

ВАРИАНТ 7

Раздел 1. АУДИРОВАНИЕ

1

Вы услышите 6 высказываний. Установите соответствие между высказываниями каждого говорящего **A—F** и утверждениями, данными в списке **1—7**. Используйте каждое утверждение, обозначенное соответствующей цифрой, только один раз. В задании есть одно лишнее утверждение. Вы услышите запись дважды. Занесите свои ответы в таблицу.

1. My leisure activity helps me stay in shape.
2. My favourite leisure activity makes me fat.
3. I enjoy making handmade gifts.
4. My favourite leisure activity can produce different effects.
5. My favourite activity helps me to relax.
6. I gave up my favourite activity because of my job.
7. My favourite activity helps me find like-minded friends.

Говорящий	A	B	C	D	E	F
Утверждение						

2

Вы услышите диалог. Определите, какие из приведённых утверждений **A—G** соответствуют содержанию текста (**1 — True**), какие не соответствуют (**2 — False**) и о чём в тексте не сказано, то есть на основании текста нельзя дать ни положительного, ни отрицательного ответа (**3 — Not stated**). Занесите номер выбранного вами варианта ответа в таблицу. Вы услышите запись дважды.

- A** Kate started to learn English a year ago.
- B** Christian is a successful businessman.
- C** Christian usually watches English and American films.
- D** Kate can sing lots of English songs.
- E** Kate has already been to English-speaking countries.
- F** Christian uses the Internet for practising his English.
- G** Christian spends half an hour every day on doing his homework.

Утверждение	A	B	C	D	E	F	G
Соответствие диалогу							

Вы услышите речь президента США Барака Обамы по проблеме утечки нефти в Мексиканском заливе. В заданиях **3—9** запишите в поле ответа цифру **1, 2** или **3**, соответствующую выбранному Вами варианту ответа. Вы услышите запись дважды.

3

- The President's visit to the beach made him understand
- 1) his own mission.
 - 2) what extraordinary efforts are to be made at the local level.
 - 3) the damaging effects of the spill.
- Ответ: _____.

4

- The Mayor of Grande Isle said that
- 1) fishermen had stopped fishing in the Gulf.
 - 2) he had to give fishermen money from his own budget.
 - 3) fishermen were going to buy new boats.
- Ответ: _____.

- 5 By the time they discovered the third breach,
 1) more than 20,000 people had been working around the clock.
 2) the government had stationed only 70 vessels.
 3) the government had already staged some equipment.
 Ответ: _____.
- 6 The President has directed Admiral Allen
 1) to increase the number of people in places with oil impact.
 2) to perform monitoring of beaches.
 3) to triple the amount of protective boom.
 Ответ: _____.
- 7 Barack Obama claims that the ultimate responsibility for solving this crisis lies with
 1) British Petroleum (BP). 2) the US President. 3) the British Government.
 Ответ: _____.
- 8 The President is sure that
 1) some mitigation strategies may be risky.
 2) every judgment they make is going to be right.
 3) there will be silver bullets for all challenges.
 Ответ: _____.
- 9 The President promised the people of the Gulf Coast
 1) to come down and provide support to the communities along the coasts.
 2) that all of the Gulf's beaches would soon be opened.
 3) not to leave them in trouble.
 Ответ: _____.

По окончании выполнения заданий 1—9 не забудьте перенести свои ответы в **БЛАНК ОТВЕТОВ № 1!** Запишите ответ справа от номера соответствующего задания, начиная с первой клеточки. При переносе ответов в заданиях 1 и 2 цифры записываются **без пробелов, запятых и других дополнительных символов**. Каждую цифру пишите в отдельной клеточке в соответствии с приведёнными в бланке образцами.

Раздел 2. ЧТЕНИЕ

- 10 Установите соответствие между заголовками 1—8 и текстами А—G. Занесите свои ответы в таблицу. Используйте каждую цифру **только один раз**. В задании **один заголовок лишний**.

- | | |
|-----------------------------|----------------------------|
| 1. Head-and-Heart Listening | 5. Balanced Communication |
| 2. Clear Responsibilities | 6. Caring and Appreciation |
| 3. Family Discussions | 7. Family Roots |
| 4. Flexibility | 8. Encouragement |

A. Building a successful family is like building a home. Both need a plan. A successful family based on unity and love takes careful planning, but it's worth every moment. The best way to be organized as a family is to talk about family matters. By doing this, families enjoy a special closeness and stability. Choosing to spend time with your family sends a message more powerful than words. Memories made together during this time will bond and sustain your family through the years.

