

Olympiáda v anglickom jazyku, 26.ročník, celoštátne kolo 2015/16,
kategória 2B – riešenia a úlohy

LISTENING – TAPESCRIPT
TEN WAYS TO KEEP YOUR BRAIN HEALTHY

You will hear a radio programme in which an expert describes ten ways of keeping your brain healthy. You will hear the programme twice.

When it comes to living well and longer, you'll need a strong and healthy brain to guide you through. But it's not just your brain's physical health that you should care about – it's your mental health, too. So listen to ten tips to keep your brain healthy and yourself happy.

Tip No 1: New research on how caffeine helps with long-term memory gives us one more reason to consider this drink a brain-boosting beverage. The trick is to drink coffee right after learning a new task. According to a brand new study in the US magazine *Nature Neuroscience*, sipping one cup after you've learned something new may help you remember it.

Tip No 2: Short bursts of exercise do more than just keep your figure looking slim; they're also your brain's best friend. Even a short burst of activity charges up the body in such a way that helps enhance memory instantly. So go to the gym regularly and make a habit of it.

Tip No 3: The focused breathing and isometric contractions performed in yoga can add some serious fuel to your brain. Start the day off right with a morning yoga session to keep your mind sharp throughout your day. It's an activity you should try to incorporate into your daily routine.

Tip No 4: It sounds hard to believe, but something as simple as making a fist may actually improve your brain function. Clenching your right fist while learning something new may help you form a strong memory about it, while clenching your left fist may help you recall that memory later.

No 5: In addition to increasing blood flow to the brain, new research suggests that omega-3 fatty acids can give your cognitive function a boost and improve your working memory. I recommend that you take a fish oil supplement every day with your breakfast.

No 6: Finding your happy place during times of stress may have even more health benefits than we first thought. You should dedicate 10 minutes each day to meditation, by sitting quietly and focusing on your breathing. By helping your brain stay focused, it'll keep sharper and clearer all day.

No 7: Did you know a smile goes a long, long way? Your general attitude to life and your ability to find joy in your everyday activities has been shown to improve cognitive function, and keep your brain smart. Smiling and laughing, even when you're feeling sad, can turn your mood around.

No 8: A little dark chocolate is a true mood food with some amazing brain-boosting effects. It contains serotonin-elevating compounds that make chocolate a go-to food for many of us after a rough day. Dark chocolate is also packed with antioxidants that help promote blood flow and overall mental function.

No 9: Don't discount the power of being grateful to improve your mind and spirit – it has been shown to increase alertness and attentiveness, as well as positivity and enthusiasm. Try writing down the things that you're grateful for every day.

No 10: Your brain needs exercise, too. Simple activities, such as reading or playing board games, can help protect your brain. For instance, you can even train your brain on the go – try playing a game on your smartphone.

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ANSWER KEY

READING:

1.T, 2.F, 3.F, 4.T, 5.F, 6.T, 7.T, 8.F, 9.F, 10.F

10 points

VOCABULARY (half a point for each correct answer):

1.C, 2.D, 3.B, 4.A, 5.B, 6.A, 7.B, 8.A, 9.D, 10.C

11. obsolete
12. coherent
13. acknowledgement
14. offenders
15. farther/further
16. detention
17. overcrowded
18. ambitious
19. classification
20. allocated

10 points

GRAMMAR:

1. neither
2. away
3. up
4. being
5. ago
6. the
7. with
8. out
9. like
10. have
11. run out of
12. how she had been affected by
13. enabled him to give up work
14. to bear any resemblance/relationship to
15. has improved since he was spoken to by

15 points

LISTENING (half a point for each correct answer):

- | | |
|---------|---------|
| 1. - 3 | 7. - 8 |
| 2. - 7 | 8. - 4 |
| 3. - 5 | 9. - 6 |
| 4. - 1 | 10. - 9 |
| 5. - x | 11. - x |
| 6. - 10 | 12. - 2 |

5 points
40 points

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R O L E – P L A Y

STUDENT:

You are a member of the Student Council and would like to change, or at least enrich, its activities. You suggest some new initiatives, for example, starting a new school magazine (try to define its content), organizing debate tournaments between classes, getting more involved in the management of extracurricular school events (cooperating more intensely with the school administration), etc. You discuss these issues with a young teacher who is responsible for cooperation with the Student Council and passing on common decisions to the principal of the school.

You are the first to talk...



TEACHER:

You are a secondary school teacher who is responsible for cooperation with the Student Council and passing on common decisions to the principal of your school. You have a chat with the Student Council's most active member, who would like to change, or at least enrich, its activities. You listen carefully to his/her suggestions, asking detailed questions, and identifying the best suggestions so that you may negotiate them with the principal of your school.

The student is the first to talk...

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P I C T U R E – S T O R Y

1. Create a story about some young students who started exploring a scientific problem at secondary school, and later on as university students discovered something important which almost brought them a nomination for the Nobel Prize in Science.

or discuss the following question:

2. Young scientists. What triggers their interest – is it their inner motivation, an inspiring teacher, or a challenging academic environment?



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