: Practice this dialogue with a partner. Then switch roles and create your own version using different destinations.

Interesting Facts About English-Speaking Countries



United Kingdom

- The UK is made up of four countries: England, Scotland, Wales, and Northern Ireland.
- London has more than 8 million people and over 300 languages are spoken there.
- The UK is famous for its universities, especially Oxford and Cambridge, which are among the oldest in the world.



United States

- The USA is the third largest country in the world by area and population.
- English is the most widely spoken language, but over 40 million people speak Spanish at home.
- The country has 50 states; Alaska is the largest, and Rhode Island is the smallest.



Canada

- Canada is the second largest country in the world, but most people live near the US border.
- It has two official languages: English and French.
- Canada is known for its natural beauty, including Niagara Falls and the Rocky Mountains.



Australia

- Australia is both a country and a continent.
- It is home to unique animals such as kangaroos, koalas, and the platypus.
- Around 90% of Australians live near the coast because much of the inland area is desert.



New Zealand

- New Zealand is famous for its stunning landscapes, used in the filming of *The Lord of the Rings*.
- The traditional dance of the Māori people is the haka, often performed at rugby matches.
- There are more sheep than people in New Zealand!



Ireland

- Ireland is also known as the “Emerald Isle” because of its green countryside.

- St. Patrick's Day, on March 17th, is celebrated around the world.
- English is the main language, but Irish (Gaelic) is also an official language.



South Africa

- South Africa has 11 official languages, including English, Afrikaans, and Zulu.
- It is called the "Rainbow Nation" because of its cultural diversity.
- Table Mountain in Cape Town is one of the most famous landmarks.

Quick Test (Comprehension)

1. How many countries form the United Kingdom?
2. Which US state is the largest?
3. What are the two official languages of Canada?
4. Why do most Australians live near the coast?
5. What is the haka, and which country is it connected to?
6. Why is Ireland called the "Emerald Isle"?
7. How many official languages does South Africa have?

20 Useful Phrases for Air Travel

Before the Flight / Booking

1. "I'd like to book a one-way / return ticket to...."
2. "What is the price of a ticket to...?"
3. "Is there a direct flight to...?"
4. "Can I choose my seat in advance?"
5. "Do you offer online check-in?"

At the Airport / Check-In

6. "Where is the check-in desk for...?"
7. "I'd like to check in, please."
8. "Here is my passport and ticket."
9. "Can I have an aisle / window seat?"
10. "How many bags am I allowed to check in?"

Security & Boarding

11. "Do I need to take out my laptop?"
12. "Where is the security checkpoint?"
13. "Which gate is the flight leaving from?"
14. "When does boarding start?"

15. "Is this the line for flight ...?"

On the Plane / During Flight

16. "Could I have a blanket / pillow, please?"

17. "May I use the restroom?"

18. "Excuse me, can you help me with my bag?"

19. "What time will we arrive in ...?"

20. "Can I get something to drink / eat?"

Airport Dialogues

Dialogue 1 – Checking In

Agent: Good morning! Can I see your passport and ticket, please?

Passenger: Sure. Here you are.

Agent: Are you checking any bags today?

Passenger: Yes, just one.

Agent: All right. Here's your boarding pass. Gate 12, boarding at 10:30.

Dialogue 2 – Asking for Directions

Passenger: Excuse me, can you tell me where Gate 24 is?

Airport Staff: Sure. Go straight ahead, then turn left. You'll see it on your right.

Passenger: Thank you very much!

Airport Staff: You're welcome. Have a good flight.

Dialogue 3 – At Security

Security Officer: Please put your bag on the conveyor belt.

Passenger: Okay. Do I need to take out my laptop?

Security Officer: Yes, laptops and liquids must be separate.

Passenger: Got it. Thank you.

Dialogue 4 – On the Plane / Asking for Help

Passenger: Excuse me, could you help me put my bag in the overhead compartment?

Flight Attendant: Of course. Here you go.

Passenger: Thank you.

Flight Attendant: You're welcome. Can I get you anything else?

Dialogue 5 – At Arrival / Customs

Customs Officer: Do you have anything to declare?

Passenger: No, I don't.

Customs Officer: How long will you stay in the country?

Passenger: I'll stay for two weeks.

Customs Officer: Enjoy your stay!

Travelling Vocabulary Test

Part A – Multiple Choice

Choose the correct answer:

1. What do you call the place where passengers wait for their flight?
 - a) Terminal
 - b) Passport
 - c) Luggage

2. A ticket that allows you to fly to a destination and return is called:
 - a) One-way ticket
 - b) Return ticket
 - c) Boarding pass
3. Which word means “a bag that you carry on the plane with you”?
 - a) Hand luggage
 - b) Suitcase
 - c) Backpack
4. What do you show to prove your identity and citizenship when travelling abroad?
 - a) Ticket
 - b) Passport
 - c) Boarding pass
5. If your flight is delayed, it means:
 - a) It leaves earlier than planned
 - b) It leaves later than planned
 - c) It is cancelled

Part B – Matching

Match the word to its definition:

Words: 1) Boarding gate 2) Customs 3) Visa 4) Itinerary 5) Check-in

Definitions:

- a) The process of declaring goods when entering a country
- b) A document allowing you to enter a foreign country
- c) A list of planned travel events or destinations
- d) The place where you show your ticket and get your boarding pass
- e) The entrance to the plane at the airport

Part C – Gap-Filling

Complete the sentences with a word from the box:

[luggage, flight, airport, reservation, passport]

1. I need to pack my _____ before leaving for the trip.
2. Don't forget your _____ when you travel abroad.
3. We arrived at the _____ two hours before our flight.
4. Our _____ to London is at 9:00 a.m.
5. I made a hotel _____ for three nights.

Part D – Synonyms

Write a synonym from the list for each word:

Words: travel, cancel, arrive, delay, journey

1. Postpone → _____
2. Trip → _____
3. Reach a destination → _____
4. Movement from one place to another → _____
5. Late → _____

Sportsmen Abroad

Situation: Two athletes meet at a hotel in a foreign country before an international competition.

David: Hi, Alex! How was your flight?

Alex: Hi, David! It was long but comfortable. I'm glad we finally arrived. How about you?

David: Same here. I'm a bit tired, but excited for the competition.

Alex: Me too. Did you manage to get some practice at the local stadium yet?

David: Yes, I went yesterday. The track is excellent, and the conditions are similar to what we trained for.

Alex: That's good news. I'll go there this afternoon to get used to it.

David: Great! We should also talk about our strategy and support each other during the event.

Alex: Absolutely. Let's give our best and enjoy the experience!

Business Meeting Phrases

Starting the Meeting

- "Good morning, everyone. Shall we start?"
- "Let's review the agenda for today."
- "The purpose of this meeting is to discuss..."

Giving Opinions

- "I think that..."
- "In my opinion..."

- “From my point of view...”

Agreeing / Disagreeing

- “I agree with you.”
- “That’s a good point.”
- “I’m not sure about that.”
- “I see your point, but...”

Making Suggestions

- “Maybe we could...”
- “I suggest we...”
- “How about we try...?”

Closing the Meeting

- “To summarize...”
- “Let’s set a date for the next meeting.”
- “Thank you for your input.”

Sports / Competition Phrases

Talking About Training and Preparation

- “I’ve been training every day for this competition.”

- “I focused on speed/strength/technique.”
- “How is your preparation going?”

Encouraging Teammates / Opponents

- “Good luck in the match!”
- “Let’s give our best.”
- “We can do it if we stay focused.”

Discussing Strategy

- “What’s your plan for the game?”
- “I think we should concentrate on defense/offense.”
- “We need to support each other during the event.”

After the Game / Competition

- “Well done! You played really well.”
- “It was a tough match, but we did our best.”
- “Next time, we can improve by...”

CULTURE AND ART



UNIT 2

CULTURE AND ART

Youth Culture

Youth culture refers to the ideas, behaviors, and interests shared by young people, usually between the ages of 15 and 25. It is often influenced by music, fashion, social media, and technology. Young people use culture to express their identity, values, and opinions.

One important aspect of youth culture is music. Many teenagers follow popular music trends and attend concerts. Fashion is another way young people express themselves. Clothing styles, hairstyles, and accessories often reflect individual personality or group belonging.

Technology and social media also play a big role. Platforms like Instagram, TikTok, and YouTube allow young people to connect with friends, share ideas, and follow trends from around the world. Social media can influence opinions, hobbies, and even the way young people speak or write.

Youth culture is not just about entertainment. It can also encourage creativity, learning, and social engagement. Many young people participate in clubs, sports, volunteer projects, or online communities. They use culture to make their voices heard and sometimes to challenge traditional norms.

In short, youth culture is diverse and dynamic. It helps young people discover who they are, connect with others, and engage with the wider world.

Reading Comprehension Test

A. Understanding the Text

1. What is youth culture, according to the text?
2. How do young people use music and fashion in their culture?
3. What role does social media play in youth culture?
4. How can youth culture encourage creativity and social engagement?
5. Why is youth culture described as “diverse and dynamic”?

B. Vocabulary in Context

6. What does the word “*influenced*” mean in paragraph 1?
 - a) Changed or affected
 - b) Ignored
 - c) Rejected
7. The word “*norms*” in paragraph 4 refers to:
 - a) Rules or standards in society
 - b) Clothing styles
 - c) Music genres
8. Find a word in the text that means “*to show or communicate opinions*”.

C. True or False

9. Teenagers only follow music trends for entertainment.
(True/False)

10. Social media has no effect on young people's hobbies. (True/False)
11. Young people can challenge traditional norms through culture. (True/False)

D. Critical / Speaking

12. How do you express your own identity through fashion, music, or hobbies?
13. Can youth culture have a positive impact on society? Give examples.

Youth Fashion and Style

Situation: Two friends are talking about fashion trends at school.

Emma: Hi, Liam! I like your jacket. Where did you get it?

Liam: Thanks, Emma! I bought it online. It's one of the latest streetwear styles.

Emma: It looks great. I like how youth today mix casual and sporty clothes.

Liam: Yes, fashion is really important for young people. It's a way to express yourself.

Emma: I agree. Some students follow trends, but others create their own style.

Liam: Exactly. I like combining vintage clothes with modern shoes. What about you?

Emma: I usually choose comfortable clothes, but I love bright colors and accessories.

Liam: That's cool. Fashion is not only about clothes; it's about showing your personality.

Emma: True! And it changes quickly. I wonder what the next trend will be.

Speaking Practice

- “I like your... Where did you get it?”
- “Fashion is important for young people because...”
- “I usually choose... but I also like...”
- “Some people follow trends, but others create their own style.”
- “Fashion is a way to express yourself / show your personality.”

Tips on How to Look Elegant

1. Choose Classic Clothing

- Pick clothes that are simple, neat, and timeless.
- Examples: a well-fitted blazer, a little black dress, plain trousers.
- Avoid too many bright patterns or flashy colors.

2. Focus on Fit

- Clothes should fit your body properly.
- Avoid items that are too tight or too loose.
- Well-fitted clothes instantly look more polished.

3. Neutral and Coordinated Colors

- Neutral colors like black, white, beige, navy, and grey look elegant.
- Mix 2–3 colors at most in one outfit.
- Avoid clashing colors.

4. Accessorize Lightly

- Use minimal accessories: a simple necklace, small earrings, or a watch.
- Avoid too many bracelets or large, flashy items.
- A classic handbag can also enhance elegance.

5. Pay Attention to Grooming

- Keep your hair neat and tidy.
- Maintain clean, polished shoes.
- Subtle makeup (if used) adds sophistication.

6. Wear Proper Shoes

- Simple, clean shoes are better than overly trendy or worn-out ones.
- Flats, loafers, or low heels often look elegant and comfortable.

7. Stand and Walk Confidently

- Posture matters: stand straight and walk with confidence.

- Confidence adds elegance more than any outfit.

8. Keep Your Outfit Simple

- Avoid too many details at once.
- Less is more when trying to look sophisticated.

9. Pay Attention to Fabric Quality

- Choose natural fabrics like cotton, wool, silk, or linen when possible.
- Avoid cheap-looking materials that wrinkle easily.

10. Match Style to Occasion

- Dress appropriately for the event or situation.
- Elegance is about being stylish and respectful of the context.

The Importance of Music

Music is an important part of human life. People listen to music for many reasons: to relax, to celebrate, or to express emotions. Music can make us happy, sad, or even motivated. Many cultures around the world have their own traditional music, which tells stories and preserves history. Music is also used in schools, movies, and therapy. It can help people focus, learn, or feel calm.

Popular Music Genres

There are many different types of music, called **genres**. Some popular genres include:

- **Pop** – catchy songs that are easy to sing and listen to.
- **Rock** – music with strong rhythms, often using electric guitars and drums.
- **Hip-hop** – music with rhythmic speech or rapping over beats.
- **Jazz** – music with improvisation, often using saxophones, trumpets, and pianos.
- **Classical** – traditional music composed for orchestras, including symphonies and operas.

Each genre has its own style, instruments, and fans. People often choose music that matches their mood or personality.

Learning and Playing Music

Learning music is both fun and educational. Playing an instrument, like the piano, guitar, or violin, can improve concentration, memory, and coordination. Singing in a choir or playing in a band teaches teamwork and communication. Music lessons also help people understand rhythm, melody, and harmony. Even listening carefully to music can improve listening skills and creativity.

Common Music Terms

1. **Melody** – a sequence of notes that sound musical together.
2. **Harmony** – different notes played or sung together to support the melody.
3. **Rhythm** – the pattern of beats in a song.
4. **Tempo** – the speed of a piece of music.
5. **Genre** – a category or type of music.
6. **Lyrics** – the words of a song.
7. **Chorus** – the part of a song that repeats several times.
8. **Verse** – a section of a song that tells the story or develops the idea.
9. **Bridge** – a short section that connects parts of a song.
10. **Improvisation** – creating music spontaneously, often in jazz.
11. **Pitch** – how high or low a note sounds.
12. **Accompaniment** – music that supports the main melody.
13. **Solo** – a section performed by one musician.
14. **Score** – the written form of a musical composition.
15. **Instrument** – a device used to produce music, e.g., guitar, drums, piano.

The History of Cinema

Cinema, or the movie industry, began in the late 19th century. The first films were short, silent, and black-and-white. Over time, movies became longer, with sound, color, and special effects. Cinema has always been a popular form of entertainment. People go to the cinema to watch stories come alive on the big screen. Today, films are made all over the world, and each country has its own style and famous actors.