B. Family traditions promote feelings of warmth and unity. Trace your family tree and collect all the photographs of your ancestors that you can find. Public libraries and bookstores have books on genealogy for you to get you started. Compile a family oral history. Ask older relatives to talk about their parents and childhood and record their comments. Then transcribe the tapes and send copies to aunts and uncles, grandparents and cousins. These stories contain a glimpse of the past that would be lost otherwise.

C. How much time should families spend together? That varies from family to family. Families with young children usually spend most of their time together because young children need a great deal of physical care and guidance. Families with teenagers may spend less time together because teens naturally want to spend more time with their friends. Healthy families keep a good balance between 'too much' and 'not enough' time together. They spend enough time to satisfy all family members.

D. Strong families take time to talk to one another. They share their hopes and dreams, feelings and concerns. This involves listening beyond words to the meanings and feelings attached to them. A good listener can better understand and respond to the needs and concerns of others. It means laying aside personal views and really trying to understand the other person's point of view. Even if you don't agree with their opinion, you can make sure you understand them before responding.

E. Members of successful families feel they really belong in their family. Family members feel accepted for what they are and promote one another's self-esteem. They celebrate their victories and help each other learn from mistakes. Sometimes life gets rough and we need all the support we can get. A cheering word from a family member can really come in handy. Put the words on sticky notes and stick them in places where they can be easily found.

F. Strong families develop predictable routines, roles, and rules that govern everyday life and provide for continuity and stability. Reasonably stable patterns empower a family to deal with the many challenges inevitable in family life; without such patterns, chaos would result. At the same time, strong families adapt relationships and family rules when needs arise. The varied circumstances of family life may necessitate individual adaptation. Since no family knows what tomorrow will bring, being adaptive is a good trait for family members to develop.

G. Recent studies affirm the importance of love in families. Research shows that expressions of affection towards children reduce problem behaviours and enhance children's development. Strong families notice and share positive aspects of each member. They notice the talents, skills and achievements, special qualities, and characteristics that make the other person unique. They find ways to be positive even when another family member makes a mistake and make a conscious effort to develop closeness and show love at home.

A	B	C	D	E	F	G

11

Прочитайте текст и заполните пропуски А—F частями предложений, обозначенными цифрами 1—7. Одна из частей в списке 1—7 лишняя. Занесите цифру, обозначающую соответствующую часть предложения, в таблицу.

Every invention has an official birth date. For the Cube this date is 1974 **A** _____. The inventor's name is now a household word, Rubik's Cube.

Although 1974 marks the appearance of the Cube, the processes that led to the invention began a few years earlier. At the time, Erno Rubik was a lecturer at the Academy of Applied Arts and Crafts in Budapest.

In the course of his teaching, Erno Rubik preferred to communicate his ideas by the use of actual models, made from wood or plastic, **B** _____. When the Cube was completed, Erno Rubik demonstrated it to his students and let some of his friends play with it. The effect was instantaneous. Once somebody laid his hands on the Cube, **C** _____! The compulsive interest of friends and students in the Cube caught its creator completely by surprise and it was months before any thought was given to the possibility of producing it on an industrial scale.

During 1978 the Cube began to make its way through the hands of fascinated youths into homes and schools **D** _____. The challenge of trying to master the Cube seemed to have a mesmeric effect on an amazing variety of individuals. Grandmothers, bank man-

agers, baseball players, pilots, librarians could be seen working away at their Cubes at any hour of the day. But it was the young, schoolboys and students, E_____. Now the Cube is part of a family of puzzles and games which bear the stamp of the genius who created the greatest three dimensional puzzle the world has ever known.

Erno Rubik has not changed much over the years. Working closely with Seven Towns, he is still deeply engaged in creating new games and puzzles, and remains one of the principal beneficiaries of F_____.

