

**Olympiáda v anglickom jazyku, 26.ročník, krajské kolo 2015/16, kategória 2B -
úlohy**

READING COMPREHENSION

Task 1: Read the text carefully. There are two tasks to do on the next page.

KEEP YOUR JOINTS HEALTHY

They are your body's unsung heroes. Here's how to keep them supple and strong.

KICK OFF THE HIGH HEELS

While they look fabulous, unsupportive shoes can damage joints in the long-term. Joint problems are more common in women than men, perhaps partly due to female love of high heels and flip-flops. Instead, low-risk shoes, such as trainers, will help avoid strain on your knee joints and back pain.

SUPPLEMENT YOUR DIET

There are numerous supplements that claim to help joints, but there's one clear winner: glucosamine. "It's the only natural compound that's been shown to improve the cartilage surface in joints, making it smoother and repairing any damage," says nutritionist Dr Sam Christie. "It's exciting, as it has no side effects and is suitable for everyone."

STRETCH YOUR BODY INTO SHAPE

Keeping as fit as possible is essential for healthy joints, but yoga is especially beneficial. "It helps flood cells with oxygen and encourages lubricating synovial fluid to flow freely between the joints, so they can move in every direction," says yoga teacher Barbara Currie. Even as little as 10 minutes of yoga at home each day brings benefits. "When you wake, stand up, take a long, deep breath and stretch your arms above your head. Exhale then, with a flat back and straight legs, relax into a forward bend without straining. Do this three times each morning," suggests Currie.

CHANGE YOUR DIET

Next time you're in the supermarket, stock up on salmon, mackerel and fresh tuna – all are a rich source of omega 3, which is needed to maintain supple and flexible joints. Also, reach for red bell peppers and broccoli as they contain high levels of vitamin C, which helps your body produce cartilage. Finally, season your food with turmeric, ginger or garlic – all of which have anti-inflammatory properties – instead of salt.

MOVE THE RIGHT WAY

Try to use larger, stronger joints and reduce strain on your weaker ones, such as those in your fingers. For example, use your thigh muscles to stand up from a chair – not your hands – and pick up objects from the floor by bending your knees and hips first. Maintain good posture and hold your body correctly by avoiding lugging around large handbags or leaning towards your computer – these are all culprits for causing joint pain.

WORKOUT YOUR MUSCLES

Next time you're in the gym, set aside time for muscle-building strength training exercises. These are essential because without enough muscle, your joints – especially your knees – take a pounding as they have to support your entire body weight. Aim to do some weight-training two or three times a week.

WHEN TO GO TO THE DOCTOR

See your GP immediately if you have a fever accompanied with joint pain, as it could be a sign of infectious arthritis. If joint pain develops overnight, then you could be at risk of sudden onset arthritis.

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READING COMPREHENSION – TASKS

Task 1: Based on what you have read in the article, decide whether the statements below are true (T) or false (F). Circle one of the two letters. Be careful, sentences do not follow in the same order as the information in the article.

- | | |
|--|-------|
| 1. During your daily routines, you should reduce your use of your weaker joints and rely on the more powerful ones. | T / F |
| 2. Glucosamine is an artificial medical compound for healing damaged joints. | T / F |
| 3. High-heel shoes and athletic shoes contribute equally to joint problems. | T / F |
| 4. Adding garlic to your food can have a slimming effect on your body. | T / F |
| 5. Physical suffering caused by impaired joints and a high body temperature may be symptoms of infectious arthritis. | T / F |
| 6. Yoga movements enhance joints' flexibility. | T / F |

Task 2: Define the correct meaning of the following words (underlined in the text) by circling one of the four words with the closest meaning.

7. supplements

- | | |
|---|--------------------------------------|
| a) substances that increase muscles | b) something added to something else |
| c) ingredients that support body energy | d) various pills and solutions |

8. nutritionist

- | | |
|------------------------|--------------------|
| a) surgeon specialist | b) dietician |
| c) doctor practitioner | d) advisor on diet |

9. culprits

- | | |
|------------------------|--------------------------|
| a) causes of problems | b) negative things |
| c) incorrect movements | d) special circumstances |

10. onset

- | | |
|--------------|-------------|
| a) feverish | b) starting |
| c) intensive | d) painful |

..... / 10 pts

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Task 1: Decide whether the following sentences are correct (C) or incorrect (I); consider the right or wrong explanation of the word, idiom or phrase in the sentence. Then write either C or I in the gaps.

1. A *lavish* lifestyle is one that often breaks the law.
2. *The highest bidder* is the most important person participating in a discussion.
3. *An eavesdropper* is someone who listens secretly to a conversation between other people.
4. The “*full glare of publicity*” is a metaphor based on the idea of a bright light shining on someone or something.
5. *An exclusive interview* suggests that the interview does not include much information about the interviewee’s family life.

Task 2: Fill each blank space in the article below with the correct form of the word in capital letters.

YOUR YOUTHFUL BRAIN

Early in life, your brain hungrily absorbs every new experience, largely processing them in the right hemisphere. These are (6) **CODE**

throughout your brain network as patterns that can be reproduced in the future. Those patterns may be in the form of language, (7) **SPACE**

relationships, or (8) procedures. With advancing age, **FUNCTION**

we rely more heavily on those stored patterns.

(9), the left side of the brain assumes a bigger role, since **WHILE**

this is where most language-based learning is stored. The (10) **WISE**

we have in our later years reflects our ability to draw upon decades of accumulated experience.

..... / 10 pts

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G R A M M A R

Task 1: Fill each of the numbered blanks in the passage with one suitable word.

THE ROLE OF INDUSTRIALIZED COUNTRIES

EXAMPLE: (0) who

There can be very few people (0)..... have not read about the problems of pollution and global warming, and fewer still who (1)..... say that nothing should be done. (2)....., the idea that this could be achieved by pressuring developing countries is a highly dubious proposition. It is often suggested (3)..... the media that the industrialized countries of the world have worked hard to limit pollution. To a certain limited extent, there is (4)..... truth in this, and measures (5)..... been taken to stop increases in CFCs. Yet, we are continuing to pour billions of tons of pollutants (6)..... the atmosphere every year. Many commentators also imply that the West is not responsible for the environmental damage that is taking place in the developing world. Some people would argue that if the rainforests are (7)..... destroyed in Brazil, then the Brazilians (8)..... to be doing something about it. This argument has a superficial logic (9)..... it, but, (10)..... closer examination, it turns (11)..... to be untenable. The real situation is more complex. Many of the developing countries owe money to Western banks, and they now need economic growth to pay (12)..... the interests on these loans.

..... / 12 pts

Task 2: Put each verb in brackets into an appropriate form.

13. I (trace) my family history and I've discovered that one of my ancestors fought in the battle of Waterloo.

14. When he turned up in a new sports car, I thought he (must, win) the football pools.

15. I wish you (be) so impolite to my mum yesterday.

..... / 3 pts

..... / 15 pts

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LISTENING

You will hear a radio programme in which a psychologist describes five ways (five pieces of advice) to develop your internal strength. Below, you can read headings related to five points discussed by the psychologist. Be careful, there are two extra headings. In the gaps provided, write the number of each piece of advice given next to the heading describing it. Write X next to the headings that do not refer to any piece of advice.

FIVE EASY WAYS TO DEVELOP YOUR INTERNAL STRENGTH

1. Think about what you can do, not what you can't.
2. Overcome your pessimism.
3. Live mindfully.
4. Stay in contact with people who lift you higher.
5. Discover new, healthy routines.
6. Do good deeds.
7. Forget unpleasant past experiences.

..... / 5 pts

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