Popular Film Genres

There are many types of movies, called **genres**. Some popular genres include:

- **Action** – films with exciting scenes, fights, and adventures.
- **Comedy** – movies that make people laugh.
- **Drama** – films that focus on emotions and real-life situations.
- **Horror** – movies designed to scare viewers.
- **Science Fiction (Sci-Fi)** – films about the future, technology, or space.
- **Animation** – movies made with drawings, computer graphics, or puppets.

Each genre has a special style, audience, and type of story. People often choose movies based on their mood or personal taste.

Going to the Cinema

Going to the cinema is a social activity for many people. Watching a movie on a big screen with good sound is very different from watching it at home. Before the film starts, people often buy popcorn, drinks, or snacks. Some cinemas also have 3D or IMAX screens for a more immersive experience. After the movie, people like to discuss the story, characters, and special effects with friends or family.

Cinema Vocabulary

1. **Actor / Actress** – a person who performs in movies.
2. **Director** – the person responsible for making the film.
3. **Producer** – the person who finances and organizes the film production.
4. **Script** – the written story or dialogue of a movie.
5. **Scene** – a part of a film that happens in one place and time.
6. **Plot** – the main events of a movie.
7. **Character** – a person in the film.
8. **Dialogue** – words spoken by actors in a film.
9. **Special Effects (SFX)** – visual or sound effects used to create illusions.
10. **Soundtrack** – music used in a film.
11. **Premiere** – the first public showing of a movie.

12. **Box Office** – where tickets are sold or the success of a movie financially.
13. **Sequel** – a movie that continues the story of an earlier film.
14. **Trailer** – a short preview or advertisement for a film.
15. **Genre** – a type or category of film.

Theatre and Scene Art

Theatre is a form of performing art where actors tell stories on stage in front of an audience. It is one of the oldest types of entertainment, dating back thousands of years. Plays can be comedies, dramas, tragedies, or musicals. Actors use voice, gestures, and facial expressions to bring characters to life.

Scene art, or stage design, is an important part of theatre. It includes the scenery, props, lighting, and costumes. Scene art helps create the atmosphere of the play and makes the story more believable. For example, a castle set can make a historical play feel realistic, while modern lighting can give a musical a lively energy.

Directors and designers work closely with actors to plan each scene. The director decides how the story is told, while the designer creates visual and technical elements. Good scene art and acting together make a performance memorable for the audience.

Reading Comprehension Test

A. Understanding the Text

1. What is theatre, and how do actors tell stories on stage?

2. Name at least two types of plays mentioned in the text.
3. What does scene art include?
4. Why is scene art important for a performance?
5. How do directors and designers collaborate in theatre?

B. Vocabulary in Context

6. What does the word “*gesture*” mean in paragraph 1?
 - a) A movement of the body to express something
 - b) A type of scenery
 - c) A line in the script
7. The word “*props*” refers to:
 - a) The stage lighting
 - b) Objects used on stage by actors
 - c) The costumes
8. Find a word in the text that means “*teach or give knowledge*”.

C. True or False

9. Theatre has been a form of entertainment for thousands of years. (True/False)
10. Scene art only includes costumes. (True/False)
11. Theatre can inspire and provoke thought, not just entertain. (True/False)

D. Critical Thinking / Discussion

12. How does good stage design help the audience understand a story?
13. Have you ever been to a theatre performance? Describe what impressed you most about it.

10 Best Paintings in the World

Art has always been an important way to express human creativity. Some paintings have become famous worldwide for their beauty, technique, or historical significance. Here are ten of the most famous paintings and their creators:

1. **Mona Lisa – Leonardo da Vinci**

The Mona Lisa is one of the most famous paintings in the world. It shows a woman with a mysterious smile. Leonardo da Vinci painted it in the early 1500s in Italy.

2. **The Starry Night – Vincent van Gogh**

Painted in 1889, this colorful artwork shows a night sky filled with swirling stars above a small village. Van Gogh created it while living in a mental hospital in France.

3. **The Last Supper – Leonardo da Vinci**

This painting shows the moment Jesus shared his last meal with his disciples. It is a large mural in Milan, Italy, created in the late 1490s.

4. **Guernica – Pablo Picasso**

Guernica is a powerful black-and-white painting showing the horrors of war. Picasso painted it in 1937 in response to the bombing of a Spanish town.

5. **The Persistence of Memory – Salvador Dalí**

Dalí painted this famous surrealist work in 1931. It shows melting clocks in a dreamlike landscape, symbolizing the

fluidity of time.

6. Girl with a Pearl Earring – Johannes Vermeer

This painting shows a young girl wearing a pearl earring and a blue headscarf. Vermeer created it in the 1660s in the Netherlands.

7. The Birth of Venus – Sandro Botticelli

Painted around 1486, this Italian Renaissance painting shows the goddess Venus standing on a seashell. It is famous for its beauty and elegance.

8. The Night Watch – Rembrandt van Rijn

Rembrandt painted this large work in 1642 in the Netherlands. It shows a group of city guards in a dramatic use of light and shadow.

9. American Gothic – Grant Wood

This 1930 painting shows a farmer and his daughter standing in front of a house. It is an iconic image of rural American life.

10. The Kiss – Gustav Klimt

Painted in 1907–1908, this golden masterpiece shows a couple embracing. Klimt used bright colors and decorative patterns to create a romantic and luxurious effect.

Key Vocabulary

- **Artist** – a person who creates paintings, sculptures, or other artworks.
- **Mural** – a large painting on a wall.
- **Portrait** – a painting of a person.

- **Landscape** – a painting showing nature or scenery.
- **Surrealism** – an art style showing dreamlike or imaginary scenes.
- **Renaissance** – a period in Europe (14th–17th centuries) famous for art and culture.
- **Symbolism** – using images to represent ideas or concepts.
- **Masterpiece** – a very good or important work of art.

TEST

10 Best Paintings of the World

Part A – Multiple Choice

Read the text about famous paintings, then choose the correct answer.

1. Who painted the Mona Lisa?
 - a) Vincent van Gogh
 - b) Leonardo da Vinci
 - c) Pablo Picasso
 - d) Johannes Vermeer
2. The Starry Night was created while van Gogh:
 - a) Lived in Italy
 - b) Painted in Spain
 - c) Stayed in a mental hospital in France
 - d) Traveled to the Netherlands
3. Guernica is famous because it:
 - a) Shows a peaceful village
 - b) Represents the horrors of war

- c) Depicts a royal family
 - d) Is a surrealist painting
4. Which painting shows a couple embracing?
- a) The Kiss
 - b) The Last Supper
 - c) Girl with a Pearl Earring
 - d) American Gothic
5. The Birth of Venus was painted during which period?
- a) Renaissance
 - b) Baroque
 - c) Surrealism
 - d) Modernism

Part B – True / False

Write **T** for true or **F** for false.

6. The Last Supper is a small portrait of one person. (T/F)
7. The Night Watch uses dramatic light and shadow. (T/F)
8. American Gothic shows a city scene with guards. (T/F)
9. The Girl with a Pearl Earring was created by Rembrandt. (T/F)
10. The Persistence of Memory shows melting clocks. (T/F)

Part C – Vocabulary in Context

Choose the correct meaning based on the text.

11. What does “masterpiece” mean?
- a) A very important or excellent work of art
 - b) A painting of a landscape

- c) A type of museum
12. "Surrealist" in the text refers to:
- a) Realistic paintings of everyday life
 - b) Imaginary or dreamlike style
 - c) Traditional religious art
13. The word "mural" refers to:
- a) A painting on a wall
 - b) A small picture in a frame
 - c) A portrait of a person

Part D – Short Answer / Inference

14. Why is Mona Lisa famous worldwide?
15. Name two paintings from the text that were created in the Netherlands.
16. Which painting in the text is related to history or religion?
17. How does The Persistence of Memory represent time?
18. According to the text, what is common between The Kiss and The Birth of Venus?

Visiting a Local Museum

Situation: Two friends are visiting a museum together.

Anna: Hi, Tom! Are you ready to explore the museum?

Tom: Hi, Anna! Yes, I am. I've heard this museum has a great collection of paintings and sculptures.

Anna: That's right. Let's start with the art gallery on the first floor. I really want to see the modern art section.

Tom: Good idea. I'm more interested in the history exhibits, but I don't mind seeing the paintings first.

Anna: Look at this sculpture! It's amazing how detailed it is.

Tom: Wow! The artist really worked hard on it. Do you know who made it?

Anna: Yes, it was created by a local sculptor in the 19th century.

Tom: That's interesting. Should we go to the history section now?

Anna: Sure. I think there are also some old coins and tools from our city's past.

Tom: Great. Museums are a good way to learn about art and history at the same time.

Vocabulary for Museum Visits

- "Are you ready to explore the museum?"
- "I've heard this museum has..."
- "Let's start with..."
- "Look at this...! It's amazing!"
- "Do you know who made it?"
- "Should we go to... now?"
- "Museums are a good way to learn about..."

Three Famous Galleries of the World

Art galleries are places where people can see and admire paintings, sculptures, and other artworks. Some galleries are

famous worldwide for their collections and history. Here are three of the most famous galleries:

1. The Louvre – Paris, France

The Louvre is the largest art museum in the world. It is located in the heart of Paris and is famous for housing Leonardo da Vinci's *Mona Lisa*. The museum also has thousands of other paintings, sculptures, and historical objects from different periods and countries. The Louvre was originally a royal palace before becoming a public museum in 1793.

2. The British Museum – London, United Kingdom

The British Museum is one of the oldest museums in the world, founded in 1753. It has a huge collection of art and artifacts from around the globe, including ancient Egypt, Greece, and Rome. Visitors can see famous items such as the Rosetta Stone and the Elgin Marbles. The museum is free to enter, making it accessible to everyone.

3. The Metropolitan Museum of Art – New York, USA

The Metropolitan Museum of Art, also called the Met, is one of the most famous galleries in the United States. It has over two million works of art, from paintings and sculptures to musical instruments and costumes. The Met also hosts special exhibitions and educational programs, helping visitors learn about art from different cultures and historical periods.

Key Vocabulary

- **Art gallery / Museum** – a place where artworks are displayed.
- **Collection** – a group of artworks or objects held by a gallery.

- **Sculpture** – a three-dimensional work of art made from materials like stone or metal.
- **Artifact** – an object made by humans, often of historical interest.
- **Exhibition** – a display of artworks or objects for the public.
- **Famous / World-renowned** – well-known by people worldwide.
- **Royal palace** – a building where kings and queens live or used to live.

Lexical Test – Art Galleries

Part A – Multiple Choice

Choose the correct answer:

1. The Louvre is located in:
 - a) London
 - b) New York
 - c) Paris
 - d) Rome
2. Which word means “a three-dimensional work of art”?
 - a) Painting
 - b) Sculpture
 - c) Artifact
 - d) Exhibition
3. The Rosetta Stone can be seen in:
 - a) The Met
 - b) The Louvre
 - c) The British Museum

d) The National Gallery

4. An exhibition is:

- a) A building for royalty
- b) A display of artworks for the public
- c) A collection of old books
- d) A type of sculpture

5. Which gallery was originally a royal palace?

- a) The Met
- b) The Louvre
- c) The British Museum
- d) Tate Modern

Part B – Matching

Match the word to its meaning:

Words: 1) Collection 2) Artifact 3) Sculpture 4) Famous 5) Gallery

Definitions:

- a) Well-known by many people
- b) A group of artworks or objects
- c) A place where artworks are displayed
- d) An object made by humans, often historical
- e) A three-dimensional work of art

Part C – Gap-Filling

Fill in the blanks with words from the box:

[museum, exhibition, collection, artifact, sculpture]

1. The British Museum has thousands of historical _____ from around the world.
2. The Louvre has a huge _____ of paintings and sculptures.

3. The Met hosts special _____ every year.
4. A _____ can be made from stone, metal, or wood.
5. An art _____ is a place where people go to see paintings and sculptures.

Part D – True / False

Write **T** for true or **F** for false:

6. The Louvre became a public museum in 1793. (T/F)
7. The British Museum only has British artworks. (T/F)
8. The Met has over two million works of art. (T/F)
9. An artifact is always a painting. (T/F)
10. Exhibitions help visitors learn about art from different cultures. (T/F)

MODERN WORLD

ENGLISH-SPEAKING COUNTRIES



UNIT 3

MODERN WORLD AND ENGLISH- SPEAKING COUNTRIES

Places of Interest in Great Britain

Great Britain is full of interesting places for visitors. From historical landmarks to natural beauty, there is something for everyone. Here are some of the most famous places:

1. Buckingham Palace – London

Buckingham Palace is the official residence of the British monarch. Visitors can see the Changing of the Guard ceremony, a colorful event where the soldiers in red uniforms and tall hats march and perform. The palace is a symbol of the British monarchy and history.

2. Tower of London – London

The Tower of London is a historic castle near the River Thames. It was used as a royal palace, prison, and treasury. Visitors can see the Crown Jewels and learn about the famous history of the Tower, including stories of kings and queens.

3. Stonehenge – Wiltshire

Stonehenge is a prehistoric monument made of huge standing stones. It is over 4,000 years old, and its exact purpose is still a mystery. People visit Stonehenge to admire its size, shape, and the amazing history behind it.

4. Edinburgh Castle – Edinburgh, Scotland

Edinburgh Castle sits on a hill in the capital of Scotland. It is a historic fortress with museums, royal chambers, and breathtaking views of the city. The castle is famous for its role in Scottish history and as a symbol of the city.

5. The Lake District – Cumbria, England

The Lake District is a region of mountains, forests, and lakes. It is popular with hikers, photographers, and nature lovers. The area inspired famous writers and poets, including William Wordsworth.

6. Big Ben and the Houses of Parliament – London

Big Ben is the nickname for the famous clock tower next to the Houses of Parliament. It is one of London's most iconic landmarks. Visitors often take photos and admire the Gothic architecture.

7. Cambridge and Oxford Universities

These two universities are famous worldwide. Visitors can see historic colleges, beautiful gardens, and the libraries where many famous scientists and writers studied.

Key Vocabulary

- **Landmark** – an important or famous building or place.
- **Monarch** – a king or queen.
- **Ceremony** – a formal event or ritual.
- **Fortress / Castle** – a strong building used for protection or residence.
- **Prehistoric** – from a time before written history.

- **Inspire** – to give ideas or motivation.
- **Iconic** – very famous and recognized by many people.

Geography and Natural Wonders of Great Britain

Great Britain is an island in northwestern Europe, made up of **England, Scotland, and Wales**. It has a diverse landscape, including mountains, rivers, lakes, forests, and coastlines. The geography of Great Britain has influenced its history, culture, and way of life.