1. it was difficult to get it back
2. which was the first step on the long road that led finally to the Cube
3. who proved most adept at solving the puzzle
4. where it was finally rejected
5. what proved to be a spectacularly successful invention
6. when the first working prototype came into being
7. without any promotion or publicity

A	B	C	D	E	F

Прочитайте текст и выполните задания 12—18. В каждом задании запишите в поле ответа цифру 1, 2, 3 или 4, соответствующую выбранному Вами варианту ответа.

When you say the word 'bodybuilding,' the name that instantly comes to mind is Arnold Schwarzenegger. Arnold has been crowned the 'king' by many in the bodybuilding field, as he really did take the sport to a whole new level.

As such, many involved in bodybuilding today look up to him and try to recreate the programs he used, hoping to sculpt a body that resembles the one he built. In doing so, you'll fare better if you can recreate the Arnold Schwarzenegger workout routine as outlined in his book *'The New Encyclopedia of Modern Bodybuilding'*. This program was utilized when he was initially working on developing a good foundation of mass, in his early 20s. At the end of this period, Schwarzenegger weighed in at a solid 240 pounds, due to the fact that he focused on building the greatest proportion of his strength early on with this program.

When it comes to his approach to training, Arnold Schwarzenegger has some key principles that he stresses must be present in any program regardless of who you are. First of all, Schwarzenegger notes that people do have individual needs and, therefore, you must listen to your body to some degree when deciding on the type of program you should utilize. Variations will depend on your body type; how fast or slow you're able to gain muscle (this is partially genetic); your own individual metabolic rate; what weak points you have in your body; and the level of **recuperation** you normally experience.

In his early training days, Arnold Schwarzenegger spent a lot of time doing powerlifting movements, trying to gain as much strength and raw muscle mass as possible. As he progressed onward, he realized that, to stay on top of his game, he would need to focus on really working on that definition and separation. This was accomplished by performing a greater amount of high-rep isolation training.

During this time, though, Schwarzenegger didn't want to sacrifice the thickness, density or hardness he had created in his earlier days, so he would be sure to dedicate at least one day a week as a 'heavy day,' and on that day he would use maximum strength moves. This enabled him to get the best of both worlds.

Finally, the last principle that rounds out the basic program requirements of the Arnold Schwarzenegger workout is that there must be sufficient time for rest between lifting. Schwarzenegger notes that different muscle groups will take longer to recover than others, with the biceps being the fastest and the lower back taking the longest. However, a 48-hour window between sessions should work well as guideline.

Often, Schwarzenegger feels that bodybuilders can get past a 'sticking' point by taking more rest rather than by working harder, as is commonly done. When you are lifting with such intensity, you are going to require more time to gain strength between sessions, so if the weights are not moving up, this could be a strong signal that you're not allowing for enough down time between sessions.

Finally, the last thing you must keep in mind is that if you are looking to make extraordinary gains the way Arnold did, you are going to have to make building muscle a priority in all aspects of your life — this includes the way you think, the way you eat, the way you sleep, and the people you socialize with. What you do outside the gym is going to be just as important as what you are doing inside the gym.

Nutrition, in particular, is of great importance and is what Arnold believes is responsible for some of the big improvements we see in the bodybuilding world today. He recommends at least one gram of protein per pound of body weight and found himself eating a diet comprised of about 40% protein, 40% carbohydrates and 20% fat. At 240 pounds and doing intense training, Arnold's total caloric requirements were phenomenally high, therefore at these values he was getting more than he needed to support basic nutritional requirements.

So, be sure you do not overlook this part of the equation. Even if you follow the Arnold Schwarzenegger workout principles, you still won't get optimal gains unless you take into account everything else you are doing that can impact your training progress. Arnold took his training very seriously — he made it a way of life. So, if you want to get yourself even close to resembling him, you should aim to do the same.

(Adapted from 'Arnold Schwarzenegger Workout' by Jeff Bayer)

12

People involved in bodybuilding

- 1) admire Arnold Schwarzenegger.
- 2) envy Arnold Schwarzenegger.
- 3) watch his workouts.
- 4) would like to buy the programs he used.

Ответ: _____.

13

According to Schwarzenegger, the key principle of any program is

- 1) to gain as much strength and raw muscle mass as possible.
- 2) to choose how fast you would like to gain muscle.
- 3) to take into account your physiology.
- 4) to understand how much time you need to recover.

