

G R A M M A R**I. Read the text below and choose the correct word (A-D) for each space.****Deep Sleep**

Deep sleep is important for (0) A. The actual (1) _____ of sleep you need depends (2) _____ your age. A young child (3) _____ to sleep ten to twelve hours, and a teenager about nine hours. Adults differ a lot in their sleeping (4) _____. For most of them, seven to eight hours is (5) _____, but some sleep longer, while others manage with only four hours.

For a good night's sleep, having a comfortable (6) _____ to sleep is very important. Also, there should be (7) _____ of fresh air in the room. A warm drink sometimes helps people to fall asleep (8) _____ it is not a good idea to drink coffee immediately before going to bed.

(9) _____ you have to travel a very long distance, try to go to bed earlier than usual the day before the (10) _____. This will help you feel more rested when you arrive.

0	A/ everyone	B/ someone	C/ both	D/ each
1	A/ size	B/ number	C/ amount	D/ sum
2	A/ on	B/ to	C/ in	D/ of
3	A/ could	B/ ought	C/ must	D/ should
4	A/ ways	B/ habits	C/ manners	D/ actions
5	A/ few	B/ well	C/ less	D/ enough
6	A/ point	B/ place	C/ position	D/ part
7	A/ plenty	B/ much	C/ many	D/ lot
8	A/ because	B/ as	C/ although	D/ even
9	A/ Since	B/ Until	C/ After	D/ If
10	A/ journey	B/ voyage	C/ call	D/ visit

_____/10 pts

II. Complete the sentences with the correct form of the verbs in brackets.

5 He _____ *broke* _____ (break) his leg while he was in the mountains.

11. Who _____ (tell) you that joke yesterday?

12. How long _____ (wait)? You look tired!

13. She came _____ (visit) us again.

14. He _____ (say) to be a very strict person.

15. It is very old, but I don't know who it _____ (write) by.

_____/5pts

OAJ, 22. ročník, obvodné kolo 2011/2012, kategória 1B**V O C A B U L A R Y**

I. Match each definition on the left (1-10) to the idiom on the right (a-k) that has the same meaning. Be careful! There are more definitions than you need.

- | | |
|----------------------------------|--------------------------------|
| 0. become known | a/ hold one's horses |
| 1. not keep a promise | b/ have a good time |
| 2. recall, remember something | c/ make a scene |
| 3. relax | d/ break one's word |
| 4. enjoy oneself | e/ come to a head |
| 5. lose money over something | f/ bring something to mind |
| 6. be experienced | g/ be out of pocket |
| 7. quarrel in public, have a row | h/ put one's feet up |
| 8. be very busy | i/ have one's hands full |
| | j/ be an old hand at something |
| | k/ come to light |

0 k, 1 _____, 3 _____, 4 _____, 5 _____, 6 _____, 7 _____, 8 _____

____/4 pts

II. Complete each sentence with the correct form of the word in capitals at the end of each one.

- | | |
|---|-----------|
| 0. Who is the youngest sister? I can't tell the _____ <i>difference</i> . | DIFFERENT |
| 9. Steve was bitten by a _____ snake. | POISON |
| 10. Please don't tell lies. It's very _____ . | HONESTY |
| 11. Pushing in a queue is considered extremely _____ . | POLITE |
| 12. To be a good novelist you have to be very _____ . | IMAGINE |
| 13. Alexis is really a very _____ kind of person. | ART |
| 14. The film was well made but not very _____ . | AMUSE |
| 15. I was _____ by my friends to take this exam. | COURAGE |

Total ____/ 6 pts

R E A D I N G C O M P R E H E N S I O N

Read the article. There are two (2) tasks to do on the next page.

WomenOf.com

A service provided by ProSolution, Inc.

- 1 The more we change the more we remain the same. A recent survey by the Canned Foods Alliance reveals that despite busy schedules, 51% of American women aged 25-39 still prepare almost every evening meal at home, from scratch. The Alliance conducted the survey of 532 women in households of two or more.

- 2 “Despite all that we have heard about Americans cooking less and eating out more frequently”, said Melanie Barnard, cookbook author and *Bon Appetit* columnist, “we still place a high premium on the importance of preparing family meals and eating together every night. And, truthfully, cooking at home is far faster and more economical than eating out or ordering take-out food – especially when you have children.”

- 3 On average, all of the respondents said they eat dinner at home nearly six nights a week. Ninety-one percent have children living at home and 71% work outside the home at least part time. Nearly 41% rely on prepared foods and leftovers to accommodate their families’ busy schedules. And 84% rely on take-out food on really busy nights, with pizza being the food of choice.

- 4 Nearly 70% of respondents define homemade as “made at home from scratch.” About a quarter define homemade as “anything made at home,” including prepared, frozen or microwavable foods. Nearly a third (30%) feel guilty about not making more meals from scratch, with 52% believing that their mothers did more cooking from scratch than they do.

- 5 Kids play a greater role in meal decisions now than in the past. Of the 91% of respondents with children, 60% say their children influence their food shopping patterns. Half say children make regular meal suggestions, 43% have children who help with cooking, 33% have children who prepare their own food, while 31% have to prepare different foods for their children at dinnertime.

R E A D I N G C O M P R E H E N S I O N (continued)

I. Find the words in the text which mean the same as the words below. Write the word in the space provided.

questionnaire (Paragraph 1)	1
cheap (Paragraph 2)	2
participants (Paragraph 3)	3
uneaten food (Paragraph 3)	4
affect (Paragraph 5)	5

II. In which paragraph can you find the following information? For each piece of information, write the NUMBER of the paragraph in which you found it in the space provided.

6 The advantages of eating family meals at home	Paragraph
7 The part children play in preparing and choosing meals	Paragraph
8 The meaning of "homemade" food	Paragraph
9 Types of food eaten at home	Paragraph
10 Details about the survey	Paragraph

Total/10

L I S T E N I N G C O M P R E H E N S I O N

You will hear 4 emails (1, 2, 3 and 4) written by teenagers to an advice website. Listen carefully and match the statements below (A-F) to the emails you hear. You will hear the emails twice. The first one has been done for you.

Email

- 3 A. I get jealous when I see her laughing with other boys.
 B. I want to tell her to stop.
 C. My friend will never forgive me but he's worth it.
 D. She is making me choose between my friends and her.
 E. I hope I didn't hurt her feelings; shy people can be sensitive.
 F. She's so insecure.

Total ____/5pts