Mountains and Hills

The **Scottish Highlands** are famous for their beautiful mountains and lochs (lakes). Ben Nevis is the highest mountain in the United Kingdom. In Wales, visitors can explore **Snowdonia National Park**, which has rugged peaks and scenic trails. England has **the Lake District**, known for its hills, lakes, and walking paths.

Rivers and Lakes

The **River Thames** is the most famous river in England, flowing through London. Other important rivers include the Severn, Mersey, and Clyde. Great Britain also has many beautiful lakes, such as **Loch Ness** in Scotland and **Lake Windermere** in England.

Coastlines and Beaches

Great Britain has thousands of kilometers of coastline. Some popular beaches are in Cornwall, Devon, and Wales. The cliffs of **Dover** in England are world-famous for their white chalk appearance. Scotland and Wales also have dramatic coastal landscapes.

Forests and National Parks

There are many forests and protected areas in Great Britain. **The New Forest** in southern England and **Sherwood Forest** (famous for the legend of Robin Hood) are great for walking and wildlife watching. National parks help preserve nature and offer opportunities for outdoor activities.

Natural Wonders

Great Britain has unique natural wonders, such as **Giant's Causeway** in Northern Ireland (hexagonal rock formations) and **Fingal's Cave** in Scotland (basalt columns and sea caves). These places attract tourists from all over the world.

Key Vocabulary

- **Island** – a piece of land surrounded by water.
- **Highlands** – mountainous regions.
- **Loch** – a lake, especially in Scotland.
- **Rugged** – rough, uneven, or wild in appearance.
- **Coastline** – the land along the sea or ocean.
- **Cliffs** – high, steep rocks near the sea.
- **Protected area / National park** – a natural area preserved for wildlife and recreation.
- **Formation** – a natural structure or shape created by nature.

Reading Comprehension Test

Part A – Multiple Choice

Choose the correct answer:

1. Great Britain consists of:
 - a) England, Ireland, and Wales
 - b) England, Scotland, and Wales
 - c) Scotland, Wales, and Ireland
 - d) England, Scotland, and Northern Ireland

2. What is the highest mountain in the United Kingdom?
 - a) Snowdon
 - b) Ben Nevis
 - c) Scafell Pike
 - d) Cairn Gorm

3. The River Thames flows through which city?
 - a) Edinburgh
 - b) Cardiff
 - c) London
 - d) Belfast

4. Giant's Causeway is famous for:
 - a) A large lake
 - b) Hexagonal rock formations
 - c) White chalk cliffs
 - d) Forest trails

5. Sherwood Forest is famous because:
 - a) It has the highest mountain in England
 - b) It is associated with the legend of Robin Hood
 - c) It is a coastal area with cliffs
 - d) It has a prehistoric monument

Part B – True / False

Write **T** for true or **F** for false:

6. The Scottish Highlands are known for their lakes called lochs. (T/F)
7. Lake Windermere is located in Scotland. (T/F)
8. Dover cliffs are famous for their white chalk appearance. (T/F)
9. Fingal's Cave is in Northern Ireland. (T/F)
10. National parks in Great Britain are protected areas for wildlife and recreation. (T/F)

Part C – Vocabulary in Context

Choose the correct meaning from the text:

11. "Rugged" means:
 - a) Smooth and flat
 - b) Rough, uneven, or wild
 - c) High and snowy
12. A "loch" is:
 - a) A river in England
 - b) A lake, especially in Scotland
 - c) A coastal cliff
13. "Formation" refers to:
 - a) A human-made building
 - b) A natural structure or shape
 - c) A type of forest

Part D – Short Answer / Inference

14. Name one famous lake in England and one in Scotland.
15. Why do tourists visit the cliffs of Dover?
16. Which areas in Great Britain are popular for hiking and nature walks?
17. Give two examples of natural wonders mentioned in the text.
18. How has the geography of Great Britain influenced its tourism?

London

London is the capital city of the United Kingdom and one of the most famous cities in the world. It is located on the River Thames in southeastern England. London is known for its history, culture, and landmarks, attracting millions of tourists every year.

The city has many famous landmarks, including **Big Ben**, the **Houses of Parliament**, **Tower Bridge**, **Buckingham Palace**, and the **London Eye**. London is also home to world-famous museums, such as the **British Museum**, the **National Gallery**, and the **Natural History Museum**.

London is a multicultural city, with people from many different countries living and working there. English is the main language, but many other languages can be heard on the streets.

The city has excellent transport systems. The **London Underground**, also called the Tube, is the oldest underground railway in the world. London also has buses, trains, and riverboats, making it easy to travel around the city.

London is famous for its theatres, music, and art galleries. Visitors can enjoy plays in the West End, concerts, and exhibitions. The city also hosts major sporting events, festivals, and markets, offering something for everyone.

Reading Comprehension Questions

A. Understanding the Text

1. Where is London located?
2. Name three famous landmarks in London.
3. What are some world-famous museums in London?
4. Why is London considered a multicultural city?
5. What types of events and entertainment can visitors enjoy in London?

B. Vocabulary in Context

6. What does the word *“landmark”* mean in the text?
7. The word *“multicultural”* refers to:
 - a) People speaking only English
 - b) People from many different cultures
 - c) Historical buildings only
8. Find a word in the text that means *“places where objects or artworks are displayed for the public”*.

C. True / False

9. London is located on the River Thames. (T/F)
10. The London Underground is the newest subway in the world. (T/F)
11. Visitors can see plays in the West End. (T/F)
12. London has transport options like buses, trains, and riverboats. (T/F)

D. Critical Thinking / Discussion

13. If you visited London, which landmark or museum would you like to see and why?
14. How does London's multicultural population influence the city's culture and events?

Excursions Around London

London is a city full of exciting places to visit. Whether you enjoy history, art, or nature, there are many excursions for tourists and locals.

1. Historical Sites

Visitors can explore the **Tower of London**, a historic fortress where the Crown Jewels are kept. Another must-see is **Westminster Abbey**, a famous church where British kings and queens are crowned. The **Houses of Parliament** and **Big Ben** are also popular for guided tours.

2. Museums and Galleries

London has some of the world's best museums. The **British Museum** shows ancient artifacts from around the world. The **National Gallery** has paintings by famous artists like Van Gogh

and Leonardo da Vinci. The **Science Museum** and **Natural History Museum** are perfect for families and students.

3. Parks and Gardens

For nature lovers, **Hyde Park** and **Regent's Park** offer relaxing walks, boating, and picnics. **Kew Gardens** is famous for its plants and greenhouses, showcasing exotic flowers and trees from all over the world.

4. Theatres and Entertainment

Visitors can enjoy plays in the **West End**, London's theatre district. Street performances at **Covent Garden** and music events along the South Bank provide more entertainment options.

5. Day Trips from London

You can also take excursions outside the city. **Windsor Castle**, the official residence of the Queen, is just a short train ride away. **Stonehenge**, the prehistoric stone circle, and **Oxford or Cambridge Universities** are also popular day trips.

London offers something for everyone, from history and culture to nature and fun activities. Planning excursions carefully ensures you see the best the city and its surroundings have to offer.

Key Vocabulary

- **Excursion** – a short trip or visit to a place of interest.
- **Fortress** – a strong building used for defense or protection.
- **Artifact** – an object of historical or cultural interest.

- **Greenhouse** – a building for growing plants in controlled conditions.
- **Guided tour** – a visit to a place with explanations by a guide.
- **Theatre district** – an area with many theatres and performances.
- **Day trip** – a short trip that returns the same day.

Role-Play

Situation: *Two friends, Alex and Maria, are exploring central London on a guided excursion.*

Alex: Hi Maria! Are you ready for our walk around central London?

Maria: Yes, I can't wait! Where should we start?

Alex: Let's begin at **Trafalgar Square**. Look at the statues and fountains! Did you know there's the **National Gallery** right here?

Maria: Wow, it's beautiful! We should visit the National Gallery later. I'd love to see some paintings by Van Gogh.

Alex: Good idea. Next, we can walk to **Big Ben** and the **Houses of Parliament**.

Maria: I've seen them in pictures, but it's amazing to see them in real life! Can we take some photos?

Alex: Of course! After that, we can cross **Westminster Bridge** and see the **London Eye**. It's a great way to see the whole city from above.

Maria: That sounds exciting. I hope we can ride it before it gets dark.

Alex: Finally, we can visit **Covent Garden**. There are street performers, shops, and small cafés. We can have some tea and watch a performance.

Maria: Perfect! This will be a great excursion in the centre of London.

Useful Phrases for Role-Play

- “Are you ready for our walk around...?”
- “Where should we start?”
- “Did you know...?”
- “We should visit... later.”
- “Can we take some photos?”
- “It’s a great way to see the whole city.”
- “This will be a great excursion.”

Famous Parks in London

London is famous not only for its historic buildings and museums but also for its beautiful parks. The city has many green spaces where people can relax, exercise, or enjoy nature. Here are some of the most popular parks in London:

1. Hyde Park

Hyde Park is one of the largest parks in central London. Visitors can walk, cycle, or ride boats on the **Serpentine Lake**. The park also hosts concerts, events, and the famous **Speakers’ Corner**, where people can give public speeches.

2. Regent's Park

Regent's Park is known for its gardens and sports facilities. It has the **Queen Mary's Gardens**, which feature over 12,000 roses. The park also includes the **London Zoo**, making it a fun destination for families.

3. St James's Park

Located near **Buckingham Palace**, St James's Park offers beautiful flower beds and a lake with ducks and swans. It is a popular spot for tourists to take pictures of the palace and watch the changing of the guard.

4. Green Park

Green Park is a quieter area next to Buckingham Palace. It has large lawns and shady trees, perfect for relaxing walks and picnics. Unlike other parks, it has no playgrounds or cafés, giving it a peaceful atmosphere.

5. Richmond Park

Richmond Park is one of the largest parks in London and is famous for its wild deer. Visitors can enjoy long walks, cycling, and horse riding. The park also offers amazing views of the city from certain hills.

London's parks are important for both residents and tourists. They provide spaces for relaxation, sports, cultural events, and wildlife observation, making the city greener and more enjoyable.

Key Vocabulary

- **Green space** – an area with grass, trees, or gardens in a city.
- **Serpentine Lake** – a famous lake in Hyde Park.

- **Public speech / Speakers' Corner** – a place where people can talk to the public.
- **Flower beds** – areas planted with flowers.
- **Wildlife** – animals and birds living in a natural environment.
- **Picnic** – eating outside in a park or garden.

Reading Comprehension Test

Part A – Multiple Choice

Choose the correct answer:

1. Which park has the Serpentine Lake?
 - a) Regent's Park
 - b) Hyde Park
 - c) St James's Park
 - d) Richmond Park
2. Queen Mary's Gardens with over 12,000 roses are located in:
 - a) Green Park
 - b) Hyde Park
 - c) Regent's Park
 - d) St James's Park
3. Which park is known for its wild deer?
 - a) Hyde Park
 - b) Richmond Park
 - c) St James's Park
 - d) Green Park

4. Where can visitors see the changing of the guard?
- a) Regent's Park
 - b) Green Park
 - c) St James's Park
 - d) Richmond Park
5. Which park is described as quiet, with no playgrounds or cafés?
- a) Green Park
 - b) Hyde Park
 - c) Regent's Park
 - d) St James's Park

True / False

Write **T** for true or **F** for false:

6. Hyde Park hosts concerts and public speeches at Speakers' Corner. (T/F)
7. London Zoo is located in Richmond Park. (T/F)
8. St James's Park has a lake with ducks and swans. (T/F)
9. Green Park is popular for noisy events and playgrounds. (T/F)
10. Richmond Park offers views of the city from certain hills. (T/F)

Vocabulary in Context

Choose the correct meaning from the text:

11. "Green space" means:
- a) An area with buildings and shops
 - b) An area with grass, trees, or gardens

c) A type of museum

12. “Wildlife” refers to:

- a) Animals and birds living in a natural environment
- b) Garden flowers
- c) Human activities

13. A “picnic” is:

- a) Eating outside in a park or garden
- b) A type of concert
- c) A guided walk

Part D – Short Answer / Inference

14. Name two parks in London that are near Buckingham Palace.

15. What activities can visitors enjoy in Hyde Park?

16. Why is Richmond Park different from the other parks mentioned?

17. Which park is most suitable for families with children and why?

18. How do London’s parks benefit both residents and tourists?

Funny Stories About Famous People

1. Queen Elizabeth II and the Corgis

Queen Elizabeth II was famous for loving corgis, a small breed of dog. One day, a corgi jumped into a fountain during a garden party! Everyone laughed, including the Queen. She was always known for her calm reaction and sense of humor when her dogs did something funny.

2. Sir Isaac Newton and the Apple

Sir Isaac Newton, the famous scientist, is said to have discovered gravity when an apple fell on his head. While the story may be partly a myth, Newton himself joked about it, saying he “felt a sudden inspiration” when the apple hit him. This story makes people smile because it shows how discoveries can happen in unusual ways.

3. Winston Churchill’s Painting Hobby

Winston Churchill, the British Prime Minister during World War II, loved painting. Once, he accidentally painted his pet cat into one of his landscapes. When a friend noticed, Churchill laughed and said, “I didn’t plan it, but he looks quite dignified, doesn’t he?”

4. J.K. Rowling and Her Dog

The famous author of the Harry Potter books, J.K. Rowling, once tried to teach her dog to fetch a wand toy. Instead, the dog ran around the garden with the wand in its mouth, refusing to give it back. Rowling said it reminded her of how unpredictable magic can be!

5. David Beckham and the Haircut

David Beckham, the famous footballer, is known for his hairstyles. Once, after a new haircut, he went out in public and a fan shouted, “Your hair is amazing!” Beckham replied jokingly, “Thank you, it does most of the work itself!” People laughed at his playful answer.

Key Vocabulary

- **Calm reaction** – staying relaxed and composed.

- **Inspiration** – a sudden idea or motivation.
- **Landscape** – a painting of nature, like mountains or rivers.
- **Unpredictable** – something that cannot be planned or expected.
- **Dignified** – looking serious and respectable.
- **Hobby** – an activity someone enjoys in their free time.
- **Myth** – a story that may not be completely true.