Ответ: _____.

14

In paragraph 3 'recuperation' means

- 1) recovering from an injury.
- 2) returning to a normal condition after a workout.
- 3) average workload.
- 4) intensity of your workouts.

Ответ: _____.

15

As Schwarzenegger progressed onward, he

- 1) would like to perform less high-rep isolation training.
- 2) realized that he should focus only on definition and separation.
- 3) he was determined to have more than one day a week as a 'heavy day.'
- 4) didn't give up strength moves.

Ответ: _____.

16

If the weights are not moving up, Schwarzenegger advises

- 1) not to pay attention to it.
- 2) to increase the intensity of lifting.
- 3) to work harder.
- 4) to take more rest.

Ответ: _____.

- 17 If you want to succeed in bodybuilding, you
 1) have to visit an expensive gym.
 2) ought to make it a way of life.
 3) should socialize with a certain group of people.
 4) must get a good trainer.
 Ответ: _____.

- 18 According to Schwarzenegger, the amount of protein in your diet
 1) has to be more than the amount of carbohydrates.
 2) has to be less than the amount of carbohydrates.
 3) should depend on your body weight.
 4) must be phenomenally high.
 Ответ: _____.

По окончании выполнения заданий 10—18 не забудьте перенести свои ответы в **БЛАНК ОТВЕТОВ № 1!** Запишите ответ справа от номера соответствующего задания, начиная с первой клеточки. При переносе ответов в заданиях 10 и 11 цифры записываются **без пробелов, запятых и других дополнительных символов**. Каждую цифру пишите в отдельной клеточке в соответствии с приведёнными в бланке образцами.

Раздел 3. ГРАММАТИКА И ЛЕКСИКА

Прочитайте приведённый ниже текст. Преобразуйте, если необходимо, слова, напечатанные заглавными буквами в конце строк, обозначенных номерами 19—25, так, чтобы они грамматически соответствовали содержанию текстов. Заполните пропуски полученными словами. Каждый пропуск соответствует отдельному заданию из группы 19—25.

Street Styles

- 19 Many people, especially young people, wear things which express their ideas and feelings about life. If a boy _____ very short, almost shaven hair, people expect him to have right wing politics. **HAVE**
- 20 But boys with very long hair _____ to have left wing politics. **THINK**
- 21 A boy who wears a leather jacket _____ in bits of metal will probably ride a motorbike. **COVER**
- 22 The rules of fashion are not as rigid as they once were and today's teenagers _____ any particular trend at all. **NOT FOLLOW**
- 23 But teens are very influenced by _____ and they have a desire to buy more luxurious items. **CELEBRITY**
- 24 Street styles _____ by the big fashion designers. In fact, the fashion designers often use ideas from street fashions. **NOT CREATE**
- 25 But some leaders of British fashion have enough ideas of their own. One of them is Jean Muir, whose designs made her one of the _____ designers. **GOOD**

Прочитайте приведённый ниже текст. Образуйте от слов, напечатанных заглавными буквами в конце строк, обозначенных номерами 26—31, однокоренные слова так, чтобы они грамматически и лексически соответствовали содержанию текста. Заполните пропуски полученными словами. Каждый пропуск соответствует отдельному заданию из группы 26—31.

The Effects of Mass Media

- 26 Nowadays mass media affect the life of all people. They shape, form and influence the buying decisions of the majority through its advertising schemes bombarding our daily _____. As a result, this leads to the invincible effects of the media on our society. **EXIST**

- 27** The present effects of mass media are both exciting and _____. On the plus side, mass media make our lives easier and more interesting. Along with Information and Communication Technologies, they produce a breakthrough and innovative standard of living for the people to embrace. **DREAD**
- 28** Yet for young people, and especially for teens, the influence of the media is rather _____. **DESTROY**
- 29** Teenagers _____ accept what is shown in the media as a truthful image of the outside world, although in most cases this is not true at all. **GENERAL**
- 30** Moreover, teens of today are exposed to countless advertising messages, which often contain _____ or unnecessary information. **LEAD**
- 31** A life without the presence of mass media would seem _____ to most of us! However, a line has to be drawn between the positive and the negative media in the interests of the younger generation. **PROBABLE**

Прочитайте текст с пропусками, обозначенными номерами 32—38. Эти номера соответствуют заданиям 32—38, в которых представлены возможные варианты ответов. Запишите в поле ответа цифру 1, 2, 3 или 4, соответствующую выбранному Вами варианту ответа.

