

ФРАЗОВАЯ СВЯЗНОСТЬ

You are going to read an article. Match two halves of the sentences below. There is one extra ending you do not need to choose. The beginnings of the sentences below follow the same order as the full sentences in the original text.

Write out the number and the corresponding letter.

Example: 16 – M

1	George Pullman (1831-1897), the wealthy industrialist who introduced luxury railway cars with beds, built his model city called Pullman in 1880 to	received little criticism, except from radical political groups.	A
2	In constructing the town, Pullman hoped to produce an ideal environment that would help	praised it as a successful model for modern industrial life.	B
3	Pullman inhabitants were expected to	address housing problems caused by Chicago's industrialisation.	C
4	They were taught to develop propriety and good manners, cleanliness and neatness of	George Pullman was a major investor, was held in Chicago.	D
5	Like the brick clock tower that dominated the town center, Pullman kept	attracting more than its share of curious travelers.	E
6	In its first five years, this new experiment in industrial life	attract workers of a superior type to the railway car industry and retain them.	F
7	Crediting the town of Pullman with producing a new type of dependable and ambitious worker in a rationally ordered environment, reformers, at first,	himself guided the tours.	G
8	However, after 1885, with the high gloss of the experiment dulled, it became clear that the residents of Pullman had	a regulatory eye on his workers.	H
9	In 1893, The World's Columbian Exposition, an exhibition that aimed to promote American cultural, economic, and technological development, and in which	embody values of thrift, industry, and morality.	I
10	The town of Pullman became a popular tourist spot,	honest grievances about the overcharging of rent and other services.	J
		appearance, diligence, and self-improvement through education and savings.	K

ЛЕКСИКО-ГРАММАТИЧЕСКАЯ ЧАСТЬ

You are going to read an essay. Choose a word from the list to complete each gap (1-10). Change its form where necessary to make a word / a group of words that fits in the gap. *Different aspects of form change are possible: active or passive voice; indicative, imperative or subjunctive mood; finite or non-finite forms (infinitive, gerund, participle); tense for finite forms or aspect for non-finite forms; full or bare infinitive, etc.* Each verb can be used only once. Write out the number of the gap and the form of the verb (example: 0. was delivered).

believe
encourage
experience
follow
have

indicate
learn
restore
store
take

In many countries, especially in hot climates, it is the custom 1) _____ a short sleep in the afternoon, often known as a siesta. Now it appears that this habit helps to improve the ability to remember and therefore 2) _____. Researchers have known for some time that new memories 3) _____ short-term in an area of the brain called the hippocampus, but are then transferred to the pre-frontal cortex for long-term storage. They now 4) _____ that this transfer process occurs during a kind of sleep called stage 2 non-REM sleep. After this has occurred the brain is better able to take in new information, and 5) _____ a sleep of about 100 minutes after lunch seems to be an effective way to permit this.

Research by a team from the University of California sought to confirm this theory. They wanted to establish that a short sleep 6) _____ the brain's ability to learn. A group of about 40 people were asked to take part in two 'lessons'; at 12 noon and 6 pm. Half the volunteers were put in a group which stayed awake all day, while the others 7) _____ to sleep for an hour and a half after the first session. It was found that in the evening lesson the second group were better at remembering what they had learnt, which 8) _____ that the siesta had helped to refresh their short-term memories.

The most effective siesta seems to consist of three parts: roughly 30 minutes of light sleep to rest the body, 9) _____ by 30 minutes of stage 2 sleep which clears the hippocampus, and finally 30 minutes of REM sleep which is when dreams 10) _____ : possibly as a result of the new memories being processed as they are stored in the pre-frontal cortex. This process is believed to be so valuable that some researchers argue that a siesta can be as beneficial as a full night's sleep.

ЧТЕНИЕ И ПИСЬМО

1. You are going to read an article. Answer the questions that follow. Decide whether each statement is *True* or *False* and provide your arguments drawn from the text to justify your choice.

Write out your answers in your answer sheet.

Example. 11-False because <quotation from the text>

A Great Way to Live Longer

Two major studies, one on heart disease (MONICA) and the other on cancer (EPIC), are giving researchers new insight into the connection between diet and disease. They offer hope that hundreds of thousands of lives could be saved each year by adjusting the way we eat. The studies leave little doubt that many of us – especially in wealthy countries – are eating ourselves into an early grave.