Reading Comprehension Test

Part A – Multiple Choice

Choose the correct answer:

1. What breed of dog did Queen Elizabeth II love?
 - a) Labrador
 - b) Beagle
 - c) Corgi
 - d) Spaniel
2. How did Sir Isaac Newton supposedly discover gravity?
 - a) He saw a falling apple
 - b) He read a book
 - c) He was inspired by a friend
 - d) He dropped a book on his foot
3. What funny thing happened in Winston Churchill's painting?
 - a) He painted a car by mistake
 - b) He painted his pet cat into the landscape

- c) He spilled paint on the canvas
 - d) He painted himself in the wrong costume
4. What did J.K. Rowling's dog do with the wand toy?
- a) Fetch it and bring it back
 - b) Run around the garden refusing to give it back
 - c) Hide it under the bed
 - d) Chew it into pieces
5. How did David Beckham respond to a fan complimenting his haircut?
- a) He ignored the fan
 - b) He said the hair does most of the work itself
 - c) He laughed and ran away
 - d) He gave the fan a signed photo

Part B – True / False

Write **T** for true or **F** for false:

6. Queen Elizabeth II laughed when her corgi jumped into a fountain. (T/F)
7. The story of Newton's apple is completely true. (T/F)
8. Churchill's pet dog appeared in one of his paintings. (T/F)
9. J.K. Rowling's dog learned to fetch the wand perfectly. (T/F)
10. David Beckham is known for changing hairstyles. (T/F)

Part C – Vocabulary in Context

Choose the correct meaning:

11. "Calm reaction" means:
- a) Getting angry quickly
 - b) Staying relaxed and composed
 - c) Laughing loudly
12. "Unpredictable" refers to:
- a) Something easy to plan
 - b) Something that cannot be planned or expected
 - c) Something boring
13. "Dignified" means:
- a) Looking serious and respectable
 - b) Looking funny or silly
 - c) Being very loud

Part D – Short Answer / Inference

14. Why do people find the story about Newton's apple funny?
15. Name two famous British people mentioned in the text who had pets.
16. How did Winston Churchill react when a friend noticed the cat in his painting?
17. What lesson can be learned from J.K. Rowling's story about her dog?
18. Why is David Beckham's response to the fan considered humorous?

Asking the Way

Situation: A tourist asks a local for directions to a museum.

Tourist: Excuse me, can you tell me how to get to the British Museum?

Local: Sure! Walk straight along this street for two blocks, then turn left. The museum will be on your right.

Tourist: Thank you! Is it far from here?

Local: Not really, about ten minutes on foot.

Tourist: Great, thanks a lot!

Useful phrases:

- “Excuse me, can you tell me...?”
- “Is it far from here?”
- “About ten minutes on foot.”

Using Transport

Situation: A traveler asks for directions to the train station.

Traveler: Hi, could you tell me which bus goes to Victoria Station?

Bus Driver: Yes, Bus 24 goes directly there. You can catch it at the next stop.

Traveler: How long does it take?

Bus Driver: Around twenty minutes, depending on traffic.

Traveler: Thank you very much!

Useful phrases:

- “Could you tell me which bus goes to...?”
- “You can catch it at the next stop.”
- “It takes around twenty minutes.”

Resting in the City

Situation: *Two friends are looking for a place to relax in a park.*

Anna: I'm tired. Let's find a café or a park to sit and rest.

Tom: There's a nice park just around the corner. It has benches and a small lake.

Anna: Sounds perfect. Shall we go there?

Tom: Yes, let's go. We can also get some coffee from the café near the entrance.

Anna: Great idea!

Useful phrases:

- "Let's find a café or a park to sit and rest."
- "Shall we go there?"
- "We can also get some coffee."

In the Restaurant

Situation: *Two friends, Anna and Tom, are having lunch in a restaurant.*

Waiter: Good afternoon! Welcome to The London Café. How many people?

Anna: Two, please.

Waiter: Right this way. Here is your table. Can I get you something to drink?

Tom: I'll have a glass of water, please.

Anna: I'll have a lemonade, thank you.

Waiter: Are you ready to order, or do you need a few minutes?

Anna: We need a few minutes, please.

Tom: Yes, we're deciding.

(After a few minutes)

Waiter: Are you ready to order now?

Anna: Yes, I'll have the grilled salmon with vegetables.

Tom: I'd like the chicken burger with fries.

Waiter: Would you like anything for dessert or coffee?

Anna: Just a cup of coffee, please.

Tom: No dessert for me, thank you.

Waiter: Perfect. Your food will be ready soon. Enjoy your meal!

Anna: Thank you!

Useful Phrases for Role-Play

- "Can I get you something to drink?"
- "We need a few minutes to decide."
- "I'll have... / I'd like..."
- "Would you like anything for dessert or coffee?"
- "Thank you! Enjoy your meal!"

Harrods

Harrods is one of the most famous department stores in the world. It is located in **Knightsbridge, London**, and attracts millions of visitors every year. Harrods was founded in **1834** and has grown into a luxury shopping destination with over **330 departments**.

The store sells a wide variety of products, including **clothes, shoes, jewelry, perfumes, toys, electronics, and food**. Harrods is especially famous for its **food halls**, where you can find gourmet products from around the world, such as chocolates, cheeses, and fresh seafood.

Harrods is not only about shopping. The building itself is beautiful, with elegant **architecture, decorative lights, and luxury interiors**. Visitors often come to see the famous **Harrods bears** and take photos in the store.

Harrods also offers **excellent customer service**, including personal shopping assistants, gift wrapping, and delivery services. The store is open every day, making it convenient for tourists and London residents alike.

Many people visit Harrods not only to buy products but also to **experience the atmosphere** of one of London's most iconic landmarks.

Key Vocabulary

- **Department store** – a large store with many different sections or departments.
- **Luxury** – high-quality, expensive, and special.
- **Gourmet** – food that is very high quality and often unusual.
- **Architecture** – the design and style of a building.
- **Interior** – the inside of a building.
- **Iconic** – very famous and easily recognized.
- **Personal shopping assistant** – a staff member who helps customers choose products.

Reading Comprehension Test

Part A – Multiple Choice

Choose the correct answer:

1. Where is Harrods located?
 - a) Oxford Street
 - b) Knightsbridge, London
 - c) Piccadilly Circus
 - d) Westminster

2. In what year was Harrods founded?
 - a) 1800
 - b) 1834
 - c) 1901
 - d) 1856

3. How many departments does Harrods have?
 - a) About 100
 - b) Over 330
 - c) 500
 - d) 50

4. What is Harrods especially famous for?
 - a) Toys
 - b) Food halls
 - c) Electronics
 - d) Clothing

5. Which service is offered to help customers choose products?
 - a) Free parking
 - b) Personal shopping assistant
 - c) Guided tours
 - d) Cooking classes

Part B – True / False

Write **T** for true or **F** for false:

6. Harrods is a small boutique store. (T/F)
7. Visitors often come to see the architecture and interiors of the building. (T/F)
8. Harrods sells only luxury items. (T/F)
9. The store is open every day. (T/F)
10. People visit Harrods only to buy products, not to experience the atmosphere. (T/F)

Part C – Vocabulary in Context

Choose the correct meaning:

11. “Luxury” means:
 - a) Low-cost and simple
 - b) High-quality and expensive
 - c) Old-fashioned
12. “Gourmet” refers to:
 - a) Ordinary food
 - b) High-quality or special food
 - c) Frozen food
13. “Iconic” means:
 - a) Easily recognized and famous
 - b) Very old
 - c) Located far away

Part D – Short Answer / Inference

14. Name three types of products sold in Harrods.
15. Why do visitors take photos inside Harrods?

16. What makes Harrods more than just a shopping place?
17. How does Harrods help customers who need assistance while shopping?
18. Why is Harrods considered one of London's most famous landmarks?

Shopping

Customer: Excuse me, do you have this dress in a size medium?

Shop Assistant: Let me check... Yes, we have a medium. Would you like to try it on?

Customer: Yes, please. Where is the fitting room?

Shop Assistant: It's over there, near the back.

Useful phrases:

- "Do you have this in...?"
- "Would you like to try it on?"
- "Where is the fitting room?"

Buying Shoes

Customer: Hello, I'm looking for running shoes.

Shop Assistant: Sure! What size do you need?

Customer: Size 42, please.

Shop Assistant: Here are some options. Would you like to try them on?

Customer: Yes, thank you.

Useful phrases:

- “I’m looking for...”
- “What size do you need?”
- “Would you like to try them on?”

Grocery Shopping

Customer: Excuse me, where can I find fresh bread?

Shop Assistant: The bread is in aisle 3, next to the bakery section.

Customer: Thank you. Do you have gluten-free bread?

Shop Assistant: Yes, it’s on the top shelf in the same aisle.

Useful phrases:

- “Where can I find...?”
- “Do you have...?”
- “It’s in aisle...”

Buying Electronics

Customer: Hi, I want to buy a new laptop.

Shop Assistant: Of course. Do you have a brand or model in mind?

Customer: I’m thinking about a Lenovo or Dell laptop.

Shop Assistant: Let me show you some options in that price range.

Useful phrases:

- “I want to buy...”

- “Do you have a...?”
- “Let me show you...”

At the Market

Customer: How much are these apples?

Seller: They are £3 per kilo.

Customer: I'll take two kilos, please.

Seller: Sure. Anything else?

Customer: No, that's all, thank you.

Useful phrases:

- “How much is/are...?”
- “I'll take...”
- “Anything else?”

Weather and Climate

in English-Speaking Countries

English-speaking countries are located all over the world, so their climates and weather vary a lot. Here is a brief look at some of the main countries:

1. United Kingdom

The UK has a **temperate maritime climate**, which means it is generally mild with no extreme temperatures. Summers are usually warm but not hot, and winters are cool but rarely very cold. Rain is common all year round, so it's always a good idea to carry an umbrella.

2. United States

The United States has a **varied climate** because it is a very large country. The west coast (California) is often warm and sunny, while the northeast (New York) has cold winters and hot summers. The south (Florida) is warm and humid, and some areas in the Midwest can have very cold winters with snow.

3. Canada

Canada is known for its **cold winters and mild summers**. Northern Canada is extremely cold, especially in winter, while cities like Vancouver have milder winters. Snow is common in most parts of the country during winter.

4. Australia

Australia has a **mostly warm climate**, but it depends on the region. The north is tropical, with hot summers and wet seasons. The south has a temperate climate with warm summers and mild winters. Australia is also known for sunny beaches and outdoor activities.

5. New Zealand

New Zealand has a **maritime climate**, meaning the weather is influenced by the surrounding oceans. Summers are warm and winters are cool. The country is often rainy, especially on the west coast, but the scenery is very beautiful, with mountains and beaches.

Key Vocabulary

- **Temperate climate** – a climate with mild temperatures and no extremes.
- **Tropical climate** – a hot climate with a wet season and a dry season.

- **Mild** – not too hot or too cold.
- **Humid** – having a lot of moisture in the air.
- **Maritime climate** – a climate influenced by the sea, often mild and rainy.
- **Snow** – frozen precipitation falling from the sky.
- **Umbrella** – a tool used to protect from rain.

Lexical Test

Part A – Multiple Choice

Choose the correct answer:

1. A **temperate climate** is:
 - a) Very hot all year
 - b) Mild with no extreme temperatures
 - c) Extremely cold in winter
 - d) Always rainy
2. A **tropical climate** usually has:
 - a) Hot summers and mild winters
 - b) Cold winters and warm summers
 - c) A wet season and a dry season
 - d) Snow all year round
3. If the air is **humid**, it is:
 - a) Very dry
 - b) Wet or moist
 - c) Cold
 - d) Sunny
4. A **maritime climate** is influenced by:
 - a) Mountains

- b) The sea
- c) Deserts
- d) Forests

5. What is the meaning of **mild**?

- a) Extremely cold
- b) Very hot
- c) Not too hot or too cold
- d) Stormy

Part B – Matching

Match the term to its meaning:

Words: 1) Snow 2) Umbrella 3) Rainy 4) Warm 5) Wet

Definitions:

- a) Precipitation in the form of frozen flakes
- b) A tool used to protect from rain
- c) Covered with water or moisture
- d) Having a high temperature
- e) When water falls from the sky

Part C – Gap-Filling

Fill in the blanks with words from the box:

[tropical, mild, maritime, humid, snow]

1. Northern Canada often has a lot of _____ in winter.
2. London has a _____ climate, with rain all year round.
3. Queensland in Australia has a _____ climate with hot summers.

4. Vancouver has a _____ climate because it is near the ocean.
5. Singapore is very hot and _____ most of the year.

Part D – True / False

Write **T** for true or **F** for false:

6. The UK is very hot in summer. (T/F)
7. Some parts of the United States can have very cold winters. (T/F)
8. Australia's north is tropical. (T/F)
9. New Zealand has a dry desert climate. (T/F)
10. Checking the weather before visiting a country is important. (T/F)

London Fog

Situation: Two friends, Anna and Tom, are walking in London on a foggy morning.

Anna: Wow, it's really foggy today! I can hardly see the buildings.

Tom: Yes, London fog can be very thick in the morning. Be careful while crossing the street.

Anna: Do you know why there's so much fog here?

Tom: I think it's because of the cold air mixing with smoke and pollution from the city. It used to be even worse in the past. They called it "pea soup fog."

Anna: That sounds dangerous! How do people travel safely in this weather?

Tom: Most people take the **Tube** or buses. Drivers also need to be very careful and use fog lights.

Anna: I guess it makes London look mysterious too.

Tom: Absolutely! Some tourists even like taking photos in the fog because it looks magical.

Anna: Let's grab a hot coffee at that café over there. We can wait for the fog to clear a bit.

Tom: Good idea! A warm drink will help on a foggy morning.

Useful Phrases

- "It's really foggy today."
- "Be careful while crossing the street."
- "Do you know why there's so much fog here?"
- "Most people take the Tube or buses."
- "It looks magical."
- "Let's grab a hot coffee."

English Holidays, Customs, and Traditions

England has many holidays and traditions that reflect its history and culture. Some are celebrated nationwide, while others are specific to certain regions or communities.

1. Christmas

Christmas is celebrated on **December 25th**. Families decorate Christmas trees, exchange gifts, and have a big meal with roast turkey or goose. People also hang stockings for Santa Claus, who brings presents. Christmas crackers, containing small gifts and jokes, are pulled at the table during dinner.

2. Easter

Easter celebrates the resurrection of Jesus Christ. Traditional customs include **Easter egg hunts**, where children search for chocolate eggs hidden around the house or garden. Hot cross buns, small spiced sweet buns with a cross on top, are popular during this time.

3. Bonfire Night (Guy Fawkes Night)

On **November 5th**, people celebrate Bonfire Night to remember the failure of the Gunpowder Plot in 1605. Large bonfires are lit, and fireworks are set off. Children and adults often make and burn **effigies of Guy Fawkes**.

