

R O L E P L A Y

STUDENT

You have invited your overseas friend to visit Slovakia and to stay at your place. You are very eager to host him/her and show him/her the best of your close and extended neighbourhood. However, your friend has only a week to spare, so to persuade him/her in the first place, you need to come up with an attractive itinerary. You yourself are rather into sports and other dynamic free time activities and you want to persuade your friend that he/she will definitely not regret including certain specific activities of this kind into the itinerary. If it turns out that your friend has different interests, do your best to take them into consideration and to agree on an itinerary that will be appealing to your friend but also enjoyable for you.



Olympiáda v anglickom jazyku, 29. ročník, krajské kolo 2017/2018, kategória 2C1

R O L E P L A Y

TEACHER

Your friend from Slovakia has invited you to visit his/her home country and to stay at their place. You are in doubt as you have only one week to spare and before giving a decisive answer, you have to make sure that the trip is worth it in terms of the itinerary. You know that your friend is into sports, but you yourself rather prefer activities that are more relaxing, for instance cultural activities. You do not want to offend your friend though, so you try to take his/her interests into consideration and want to agree on an itinerary which is in the first place appealing to you but is also enjoyable for your friend.

Olympiáda v anglickom jazyku, 29. ročník, krajské kolo 2018/2019, kategória 2C1- riešenia a úlohy

PICTURE DESCRIPTION

Look at the pictures, describe what you see in them and explain how they are connected. Determine the topic that the pictures relate to and express your opinion on it.



LISTENING – SCRIPT

(please read only once)

Swapping some specialist sports drinks in favour of water mixed with a spoonful of sugar could boost the performance of long-distance athletes, a study claims.

Researchers at the University of Bath brought in a team of club **cyclists** and used an adapted MRI scanner to assess the impact of prolonged exercise on the levels of glycogen – stored carbohydrate – in the liver.

They tested various sucrose and glucose-based drinks and established that ingesting carbohydrates in the form of either sucrose or glucose prevents a decline in liver glycogen. But they also discovered that the cyclists found exercise **easier** when they ingested sucrose rather than glucose.

Both sucrose, in the form of table sugar, and glucose are important carbohydrates often referred to as “simple sugars”. The big difference between them is that each sucrose molecule is made up of one glucose and one fructose molecule linked together. It appears that combining different sources of sugars improves the **rate** at which we can absorb them from the gut.

The carbohydrate stores in our liver are vitally important when it comes to endurance exercise as they help us to maintain a **stable** blood sugar level. However, whilst we have a relatively good understanding of the changes in our **muscle** carbohydrate stores with exercise and nutrition, we know very little about optimising liver carbohydrate stores during and after exercise.

The scientists behind the new study recommend that if your goal is optimal performance during exercise lasting more than two and a half hours, then consume up to 90g of sugar per hour – diluted to 8g of sugar per 100ml.

Olympiáda v anglickom jazyku, 29. ročník, krajské kolo 2018/2019, kategória 2C1- riešenia a úlohy

ANSWER KEY

GRAMMAR 15 points

1 could not just show up

2 did

3 would most likely have left

4 could not be visited

5 saw

6 in 7 and 8 it 9 as 10 not

11 one 12 When / After 13 to 14 However 15 had

VOCABULARY 10 points

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

READING 10 points

1 K- 2 B 3 F 4 L 5 G 6 D

7 J 8 M 9 H 10 A

LISTENING 5 points

1 cyclists/ club cyclists 2 easier 3 rate 4 stable 5 muscle

Autorka: Xenia Liashuk, PhD.

Recenzentka: PaedDr. Anna Brisudová

Korektor: Joshua M. Ruggiero

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