Benefits of Healthy Food

There are many benefits of consuming healthy and nutritious food. The main advantage of eating healthily is that you can make your immune system strong and **32** _____ of viral, bacterial and other health related issues like heart or blood pressure problems. A stronger immune system is the most basic requirement of any human body for efficient performance.

Besides, eating the right kind of food at the right time will definitely **33** _____ you from getting obese. Obesity leads to other diseases, too. So if you are not obese yet, then it's better to start taking care of your own body by eating healthy and nutritious food. This will ensure that your body weight is maintained according to your height and you will not have to look **34** _____ weight loss diet plans or fitness centers.

What is more, eating healthy and nutritious food will make your entire day full of energy. You will feel energetic and fresh and will be able to work for more time, which will indirectly increase your performance at school or in the office.

However, in today's advanced world you may not have enough time to follow a routine and you may **35** _____ up eating food at irregular times. And **36** _____ to this you may not get time to prepare yourself a healthy meal and eat at the right time.

As your work gets harder and tougher, your body needs healthy and nutritious food. No one else except you can **37** _____ sure that your body is getting healthy food. Last but not **38** _____, we would like to mention a regular workout. With healthy and nutritious food, it is essential that you do a regular workout so that your weight is maintained and you are active and fit.

- 32** 1) eliminate 2) do away 3) cut out 4) get rid
 Ответ: _____.
- 33** 1) prevent 2) avoid 3) hold 4) warn
 Ответ: _____.
- 34** 1) at 2) to 3) for 4) on
 Ответ: _____.
- 35** 1) take 2) carry 3) bring 4) end
 Ответ: _____.
- 36** 1) thank 2) due 3) so 4) because
 Ответ: _____.

- 37 1) keep 2) take 3) make 4) for
Ответ: _____.
- 38 1) least 2) worst 3) best 4) most
Ответ: _____.

По окончании выполнения заданий 19—38 не забудьте перенести свои ответы в **БЛАНК ОТВЕТОВ № 1!** Запишите ответ справа от номера соответствующего задания, начиная с первой клеточки. При переносе ответов в заданиях 19 и 31 цифры записываются **без пробелов, запятых и других дополнительных символов**. Каждую цифру пишите в отдельной клеточке в соответствии с приведёнными в бланке образцами.

Раздел 4. ПИСЬМО

Для ответов на задания 39 и 40 используйте бланк ответов № 2. Черновые пометки можно делать прямо на листе с заданиями, или можно использовать отдельный черновик. При выполнении заданий 39 и 40 особое внимание обратите на то, что Ваши ответы будут оцениваться только по записям, сделанным в **БЛАНКЕ ОТВЕТОВ № 2**. Никакие записи черновика не будут учитываться экспертом. Обратите внимание также на необходимость соблюдения указанного объёма текста. Тексты недостаточного объёма, а также часть текста, превышающая требуемый объём, не оцениваются. Запишите сначала номер задания (39, 40), а затем ответ на него. Если одной стороны бланка недостаточно, Вы можете использовать другую его сторону.

- 39 You have received a letter from your English-speaking pen friend Pam who writes:
- ... I don't think it's fair to make children do household chores because we're too busy at school. And what about you? Do you help your Mum about the house? What kind of things do you have to do? Do you have enough time to do chores?*
- As for my plans for the summer, I am going to Italy with my friends. We'll be studying Italian at a summer school. It will be great!*
- Write a letter to Pam.
In your letter
- answer her questions and tell her about your household duties
 - ask **3 questions** about her trip to Italy
- Write **100 — 140 words**.
Remember the rules of letter writing.
- 40 Comment on the following statement.
The negative effects of tourism outweigh the positive ones.
- What is your opinion? Should we develop tourism?**
- Write **200 — 250 words**.
Use the following plan:
- make an introduction (state the problem)
 - express your personal opinion and give 2—3 reasons for your opinion
 - express an opposing opinion and give 1—2 reasons for this opposing opinion
 - explain why you don't agree with the opposing opinion
 - make a conclusion restating your position