4. St. George's Day

St. George is the patron saint of England, and his day is celebrated on **April 23rd**. People often wear red and white, the colors of St. George's cross, and enjoy parades and cultural events.

5. Pancake Day (Shrove Tuesday)

Pancake Day is the day before Lent begins. Traditionally, people **fry and eat pancakes**. In some towns, pancake races are held, where participants run while flipping pancakes in a pan.

6. Summer Festivals

During the summer, many towns and cities hold **festivals, fairs, and outdoor concerts**. People enjoy music, dancing, local food, and traditional games.

Key Vocabulary

- **Custom** – a traditional way of doing something.

- **Tradition** – a long-established practice passed down through generations.
- **Patron saint** – a saint regarded as the special protector of a country or community.
- **Bonfire** – a large outdoor fire.
- **Effigy** – a model or representation of a person, often used in celebrations.
- **Parade** – a public procession with music, costumes, or performances.
- **Festival** – a public celebration with entertainment, food, and music.

Reading and Grammar Test

Part A – Reading Comprehension

Read the text and answer the questions.

1. When is Christmas celebrated in England?
 - a) November 5th
 - b) December 25th
 - c) April 23rd
 - d) Shrove Tuesday
2. What do children usually do on Easter?
 - a) Light bonfires
 - b) Exchange gifts
 - c) Search for chocolate eggs
 - d) Wear red and white
3. Bonfire Night remembers:
 - a) The resurrection of Jesus Christ
 - b) The failure of the Gunpowder Plot

- c) St. George's victory
 - d) The start of Lent
4. On St. George's Day, people often:
- a) Fry pancakes
 - b) Wear red and white
 - c) Make effigies
 - d) Hide chocolate eggs
5. Pancake Day is also called:
- a) Easter
 - b) Guy Fawkes Night
 - c) Shrove Tuesday
 - d) Christmas

True / False

6. Christmas crackers contain small gifts and jokes. (T/F)
7. Bonfire Night is celebrated on April 23rd. (T/F)
8. Pancake races are sometimes held on Shrove Tuesday. (T/F)
9. Festivals are only religious events. (T/F)
10. St. George is the patron saint of England. (T/F)

Part B – Vocabulary in Context

11. "Custom" means:
- a) A popular holiday
 - b) A traditional way of doing something
 - c) A kind of food
 - d) A celebration with fireworks

12. "Effigy" refers to:
- a) A model or representation of a person
 - b) A type of festival
 - c) A special cake
 - d) A public speech
13. "Patron saint" means:
- a) A holiday organizer
 - b) A saint protecting a country or community
 - c) A famous singer
 - d) A historical leader

Part C – Grammar (B1 Level)

Choose the correct option.

14. Christmas _____ on December 25th.
- a) is celebrated
 - b) celebrates
 - c) celebrating
15. People usually _____ chocolate eggs on Easter.
- a) find
 - b) finds
 - c) finding
16. Bonfire Night _____ on November 5th every year.
- a) happen
 - b) happens
 - c) happening
17. Pancake races _____ held in some towns.
- a) is
 - b) are
 - c) be
18. St. George's Day _____ celebrated with parades and cultural events.

- a) is
- b) are
- c) celebrating

Part D – Sentence Transformation

Rewrite the sentences using the word in brackets.

- 19. People eat pancakes on Shrove Tuesday. (usually)
→ People _____ pancakes on Shrove Tuesday.
- 20. Children search for chocolate eggs on Easter. (often)
→ Children _____ for chocolate eggs on Easter.

History of English Sport – Fun Facts

England is known as the **birthplace of many modern sports**, including **football (soccer), cricket, rugby, and tennis**. These sports have long traditions, and some stories from history are quite funny!

1. Football (Soccer)

Football has been played in England for centuries. In the 1800s, matches were often **chaotic**. Sometimes, the ball was made from an inflated pig's bladder! Players didn't wear uniforms, and there were few rules. In one famous match, the **ball ended up in a pond**, and both teams stopped playing to fish it out!

2. Cricket

Cricket has been a popular English sport since the 16th century. A funny tradition is that some players wear **brightly colored socks or funny hats** during casual matches. In the past, spectators sometimes **followed the players on horseback**, trying to catch balls that were hit very far!

3. Rugby

Rugby started at **Rugby School** in 1823 when a student, William Webb Ellis, **picked up the ball during a football game and ran with it**. Today, rugby is serious, but early matches were often **full of unexpected chaos**, with spectators sometimes joining the game!

4. Tennis

Tennis was originally played **indoors with hands instead of rackets!** Rackets were invented later. In medieval times, players often **lost balls through windows or roofs**, and chasing them around the castle was part of the fun.

5. Funny Facts Across Sports

- In the early days of sports, **rules were often made up on the spot**.
- Some football matches ended because **the ball went into a river or pond**.
- Cricket fans sometimes **brought their dogs to the pitch**.
- Rugby games occasionally had **unexpected visitors**, like cows or sheep, on the field.

Key Vocabulary

- **Chaotic** – very disorganized or messy.
- **Spectator** – a person who watches a sport or event.
- **Tradition** – a long-established practice.
- **Pick up the ball** – in rugby, to take the ball with your hands and run.

- **Racket** – a bat used in tennis.
- **Professional** – serious and organized, not just casual.
- **Medieval** – from the Middle Ages.

Lexical & Grammar Test

Part A – Vocabulary (Multiple Choice)

- Which word means “*full of unexpected events and disorganization*”?
 - Calm
 - Chaotic
 - Predictable
 - Ordinary
- A **spectator** is:
 - A player in a game
 - A person who watches an event
 - A referee
 - A coach
- Which word refers to “*a long-established practice or way of doing something*”?
 - Tradition
 - Hobby
 - Skill
 - Chance
- In rugby, to **pick up the ball** means:
 - To pass it to another player
 - To take the ball with your hands and run
 - To kick it into the goal
 - To throw it out of the field

5. A **medieval** building is from:
- a) The Middle Ages
 - b) The 20th century
 - c) The future
 - d) Modern times

Part B – Word Formation

Complete the sentences with the correct form of the word in brackets:

6. Football has a long _____ in England. (TRADITION)
7. The match was so _____ that everyone was shouting and laughing. (CHAOS)
8. Spectators are always amazed by the _____ of professional athletes. (PERFORM)
9. Tennis was originally played indoors with hands instead of _____. (RACKET)
10. Rugby players train hard to improve their _____ and strength. (SKILL)

Part C – Grammar (Multiple Choice)

11. If I _____ earlier, I would have seen the start of the football match.
- a) arrive
 - b) arrived
 - c) had arrived
 - d) have arrived
12. By the time the referee arrived, the players _____ for ten minutes.

- a) played
 - b) had played
 - c) were playing
 - d) have played
13. He insists _____ the new rules before the game begins.
- a) explaining
 - b) to explain
 - c) explained
 - d) explain
14. The game _____ tomorrow at 7 p.m. if the weather is fine.
- a) will start
 - b) starts
 - c) start
 - d) started
15. Neither the goalkeeper nor the defenders _____ able to stop the goal.
- a) was
 - b) were
 - c) is
 - d) be

Part D – Sentence Transformation

16. They started the match despite the rain. (Although)
→ _____ despite the rain.
17. I didn't watch the game because I was tired. (Due to)
→ I didn't watch the game _____ tired.
18. "You must wear the correct uniform," said the coach.
(told)

→ The coach _____ the correct uniform.

19. It is necessary to practice regularly to improve your skills. (have)

→ You _____ regularly to improve your skills.

20. The football match was cancelled because of heavy fog. (due to)

→ The football match was cancelled _____ heavy fog.

Online Life

Situation: Two friends, Anna and Tom, are talking about social media.

Anna: Hi Tom! How often do you check your social media?

Tom: Hi Anna! I check it a few times a day, mostly in the morning and evening. How about you?

Anna: I try to limit it to once in the morning and once at night. I feel less distracted that way.

Tom: That's smart. Sometimes I spend too much time scrolling and forget other things I need to do.

Anna: Yes, online life is fun, but it's important to have balance.

Useful phrases:

- "How often do you...?"
- "I try to limit it to..."
- "I feel less distracted that way."
- "It's important to have balance."

Technology

Situation: Two colleagues, Sarah and James, are talking about new smartphones.

Sarah: Have you seen the new smartphone model that just came out?

James: Yes! It has a really big screen and an amazing camera.

Sarah: I like that it can connect to multiple devices at once. It's very convenient.

James: True, but I'm worried it will be expensive.

Sarah: Probably, but technology is always improving. I think it's worth it if you use it a lot.

Useful phrases:

- "Have you seen...?"
- "It has a really big screen and an amazing camera."
- "It can connect to multiple devices at once."
- "Technology is always improving."

The History of the Internet

The Internet is one of the most important inventions of the 20th century. It allows people all over the world to **communicate, share information, and access knowledge**.

1. Early Beginnings

The idea of the Internet began in the **1960s**. Scientists in the United States wanted to create a network that could connect computers at universities and research centers. This network was called **ARPANET**. It was the first time computers could send messages to each other.

2. Development in the 1980s

During the 1980s, more universities and companies started connecting computers. The technology improved, and the Internet became **more reliable and faster**. People began using it to send emails and share documents.

3. The World Wide Web

In **1989**, a British scientist, **Tim Berners-Lee**, invented the **World Wide Web**. This made it easier to access information using **web pages, links, and browsers**. Suddenly, the Internet was not only for scientists but also for everyone.

4. Internet Today

Today, the Internet is everywhere. People use it for **social media, online shopping, education, entertainment, and work**. Smartphones and Wi-Fi make it possible to be connected **anytime and anywhere**. The Internet has changed how people live, work, and communicate.

Key Vocabulary

- **Network** – a system that connects computers so they can communicate.
- **Reliable** – something that can be trusted to work well.
- **Browser** – a program used to view web pages.
- **Web page** – a document on the Internet that can contain text, images, or videos.
- **Social media** – websites or apps where people share information and communicate.

- **Global** – relating to the whole world.
- **Transform** – to change something completely.

Comprehension Test

Part A – Multiple Choice

1. When did the idea of the Internet first begin?
 - a) 1950s
 - b) 1960s
 - c) 1970s
 - d) 1980s
2. What was the first network connecting computers called?
 - a) World Wide Web
 - b) Internet Explorer
 - c) ARPANET
 - d) Cybernet
3. Who invented the World Wide Web?
 - a) Bill Gates
 - b) Steve Jobs
 - c) Tim Berners-Lee
 - d) Mark Zuckerberg
4. What did the invention of the World Wide Web make easier?
 - a) Sending letters
 - b) Accessing information using web pages, links, and browsers
 - c) Building computers
 - d) Making phone calls
5. Today, the Internet is used for:
 - a) Social media, shopping, education, entertainment, and

work

- b) Only research
- c) Sending letters
- d) Printing newspapers

Part B – True / False

6. ARPANET was created in the 1980s. (T/F)
7. The Internet was originally intended only for scientists and universities. (T/F)
8. Browsers allow people to view web pages. (T/F)
9. Smartphones and Wi-Fi allow people to be connected anytime and anywhere. (T/F)
10. The Internet has not changed the way people communicate. (T/F)

Part C – Vocabulary in Context

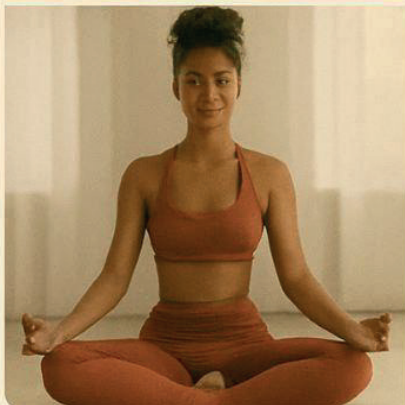
11. A **network** is:
 - a) A system that connects computers
 - b) A type of smartphone
 - c) A social media app
 - d) A web page
12. Something **reliable** is:
 - a) Easy to break
 - b) Trustworthy and works well
 - c) Expensive
 - d) Dangerous
13. To **transform** something means to:
 - a) Destroy it

- b) Change it completely
 - c) Sell it
 - d) Ignore it
14. A **browser** is:
- a) A program to view web pages
 - b) A type of network
 - c) A smartphone
 - d) A global system
15. **Global** means:
- a) Local or small
 - b) Relating to the whole world
 - c) Old-fashioned
 - d) Temporary

Part D – Short Answer / Inference

16. Why was ARPANET important in the history of the Internet?
17. How did the invention of the World Wide Web change the use of the Internet?
18. Name two modern uses of the Internet mentioned in the text.
19. Why is the Internet considered a global system today?
20. What does the history of the Internet show about technology?

FAMILY LIFE AND HEALTHY LIFESTYLE



UNIT 4

FAMILY LIFE AND HEALTHY LIFESTYLE

Family Life

Parents	Mother and father	My parents are very supportive of my studies.
Siblings	Brothers and sisters	I have two siblings, a brother and a sister.
Grand-parents	Parents of your parents	I visit my grandparents every weekend.
Extended family	Relatives beyond parents and siblings	We often have dinner with our extended family.
Household	People living together	There are five people in our household.
Single parent	A parent raising a child alone	She is a single parent and works hard to support her child.
Family gathering	When family members meet	We had a family gathering for my uncle's birthday.
Marriage	A legally recognized relationship between two people	Marriage requires love and understanding.
Divorce	Legal ending of a marriage	Divorce can be difficult for children.

Healthy Lifestyle

Family Traditions and Stories

Situation: Two friends, Anna and Tom, are talking about their family traditions.

Anna: Hi Tom! Do you have any special family traditions?

Tom: Yes, we always have a big family dinner on Sundays. Everyone comes to my grandparents' house. How about you?

Anna: That sounds lovely! In my family, we tell stories about our ancestors during holidays. It's fun and educational.

Tom: Really? What kind of stories?

Anna: Mostly about my great-grandparents. For example, my great-grandfather used to ride a bicycle across the country when he was young. Everyone enjoys hearing about his adventures.

Tom: That's amazing! In my family, we also share stories, but mostly about funny things that happened during our holidays or trips.

Anna: I like that too. Traditions and stories really bring families closer together.

Tom: Absolutely! I think keeping these traditions is very important.

Useful Phrases

- "Do you have any special family traditions?"
- "We always have a big family dinner on Sundays."
- "We tell stories about our ancestors."

- “Everyone enjoys hearing about...”
- “Traditions and stories bring families closer together.”

The History of the British Royal Family

The British royal family is one of the most famous in the world. It has a **long and fascinating history** that goes back over a **thousand years**.