Of the two studies, MONICA (Multinational Monitoring of Trends and Determinants in Cardiovascular Disease) has covered the most ground. It was launched several decades ago by the World Health Organisation (WHO), and the \$38-million project is the most ambitious study ever undertaken on heart and vascular disease. Using standardised data-collection techniques, WHO's researchers gathered statistics on more than ten million men and women across 39 population centres, ranging from Siberia to California, and Australia to Israel. The study quickly revealed some startling facts.

For example, MONICA showed that in Finland, men die from coronary disease 11 times more often than in Japan, while in Glasgow, women die from heart disease 12 times more often than those in north-eastern Spain or southern France.

As the results came in, a clear pattern emerged: in Europe, the further north you live, the more likely you are to die from a heart attack. Two cities that illustrate this north-south divide are Belfast and Toulouse in south-western France. In the most recent study period, the heart-disease death rate for men aged 45 to 54 was 237 per 100,000 in Belfast, but only 56 in Toulouse. For the age group 55 to 64, the contrast was even more striking: 761 in Belfast compared to 175 in Toulouse – a difference of 4.3 to 1.

EPIC (European Prospective Investigation into Cancer and Nutrition) is a more recent study. Conducted in seven European countries, including Britain, by the Lyon-based International Agency for Research on Cancer, it began collecting data in 1993 and showed a remarkably similar trend: for most forms of cancer, the north is dangerous, and the south relatively safe. Luxembourg and Belgium have the highest cancer mortality rates for men (with Denmark and the UK leading for women), while Greece, Portugal, and Spain have the lowest.

Why should living in the wealthy, developed north increase the risk of death from cardiovascular disease or cancer compared to the generally poorer south? The question is even more puzzling because MONICA found no significant differences in smoking, high blood pressure, or cholesterol levels – the three classic indicators of heart disease – to explain the regional disparities. The further the investigations progressed, the more one factor stood out as the likely answer: diet.

Clearly, southern Europeans know something about eating that their northern neighbours do not. The most surprising evidence comes from MONICA data on France, the country with the highest life expectancy in the Western world. The French live four years longer than Americans, suffer less than half the rate of coronary heart disease, yet smoke more, drink more, and have similarly high blood pressure and cholesterol levels – all while enjoying a diet that has made French cuisine synonymous with indulgence. These startling facts form the basis of the “French Paradox”.

Dr Serge Renaud, an epidemiologist and director of nutritional studies at France's National Institute of Health and Medical Research, had spent over 30 years studying the link between diet and heart disease.

Then, the MONICA figures revealed stark differences between France and other industrialised nations: Scotland, Finland, the United States, and Australia had the highest rates of premature heart-disease deaths, while France was near the bottom, surpassed only by Japan, where diets are rich in rice and fish. Suddenly, Renaud was inundated with questions. Could he explain the puzzle? He could indeed. His five-year study of around 600 cardiac patients in the Lyon area became a landmark demonstration of diet's impact on health.

Renaud put half of his volunteers on the standard medically recommended diet for heart-attack survivors, while the other half followed a diet he designed himself – reducing red meat and increasing bread, fresh and dried fruits, vegetables, fish, and white meat. His diet also replaced butter with a margarine-style spread developed in his lab.

The results were striking: Renaud's diet, rich in fruits, grains, vegetables, and his special margarine, reduced the risk of death from a second heart attack by 76%.

1. The World Health Organisation initiated the MONICA heart disease study few years ago.
2. EPIC is an older study than MONICA and primarily investigates cardiovascular disease.
3. MONICA identified a pattern in Europe where heart attack mortality rises with increasing northern latitude.
4. The "French Paradox" refers to the fact that the French suffer from heart disease rates because of smoking, drinking, and eating rich foods.
5. Dr. Serge Renaud's study proved that a diet high in red meat reduces the risk of a second heart attack.

2. How far do you agree with the statement?

You are what you eat.

Express your opinion about the issue providing two arguments (one from the text above, the other of your own) and two examples (one from the text above, the other of your own).

Do not quote the text: a copied sequence of 4 words and more is considered a quotation.

Your essay must contain:

1. The introduction
2. Two paragraphs of the body.
3. The conclusion

Write 170-200 words.