1. Early History

The royal family started with the kings and queens of **England** in the early Middle Ages. The monarchy became stronger after the **Norman Conquest in 1066**, when William the Conqueror became king. Since then, England has had many kings and queens from different dynasties.

2. Tudor and Stuart Dynasties

In the 16th century, the **Tudor dynasty** brought famous monarchs such as **Henry VIII** and **Elizabeth I**. The Tudors are known for major political and religious changes, including the creation of the **Church of England**. After the Tudors, the **Stuart dynasty** ruled England, Scotland, and later Britain.

3. The Modern Monarchy

The current royal family belongs to the **House of Windsor**, which was established in **1917** during World War I. The Windsor family has been in the spotlight ever since, with famous members like **Queen Elizabeth II**, who was the longest-reigning British monarch, and her children, including **Prince Charles** and **Princess Anne**.

4. Role and Influence Today

Today, the royal family has mostly **ceremonial duties**, such as attending official events, charity work, and representing Britain abroad. They are also important symbols of **British history**

and culture. Many people around the world are interested in their lives, weddings, and special events.

Key Vocabulary

- **Monarchy** – a system of government with a king or queen.
- **Dynasty** – a family that rules for several generations.
- **Norman Conquest** – the invasion of England in 1066 by William the Conqueror.
- **Ceremonial** – formal and official, often symbolic.
- **Reign** – the period when a monarch rules.
- **House of Windsor** – the current royal family of Britain.
- **Spotlight** – public attention.

Reading Comprehension Questions

1. When did the British royal family begin its history?
2. Who became king after the Norman Conquest in 1066?
3. Name two famous monarchs from the Tudor dynasty.
4. Which dynasty ruled after the Tudors?
5. When was the House of Windsor established?
6. Who was the longest-reigning British monarch?

7. What are the main roles of the royal family today?
8. Why is the royal family important for British culture?

20 Proverbs About Family Life

1. **Blood is thicker than water.** – Family relationships are stronger than other relationships.
2. **Charity begins at home.** – Take care of your family before helping others.
3. **Like father, like son.** – Children often resemble their parents in behavior or character.
4. **The apple doesn't fall far from the tree.** – Children often inherit traits from their parents.
5. **Home is where the heart is.** – Your true home is where your loved ones are.
6. **A house divided cannot stand.** – Family or household conflict can lead to failure.
7. **You can't choose your family.** – We must accept our relatives even if we don't always like them.
8. **Many hands make light work.** – Family members working together can achieve more easily.
9. **Parents are the bones on which children cut their teeth.** – Children learn life lessons from their parents.
10. **Don't bite the hand that feeds you.** – Respect and appreciate those who support you.

11. **Every family has a skeleton in the closet.** – Every family has secrets or problems.
12. **A mother's love is unconditional.** – A mother loves her children no matter what.
13. **Spare the rod and spoil the child.** – Children need discipline to grow properly.
14. **The family that prays together stays together.** – Families who share values and traditions remain close.
15. **An ounce of mother is worth a pound of clergy.** – Mothers have a strong influence on their children.
16. **It runs in the family.** – Traits or diseases are often inherited.
17. **Blood will tell.** – Family connections and heritage are important.
18. **A father is a banker provided by nature.** – Fathers often provide financial support.
19. **Home sweet home.** – There is no place as comfortable or safe as home.
20. **The best inheritance a parent can give a child is a good education.** – Teaching and guidance are more valuable than material wealth.

Household Duties

Situation: Two roommates, Anna and Tom, are talking about chores at home.

Anna: Hi Tom! Can we talk about household duties?

Tom: Sure, what's on your mind?

Anna: I feel like I'm doing most of the cleaning and washing. Can we divide the chores more fairly?

Tom: You're right. I've been busy with work, but I can help more. What should I do?

Anna: How about you take out the trash and vacuum the living room? I can do the laundry and clean the kitchen.

Tom: That works. And maybe we can alternate washing the dishes every day.

Anna: Great idea! That way, we both share the work.

Tom: Agreed. A clean home is easier to enjoy when everyone helps.

Anna: Absolutely! Teamwork makes everything better.

Useful Phrases

- "Can we talk about household duties?"
- "I feel like I'm doing most of the...."
- "Can we divide the chores more fairly?"
- "How about you take out the trash and vacuum?"
- "We can alternate washing the dishes every day."
- "Teamwork makes everything better."

Idioms About Family Life

1. **Blood is thicker than water** – Family relationships are stronger than friendships.

Example: I may argue with my brother sometimes, but blood is thicker than water.

2. **The apple doesn't fall far from the tree** – Children resemble their parents.
Example: She loves painting just like her mother; the apple doesn't fall far from the tree.
3. **Like father, like son** – Sons often behave like their fathers.
Example: John became a lawyer just like his dad—like father, like son.
4. **Runs in the family** – Traits or habits are inherited.
Example: Baldness runs in the family; my father and grandfather were both bald.
5. **Spitting image** – Looks exactly like someone.
Example: That baby is the spitting image of her grandmother.
6. **Chip off the old block** – Someone similar to a parent.
Example: Tim is a chip off the old block; he loves fishing like his father.
7. **Family ties** – Connections with family members.
Example: Even though we live far apart, our family ties are strong.
8. **Black sheep** – A family member who is different or disapproved of.
Example: He's the black sheep of the family because he never follows the rules.
9. **Skeleton in the closet** – A family secret.
Example: Every family has a skeleton in the closet.
10. **Apple of one's eye** – Someone who is loved very much.

Example: Her grandson is the apple of her eye.

11. **Home is where the heart is** – Home is wherever your loved ones are.

Example: I feel happy anywhere with my family; home is where the heart is.

12. **Close-knit family** – A family with strong relationships.

Example: They are a close-knit family and meet every weekend.

13. **Bring up** – To raise a child.

Example: They brought up their children with love and discipline.

14. **Spare the rod and spoil the child** – Children need discipline.

Example: Parents should teach responsibility; spare the rod and spoil the child.

15. **Runs in the blood** – A talent or trait inherited.

Example: Musical talent runs in the blood; her mother was a pianist.

16. **Family affair** – Something involving all family members.

Example: The wedding was a real family affair.

17. **Tie the knot** – To get married.

Example: My sister is going to tie the knot next summer.

18. **Raise the roof** – To celebrate or make noise together.

Example: The family raised the roof when their team won the match.

19. **On the rocks** – A marriage or relationship having problems.

Example: Their marriage is on the rocks because they

argue too much.

20. **Father figure** – Someone who provides guidance like a father.

Example: Mr. Smith was a father figure to all the students.

21. **Mother hen** – Someone who worries and cares for everyone.

Example: Grandma is a real mother hen; she always makes sure we eat properly.

22. **Nest egg** – Money saved for the future.

Example: They set aside a nest egg for their children's education.

23. **Step up to the plate** – Take responsibility in a family situation.

Example: After their father got sick, James stepped up to the plate.

24. **Bloodline** – Family ancestry.

Example: She comes from a royal bloodline.

25. **Generation gap** – Differences in opinions or habits between generations.

Example: There's often a generation gap between teenagers and their parents.

26. **Pull one's weight** – Contribute fairly in family work.

Example: Everyone in the household should pull their weight with chores.

27. **Family man/woman** – Someone who values family life.

Example: He's a real family man; he spends every weekend with his kids.

28. **Household name** – Someone famous and recognized widely.

Example: The actor became a household name after starring in a family movie.

29. **Blood will tell** – Family traits or character will appear eventually.

Example: His artistic talent is obvious; blood will tell.

Lexical Exercises

Part A – Match the Idiom to the Meaning

Idioms:

1. Blood is thicker than water
2. Black sheep
3. Mother hen
4. Close-knit family
5. Tie the knot

Meanings:

- a) Someone who worries and cares for everyone
- b) Family relationships are stronger than other relationships
- c) A family member who is disapproved of or different
- d) A family with strong relationships
- e) To get married

Part B – Gap-Filling

Complete the sentences with the correct idiom :

**[Apple of one's eye, Spare the rod and spoil the child,
Generation gap, Pull one's weight, Skeleton in the closet]**

1. Grandma's little grandson is the _____; she loves him very much.
2. Every family has a _____, something they keep secret.
3. Parents should teach responsibility; _____.
4. There's often a _____ between teenagers and their parents.
5. Everyone in the household should _____ with chores.

Part C – Multiple Choice

Choose the correct option:

6. Which idiom means "children often resemble their parents"?
 - a) Spitting image
 - b) Bloodline
 - c) Black sheep
 - d) Pull one's weight
7. "Home is where the heart is" means:
 - a) You should always stay at home
 - b) Your home is wherever your loved ones are
 - c) Home is the safest place physically
 - d) Family life is unimportant
8. If someone is described as a "family man," it means:
 - a) He spends most of his time working
 - b) He values family life
 - c) He is related to royalty

- d) He dislikes children
9. Which idiom is used for “someone who provides guidance like a father”?
- a) Mother hen
 - b) Father figure
 - c) Black sheep
 - d) Chip off the old block
10. “The apple doesn’t fall far from the tree” means:
- a) Children inherit traits from parents
 - b) Families should stay close geographically
 - c) Parents must discipline children
 - d) Family members are always happy together

Sentence Transformation

Rewrite the sentences using the idiom in brackets:

My brother is exactly like our father in behavior. (chip off the old block)

→ My brother is a _____.

Everyone loves my little sister; she is my mother’s favorite. (apple of one’s eye)

→ My little sister is the _____.

They argue a lot because teenagers think differently from their parents. (generation gap)

→ There is a _____ between them.

He never helps with cleaning or cooking. (pull one’s weight)

→ He doesn’t _____ in the household.

My aunt is always looking after all the children in the family. (mother hen)

→ My aunt is a real _____.

Jokes About Family Problems

1. **Why did the teenager bring a ladder to the family argument?**
Because they heard the parents were raising the stakes!
2. **Why don't siblings ever play hide and seek in the family house?**
Because good luck hiding when Mom always knows where you are!
3. **Why did the dad sit on the clock?**
Because he wanted to be on time for a family argument.
4. **Why did the family go to therapy together?**
They needed professional help... deciding who does the dishes!
5. **Why did the son put a GPS on his mom?**
Because she always complains he "never listens."
6. **Why did the mother cross the road?**
To tell her kids to stop fighting, again!
7. **Why did the family meeting end quickly?**
Because no one wanted to clean their room afterward.
8. **Why did the brother bring a notebook to the argument?**
So he could take notes... for future blackmail!

9. Why do families never play cards together?

Because someone always hides the jokers.

10. Why did the teenager put headphones on during dinner?

To practice selective hearing—the family edition!

Talking About Family Problems

Situation: Two friends, Anna and Tom, are talking about family issues.

Anna: Hi Tom, you look a bit upset. Is everything okay?

Tom: Hi Anna. Well... not really. My parents have been arguing a lot lately, and it's stressful at home.

Anna: I'm sorry to hear that. Family problems can be really hard.

Tom: Yes, it's difficult to concentrate on my studies when there's so much tension.

Anna: Have you tried talking to them about how you feel?

Tom: A little, but they are too busy with their own issues. I feel like I don't know what to do.

Anna: Sometimes it helps to talk to a sibling or another relative you trust. Or even write down your feelings.

Tom: That's a good idea. I'll try writing it down and maybe talk to my sister.

Anna: Remember, it's normal to have family problems, but sharing your feelings can make it easier to cope.

Tom: Thanks, Anna. I feel better just talking about it.

Useful Phrases

- “You look a bit upset. Is everything okay?”
- “Family problems can be really hard.”
- “It’s difficult to concentrate when there’s tension.”
- “Have you tried talking to them about how you feel?”
- “Sometimes it helps to talk to someone you trust.”
- “Sharing your feelings can make it easier to cope.”

10 Tips for a Healthy Way of Life

1. **Eat a balanced diet** – Include fruits, vegetables, whole grains, and protein in your daily meals.
2. **Drink plenty of water** – Staying hydrated helps your body function properly and keeps your skin healthy.
3. **Exercise regularly** – Aim for at least 30 minutes of physical activity most days of the week.
4. **Get enough sleep** – Adults need about 7–8 hours of sleep each night for good health.
5. **Avoid smoking and limit alcohol** – These habits can harm your body and reduce lifespan.
6. **Manage stress** – Practice relaxation techniques like meditation, yoga, or deep breathing.
7. **Maintain a healthy weight** – A balanced diet and regular exercise help prevent obesity and related diseases.

8. **Practice good hygiene** – Wash your hands regularly and maintain cleanliness to avoid infections.
9. **Take regular health check-ups** – Early detection of problems can prevent serious illnesses.
10. **Spend time outdoors and socialize** – Fresh air, sunlight, and social interaction improve mental and physical well-being.

Fitness and Active Life

Staying fit and active is very important for both **physical and mental health**. An active lifestyle helps people feel energetic, reduces stress, and prevents many diseases.

1. What is Fitness?

Fitness means having a **healthy body and good physical condition**. It includes **strength, endurance, flexibility, and balance**. People who are fit can perform daily tasks more easily and enjoy life more fully.

2. Benefits of an Active Lifestyle

Regular exercise and activity have many benefits:

- Improves **heart and lung function**.
- Strengthens **muscles and bones**.
- Helps maintain a **healthy weight**.
- Reduces **stress and anxiety**.
- Improves **sleep quality**.

3. Types of Physical Activity

There are many ways to stay active:

- **Cardio exercises** like running, swimming, or cycling.
- **Strength training** such as lifting weights or using resistance bands.
- **Flexibility exercises** like yoga or stretching.
- **Sports and outdoor activities** like football, tennis, or hiking.

4. Tips for Staying Active

- Find an activity you enjoy.
- Set realistic goals and gradually increase intensity.
- Include short exercises during the day, like taking the stairs.
- Exercise with friends or join a club to stay motivated.

Key Vocabulary

- **Fitness** – The state of being physically healthy and strong.
- **Endurance** – Ability to continue physical activity for a long time.
- **Flexibility** – Ability to bend and move easily.

- **Cardio exercises** – Activities that increase heart rate, like running or swimming.
- **Strength training** – Exercises to build muscles.
- **Mental health** – Emotional and psychological well-being.
- **Consistency** – Doing something regularly over time.

Lexical Test – Fitness and Active Life

Part A – Multiple Choice

1. Which word means *“the state of being physically healthy and strong”*?
 - a) Endurance
 - b) Fitness
 - c) Flexibility
 - d) Consistency
2. Cardio exercises are activities that:
 - a) Build muscles
 - b) Increase heart rate
 - c) Improve flexibility
 - d) Reduce stress only
3. Which of the following is an example of **strength training**?
 - a) Running
 - b) Yoga
 - c) Lifting weights
 - d) Cycling

4. What does **endurance** mean?
 - a) Ability to continue physical activity for a long time
 - b) Ability to bend and move easily
 - c) Emotional well-being
 - d) Short-term effort

5. **Flexibility exercises** include:
 - a) Swimming
 - b) Yoga and stretching
 - c) Weightlifting
 - d) Running

Part B – Gap-Filling

Complete the sentences with the correct word :

[consistency, mental health, cardio, active, strength]

6. Regular exercise improves both physical and _____.
7. Running and cycling are examples of _____ exercises.
8. Lifting weights is good for building _____.
9. Even small daily activities help you stay _____.
10. The key to fitness is _____ over time.

Part C – Match the Words with Their Definitions

Words:

1. Active
2. Flexibility

3. Consistency

4. Mental health

Meanings:

- a) Ability to bend and move easily
- b) Doing regular physical activities
- c) Emotional and psychological well-being
- d) Being involved in movement or exercise regularly

Part D – Word Formation

Complete the sentence with the correct form of the word in brackets:

- 11. Regular _____ (EXERCISE) improves your health.
- 12. Running every day increases your _____ (ENDURE).
- 13. Yoga helps you improve your _____ (FLEXIBLE).
- 14. Swimming is a good form of _____ (CARDIO).
- 15. Motivation and _____ (CONSIST) are important for long-term results.

Quotations About Family Life

“Family is not an important thing. It’s everything.” – Michael J. Fox

“The love in our family flows strong and deep, leaving us memories to treasure and keep.” – Unknown

“In every conceivable manner, the family is link to our past, bridge to our future.” – Alex Haley

“Family means no one gets left behind or forgotten.” – David Ogden Stiers

“The family is one of nature’s masterpieces.” – George Santayana

“A happy family is but an earlier heaven.” – George Bernard Shaw

“Other things may change us, but we start and end with the family.” – Anthony Brandt

“Family is the compass that guides us. They are the inspiration to reach great heights, and our comfort when we occasionally falter.” – Brad Henry

“Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.” – Jane Howard

“The most important thing in the world is family and love.” – John Wooden

“Families are the compass that guides us, the inspiration to reach great heights, and our comfort when we occasionally falter.” – Brad Henry

“To us, family means putting your arms around each other and being there.” – Barbara Bush

“Rejoice with your family in the beautiful land of life.” – Albert Einstein

“Family is the heart of a home.” – Unknown

“A family doesn’t need to be perfect; it just needs to be united.” – Unknown

Writing

Write a short essay (120–150 words) about your family life. You can include information about:

- Your family members
- Family traditions or routines
- How you spend time together
- Your thoughts about the importance of family

Structure Guide:

1. Introduction (2–3 sentences)

- Introduce your family.
- Example: “I have a small family. There are four people in my family: my parents, my sister, and me.”

2. Main Body (3–4 sentences each paragraph)

- **Paragraph 1:** Describe family members and their personalities.
- Example: “My father is very hardworking and my mother is very kind. My sister is funny and creative.”

- **Paragraph 2:** Describe family routines, traditions, or activities.
- Example: “Every Sunday, we have a family dinner. During holidays, we often travel together or tell stories about our ancestors.”

3. Conclusion (2–3 sentences)

- Share your feelings about your family or why family is important.
- Example: “I love my family very much. Spending time together makes me happy and teaches me important values.”

Useful Phrases:

- “There are ____ people in my family.”
- “My father/mother is very ____.”
- “We often ____ together.”
- “Family traditions are important because ____.”
- “I enjoy spending time with my family when ____.”
- “I believe family is important because ____.”

Talking About Harmful Habits

Situation: Two friends, Anna and Tom, are discussing harmful habits.

Anna: Hi Tom! I noticed you've been smoking lately. Are you aware it's harmful?

Tom: Hi Anna. Yes, I know it's bad for my health, but it helps me relax after a stressful day.

Anna: I understand that, but smoking can cause serious problems like lung disease and heart issues.

Tom: I guess you're right. I've also been eating a lot of junk food and drinking too much soda.

Anna: Those habits aren't good either. Maybe you could try replacing them with healthier options, like exercising or drinking water.

Tom: That's a good idea. I want to feel better and have more energy.

Anna: It's never too late to change. Small steps can make a big difference.

Tom: Thanks, Anna. I'll try to reduce my harmful habits gradually.

Useful Phrases

- "Are you aware it's harmful?"
- "It helps me relax after a stressful day."
- "Smoking can cause serious problems like..."
- "Maybe you could try replacing it with..."
- "It's never too late to change."

15 Questions About Your Favorite Sport

1. What is your favorite sport?

2. How long have you been playing it?
3. Why do you like this sport?
4. How often do you play it?
5. Do you play this sport alone or with a team?
6. Who taught you how to play this sport?
7. Do you prefer watching or playing this sport?
8. What equipment do you need for it?
9. Have you ever participated in competitions?
10. Do you follow professional teams or athletes in this sport?
11. What skills are important to be good at this sport?
12. How does this sport help you stay healthy?
13. Do you play this sport more in summer or winter?
14. Have you ever been injured while playing this sport?
15. Would you like to try a new sport in the future?

Writing

Write an essay (120–150 words) about your lifestyle and the ways you stay healthy. Include information about:

- Your daily habits

- Eating and drinking
- Physical activity and exercise
- Sleep and rest
- Avoiding harmful habits

Structure Guide:

1. Introduction (2–3 sentences)

- Introduce the topic of a healthy lifestyle.
- Example: “Living a healthy life is very important for both body and mind. I try to follow good habits every day to stay fit and energetic.”

2. Main Body (3–4 sentences per paragraph)

- **Paragraph 1:** Describe your eating habits.
 - Example: “I eat a balanced diet with fruits, vegetables, and protein. I also drink plenty of water and avoid junk food.”
- **Paragraph 2:** Describe your physical activity.
 - Example: “I exercise regularly. I enjoy running and swimming. Yoga and stretching help me stay flexible and reduce stress.”
- **Paragraph 3:** Sleep and avoiding harmful habits.
 - Example: “I try to sleep 7–8 hours every night. I avoid smoking and limit sugary drinks. Meditation helps me

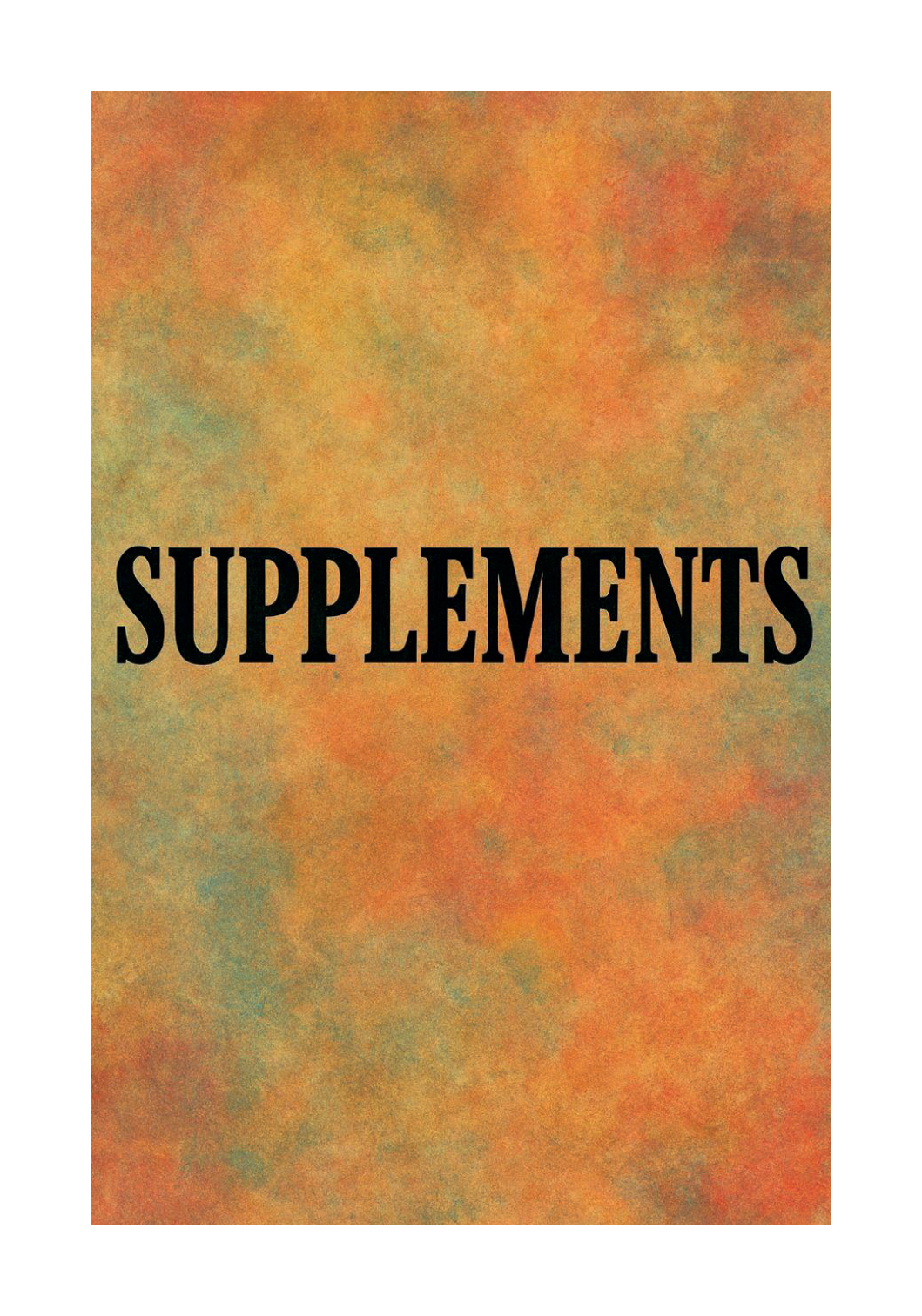
manage stress.”

3. Conclusion (2–3 sentences)

- Share your opinion about the importance of a healthy lifestyle.
- Example: “A healthy lifestyle is important for both physical and mental well-being. Small daily habits can make a big difference and help me enjoy life.”

Useful Phrases:

- “Living a healthy life is important because ____.”
- “I try to eat a balanced diet including ____.”
- “Regular exercise helps me ____.”
- “I try to sleep ____ hours every night.”
- “I avoid harmful habits such as ____.”
- “Small daily habits can make a big difference in ____.”



SUPPLEMENTS

100 Phrasal Verbs

1. **Break down** – stop working (machine)
My car broke down on the highway.
2. **Break up** – end a relationship
They broke up after five years together.
3. **Bring up** – mention a topic
She brought up an interesting point.
4. **Bring about** – cause something to happen
The new law brought about major changes.
5. **Call off** – cancel
They called off the meeting.
6. **Carry on** – continue
Carry on with your work.
7. **Catch up** – reach the same level
I need to catch up on my homework.
8. **Check out** – examine / leave a hotel
Check out this new website!
9. **Come across** – find by chance
I came across an old photo.
10. **Come back** – return
He came back yesterday.
11. **Come up with** – create an idea
She came up with a great solution.

12. **Cut down on** – reduce
I'm trying to cut down on sugar.
13. **Cut off** – disconnect / interrupt
The phone call was cut off.
14. **Deal with** – handle a situation
I can't deal with this problem now.
15. **Drop off** – deliver / let someone out of a vehicle
I'll drop you off at school.
16. **Figure out** – understand / solve
I finally figured out the answer.
17. **Fill in** – complete (a form)
Please fill in this application form.
18. **Find out** – discover
I found out the truth.
19. **Get along with** – have a good relationship
I get along with my coworkers.
20. **Get back** – return
When did you get back from Paris?
21. **Get over** – recover
It took her months to get over the breakup.
22. **Give up** – stop trying
Don't give up!
23. **Go ahead** – proceed
Go ahead and start without me.

24. **Go out** – leave home for entertainment
We went out for dinner.
25. **Grow up** – become an adult
He grew up in Brazil.
26. **Hang out** – spend time relaxing
Let's hang out this weekend.
27. **Hold on** – wait
Hold on a second!
28. **Look after** – take care of
She looks after her grandmother.
29. **Look forward to** – anticipate
I look forward to meeting you.
30. **Look into** – investigate
The police are looking into the case.
31. **Look up** – search for information
Look up the word in the dictionary.
32. **Make up** – invent / forgive
He made up an excuse.
33. **Pass out** – faint
He passed out from the heat.
34. **Pick up** – collect / learn casually
I picked up some Spanish in Mexico.
35. **Point out** – indicate
She pointed out the mistake.

36. **Put off** – postpone
Don't put off your homework.
37. **Put on** – wear clothes
She put on her jacket.
38. **Put out** – extinguish (fire)
Firefighters put out the fire quickly.
39. **Run into** – meet by chance
I ran into an old friend.
40. **Run out of** – have no more
We ran out of milk.
41. **Set up** – arrange / establish
They set up a new company.
42. **Show up** – appear / arrive
He didn't show up to the meeting.
43. **Shut down** – stop operating
The factory shut down last year.
44. **Sit down** – take a seat
Please sit down.
45. **Stand up** – rise to your feet
Everyone stood up when she entered.
46. **Take after** – resemble
She takes after her mother.
47. **Take off** – remove clothing / airplane leaving
The plane took off at noon.

48. **Take over** – control something
The company was taken over by a competitor.
49. **Throw away** – discard
Don't throw away that paper.
50. **Turn down** – reject or lower volume
She turned down the job offer.
51. **Turn up** – increase volume
Turn up the music.
52. **Turn off** – stop a machine
Turn off the lights.
53. **Turn on** – start a machine
Turn on the computer.
54. **Wake up** – stop sleeping
Wake up! It's 8 AM.
55. **Watch out** – be careful
Watch out for cars!
56. **Work out** – exercise / solve
I can't work out this math problem.
57. **Back up** – support or make a copy
Back up your files regularly.
58. **Bring in** – introduce
The company brought in new policies.
59. **Come out** – be released / become visible
The book came out yesterday.

60. **Drop out** – quit an activity or school
He dropped out of college.
61. **End up** – result in something
We ended up getting lost.
62. **Fall apart** – break into pieces
The chair fell apart.
63. **Fall out** – argue / stop being friends
They fell out over money.
64. **Get by** – manage with difficulty
I can get by on \$500 a month.
65. **Get rid of** – eliminate
Get rid of the old sofa.
66. **Give in** – surrender
She finally gave in to his request.
67. **Go over** – review
Let's go over the plan.
68. **Hold back** – restrain
He held back his anger.
69. **Keep up with** – stay at the same speed
I can't keep up with you!
70. **Lay off** – stop employing
Many workers were laid off.
71. **Look out** – be careful
Look out! A dog is running toward you.

72. **Mix up** – confuse
I mixed up their names.
73. **Pay back** – return money
I'll pay you back tomorrow.
74. **Put up with** – tolerate
I can't put up with this noise.
75. **Roll out** – introduce / launch
They rolled out the new software.
76. **Sign up** – register
I signed up for a Spanish class.
77. **Speak up** – talk louder
Please speak up; I can't hear you.
78. **Stick to** – follow / not change
Stick to the plan.
79. **Take back** – return an item
I need to take back the shirt.
80. **Take care of** – look after
I'll take care of the plants.
81. **Tear up** – rip into pieces
She tore up the letter.
82. **Think over** – consider
Think it over before deciding.
83. **Try on** – test clothing
Try on this dress.

84. **Use up** – consume completely
We used up all the paper.
85. **Warm up** – prepare/heat
Warm up before exercising.
86. **Wear out** – become unusable
My shoes are worn out.
87. **Wind up** – finish / end
Let's wind up the meeting.
88. **Work on** – focus effort
I'm working on a new project.
89. **Break into** – enter by force
Thieves broke into the house.
90. **Carry out** – perform
They carried out the experiment.
91. **Do over** – repeat
I need to do the assignment over.
92. **Fall behind** – be slower than others
He fell behind in class.
93. **Get in** – arrive
What time did you get in?
94. **Go through** – experience
She went through a difficult time.
95. **Hold up** – delay or rob
Traffic held me up.

96. **Keep on** – continue
Keep on studying!
97. **Let down** – disappoint
Don't let me down.
98. **Pass away** – die (polite)
Her grandfather passed away.
99. **Set off** – start a journey
We set off early.
100. **Sort out** – organize
I need to sort out my desk.

100 Popular English Idioms

1. **A blessing in disguise** – something good that seems bad at first.
2. **A piece of cake** – very easy.
3. **Break the ice** – start a conversation.
4. **Hit the sack** – go to bed.
5. **Let the cat out of the bag** – reveal a secret accidentally.
6. **Under the weather** – feeling sick.
7. **Once in a blue moon** – very rarely.
8. **Kill two birds with one stone** – achieve two things at once.
9. **Costs an arm and a leg** – very expensive.
10. **The ball is in your court** – it's your decision or responsibility.
11. **Burn the midnight oil** – study or work late into the night.
12. **Spill the beans** – reveal secret information.
13. **Bite off more than you can chew** – take on more than you can handle.
14. **Break a leg** – good luck (especially for performers).
15. **Hit the nail on the head** – describe exactly what's causing a situation.

16. **Let sleeping dogs lie** – don't talk about old conflicts.
17. **Bend over backward** – try very hard to help someone.
18. **Cut corners** – do something poorly to save time/money.
19. **Get cold feet** – become scared to do something important.
20. **On cloud nine** – extremely happy.
21. **Piece of cake** – very easy task.
22. **Pull someone's leg** – joke or tease someone.
23. **Burn the candle at both ends** – overwork yourself.
24. **Add fuel to the fire** – make a situation worse.
25. **A dime a dozen** – very common.
26. **Beat around the bush** – avoid saying something directly.
27. **Cry over spilled milk** – worry about something that already happened.
28. **The early bird catches the worm** – success comes to those who prepare early.
29. **On the ball** – alert and quick to understand.
30. **Kick the bucket** – die (informal/humorous).
31. **Hit the books** – study hard.

- 32. **Go the extra mile** – do more than required.
- 33. **In hot water** – in trouble.
- 34. **Jump the gun** – start too early.
- 35. **Keep an eye on** – watch carefully.
- 36. **Let the chips fall where they may** – allow events to unfold naturally.
- 37. **Miss the boat** – miss an opportunity.
- 38. **Not my cup of tea** – not something I enjoy.
- 39. **Sit on the fence** – be undecided.
- 40. **A drop in the ocean** – a very small amount compared to what's needed.
- 41. **A leopard can't change its spots** – people can't truly change their nature.
- 42. **Break the bank** – cost too much.
- 43. **By the book** – follow rules exactly.
- 44. **Caught red-handed** – caught in the act of doing something wrong.
- 45. **Cut to the chase** – get to the point.
- 46. **Devil's advocate** – argue the opposite side for debate.
- 47. **Elephant in the room** – an obvious problem people avoid discussing.

48. **Every cloud has a silver lining** – something good comes from something bad.
49. **Face the music** – accept consequences.
50. **Feel under the weather** – feel ill.
51. **Give someone the cold shoulder** – ignore someone.
52. **Go down in flames** – fail dramatically.
53. **Have a chip on your shoulder** – hold a grudge or feel angry.
54. **Hit the road** – leave / start a journey.
55. **Ignorance is bliss** – not knowing is sometimes better.
56. **In the same boat** – in the same situation as others.
57. **It's not rocket science** – it's not difficult.
58. **Jump on the bandwagon** – join something popular.
59. **Keep your chin up** – stay positive.
60. **Last straw** – final problem after many others.
61. **Let your hair down** – relax and enjoy.
62. **Make a long story short** – tell something briefly.
63. **Neck and neck** – very close competition.
64. **Off the hook** – free from responsibility or trouble.

- 65. **On thin ice** – in a risky situation.
- 66. **Out of the blue** – unexpectedly.
- 67. **Play it by ear** – improvise; act without a plan.
- 68. **Pull yourself together** – calm down.
- 69. **Rain on someone's parade** – spoil someone's plans.
- 70. **Rome wasn't built in a day** – important things take time.
- 71. **Rule of thumb** – general guideline.
- 72. **See eye to eye** – agree completely.
- 73. **Speak of the devil** – the person you're talking about appears.
- 74. **The tip of the iceberg** – small part of a much bigger issue.
- 75. **Throw in the towel** – give up.
- 76. **Turn a blind eye** – deliberately ignore.
- 77. **Up in the air** – uncertain.
- 78. **Walk on eggshells** – act carefully to avoid upsetting someone.
- 79. **You scratch my back, I'll scratch yours** – mutual help.
- 80. **Your guess is as good as mine** – I don't know either.

- 81. **A snowball's chance in hell** – almost no possibility.
- 82. **Back to square one** – start again from the beginning.
- 83. **Beat a dead horse** – keep talking about something already settled.
- 84. **Better late than never** – late is better than not at all.
- 85. **Bite the bullet** – face something difficult bravely.
- 86. **By the skin of your teeth** – barely succeed.
- 87. **Cut someone some slack** – be lenient or forgiving.
- 88. **Drive someone up the wall** – annoy someone greatly.
- 89. **Easier said than done** – difficult to actually do.
- 90. **Feel like a million bucks** – feel great.
- 91. **Give someone the benefit of the doubt** – trust without proof.
- 92. **Go out on a limb** – take a risk.
- 93. **Have bigger fish to fry** – have more important things to do.
- 94. **Hit the jackpot** – have great success or luck.
- 95. **In the nick of time** – just in time.
- 96. **Let the dust settle** – wait for a situation to calm down.
- 97. **On the same wavelength** – think alike.

- 98. **Pull the plug** – stop something.
- 99. **Throw caution to the wind** – take a big risk.
- 100. **Turn over a new leaf** – start behaving in a better way.

Famous Britons

A

Adele Adkins (1988–) – Singer and songwriter

One of the best-selling music artists of all time, known for hits such as *Hello* and *Someone Like You*.

David Attenborough (1926–) – Natural historian and broadcaster.

He once described Earth as “the only home we have” and is famous for narrating over 50 wildlife documentaries. He has been knighted for his contributions to broadcasting and conservation.

Jane Austen (1775–1817) – Novelist of *Pride and Prejudice*. Her novels were originally published anonymously and were hugely popular in her lifetime.

B

David Beckham (1975–) – Footballer and global sports icon. Former England captain, known for playing with Manchester United and Real Madrid, and for his humanitarian work with UNICEF.

Tim Berners-Lee (1955–) – Inventor of the World Wide Web. In 2019, he launched the “Contract for the Web” initiative to make the internet accessible and safe for everyone.

Richard Branson (1950–) – Entrepreneur, founder of Virgin Group.

Known for adventurous stunts including hot-air balloon flights across the Atlantic.

Charlotte Brontë (1816–1855) – Novelist, author of *Jane Eyre*. She originally published her novels under the male pseudonym “Currer Bell” to avoid prejudice against female authors.

C

King Charles III (1948–) – King of the United Kingdom. Became king in 2022 and has long been an environmental campaigner and advocate for sustainable architecture.

Winston Churchill (1874–1965) – Prime Minister during WWII. Besides politics, he was also a painter and won the Nobel Prize in Literature in 1953.

Agatha Christie (1890–1976) – Crime novelist. The best-selling fiction author of all time, with over 2 billion copies sold worldwide.

Olivia Colman (1974–) – Actress. Won an Academy Award for *The Favourite* and portrayed Queen Elizabeth II in *The Crown*.

Daniel Craig (1968–) – Actor. Best known for playing James Bond in five films.

Benedict Cumberbatch (1976–) – Actor, known for *Sherlock* and *Doctor Strange*. He has heterochromia – one eye is slightly different in color.

D

Roald Dahl (1916–1990) – Children’s author.

Author of *Charlie and the Chocolate Factory* and *Matilda*, with over 300 million books sold worldwide.

Charles Darwin (1809–1882) – Naturalist and evolution theorist.

He delayed publishing *On the Origin of Species* for over 20 years, fearing public backlash.

Nick Drake (1948–1974) – Singer-songwriter.

His music became highly influential after his death.

E

Idris Elba (1972–) – Actor, known for *Luther*.

He is also a DJ and music producer under the name DJ Big Driis.

Queen Elizabeth I (1533–1603) – Queen during the Elizabethan era.

Known as “The Virgin Queen,” she ruled England for 45 years.

Queen Elizabeth II (1926–2022) – Longest-reigning British monarch.

She met every US president from Truman to Biden and visited over 116 countries.

Sir Elton John (1947–) – Musician and songwriter.

Has sold over 300 million records and is a major fundraiser for AIDS charities.

F

Michael Faraday (1791–1867) – Scientist and electromagnetism pioneer.

He came from a poor background and was largely self-educated.

Nigel Farage (1964–) – Politician and Brexit figure.
Co-founder of the UK Independence Party (UKIP).

H

Lewis Hamilton (1985–) – Formula 1 champion.
First and only Black driver to win multiple F1 World Championships.

Tom Hardy (1977–) – Actor.
Known for roles in *Mad Max: Fury Road* and *Venom*.

Stephen Hawking (1942–2018) – Theoretical physicist.
Diagnosed with ALS at 21, he survived more than 50 years and continued groundbreaking work.

Lenny Henry (1958–) – Comedian and actor.
Co-founder of the Lenny Henry Charitable Foundation to improve diversity in the arts.

Alfred Hitchcock (1899–1980) – Film director.
Known as the “Master of Suspense,” famous for *Psycho* and *The Birds*.

John Humphrys (1943–) – Journalist and broadcaster.
Presented BBC Radio 4’s *Today* programme for over 30 years.

K

John Keats (1795–1821) – Romantic poet.

He wrote nearly all his famous poetry before the age of 25.

L

John Lennon (1940–1980) – Musician and activist.

Held a famous “Bed-In for Peace” with Yoko Ono in 1969.

David Livingstone (1813–1873) – Explorer and missionary.

First European to see Victoria Falls and a strong opponent of the slave trade.

Dua Lipa (1995–) – Singer and songwriter.

Known for global hits such as *Levitating* and *New Rules*.

Ada Lovelace (1815–1852) – Mathematician and writer.

Often regarded as the world’s first computer programmer.

M

Paul McCartney (1942–) – Musician, co-founder of The Beatles.

Knighted in 1997 and has sold over 100 million solo records.

Ian McKellen (1939–) – Actor.

Known for playing Gandalf in *The Lord of the Rings* and Magneto in *X-Men*.

Freddie Mercury (1946–1991) – Singer of Queen.

Born in Zanzibar; his vocal range spanned nearly four octaves.

William Morris (1834–1896) – Designer and writer.
Founder of the Arts and Crafts movement.

Rupert Murdoch (1931–) – Media mogul.
Owner of major newspapers and television networks worldwide.

N

Florence Nightingale (1820–1910) – Founder of modern nursing.
Known as “The Lady with the Lamp” during the Crimean War.

Thandie Newton (1972–) – Actress.
Star of *Westworld* and a human rights advocate.

O

Alan Oldham (1940–) – Industrial designer.
Influenced 20th-century British industrial aesthetics.

George Orwell (1903–1950) – Writer, author of *1984*.
His real name was Eric Arthur Blair.

R

Daniel Radcliffe (1989–) – Actor, *Harry Potter*.
Read all seven books before filming each movie.

Gordon Ramsay (1966–) – Celebrity chef.
Originally aspired to be a professional footballer.

Vanessa Redgrave (1937–) – Actress.

Won an Oscar for *Julia* and is a humanitarian activist.

J.K. Rowling (1965–) – Author of *Harry Potter*.

Wrote the first book while living on welfare; the series sold over 500 million copies.

S

Paul Scofield (1922–2008) – Actor.

Won an Academy Award for *A Man for All Seasons*.

William Shakespeare (1564–1616) – Playwright and poet.

His works have been translated into over 80 languages.

Ed Sheeran (1991–) – Singer-songwriter.

One of the world's most successful recording artists.

Harry Styles (1994–) – Singer and actor.

Former member of One Direction and a successful solo artist.

Sting (Gordon Sumner) (1951–) – Musician.

Lead singer of The Police and a successful solo artist.

T

Margaret Thatcher (1925–2013) – Prime Minister.

Known as the “Iron Lady,” the longest-serving PM of the 20th century.

Alan Turing (1912–1954) – Mathematician and computing pioneer.
Helped crack the Enigma code during WWII.

W

Emma Watson (1990–) – Actress and activist.
Known for *Harry Potter* and her work promoting gender equality.

H.G. Wells (1866–1946) – Writer.
A pioneer of science fiction and author of *The War of the Worlds*.

Florence Welch (1986–) – Musician, lead singer of Florence + the Machine.
Known for dramatic performances and poetic lyrics.

Ralph Vaughan Williams (1872–1958) – Composer.
Collected English folk songs and revitalized British classical music.

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NOTES

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