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Джонас Тичерман

ЛЕКСИКА
АНГЛИЙСКОГО ЯЗЫКА
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*Grow your
vocabulary*

Практическое пособие уровня B2

Джонас Тичерман
Лексика английского языка для
продолжающих. Практическое
пособие уровня B2

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Аннотация

Данное пособие предназначено для изучающих английский язык уровня B2 и направлено на системное расширение словарного запаса и развитие речевых навыков. Книга включает тематические тексты, списки ключевой лексики с переводом, диалоги и практические вопросы с ответами. Материал помогает освоить актуальные выражения и использовать их в реальных коммуникативных ситуациях. Пособие подходит для самостоятельного изучения и учебной работы.

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Джонас Тичерман

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Введение

Данное пособие предназначено для изучающих английский язык уровня B2 и направлено на систематическое расширение словарного запаса, развитие навыков устной и письменной речи, а также формирование уверенного использования языка в различных коммуникативных ситуациях.

Книга построена по тематическому принципу. Каждая глава посвящена отдельной актуальной теме и включает лексический и речевой материал, необходимый для практического освоения данной области. Такой подход обеспечивает не только запоминание отдельных слов и выражений, но и понимание их функционирования в контексте.

Структура каждой главы включает связный текст, список ключевых выражений с переводом, диалог с переводом и вопросы для самостоятельной практики с примерными ответами. Данные элементы направлены на последовательное развитие всех основных языковых навыков: чтения, говорения и понимания контекста.

Цель пособия заключается в формировании устойчивых навыков использования английской лексики на уровне B2, а

также в развитии способности выражать мысли точно и логично. Особое внимание уделяется практическому применению языка в реальных и учебных ситуациях.

Желаю успехов!

Everyday life and routines

Topic text

Daily routines shape the way people experience their lives, often more than they realize. Most people follow a certain structure from the moment they wake up until they go to bed. Even though lifestyles differ across countries and cultures, the idea of routine is universal.

In the morning, many people start their day with simple habits such as waking up at a fixed time, having breakfast, and getting ready for the day. Some prefer to begin slowly, while others try to be as productive as possible from the first minutes. Morning routines often set the tone for the whole day.

During the day, people usually focus on work, study, or household responsibilities. Modern life often requires multitasking, which can increase efficiency but also create stress. Many people use planners or apps to manage time and avoid procrastination.

Short breaks are important because they help people recharge energy and stay focused. Even a short walk or a coffee break can

improve concentration. Lunch is often the only moment to step away from tasks and relax.

In the evening, people usually wind down. Some exercise, some meet friends, and some spend time with family. Entertainment like watching series, reading, or scrolling social media is common. However, many people struggle to balance rest and productivity.

Before sleep, people often reflect on the day. They think about what went well and what could be improved. Good sleep habits, such as going to bed at the same time and reducing screen time, improve sleep quality.

Routines give structure and stability, but flexibility is also important. Life is unpredictable, so the ability to adapt matters as much as discipline.

Expressions used (with translations)

daily routine — ежедневный распорядок

time management — управление временем

to wake up at a fixed time — просыпаться в одно и то же время

to get ready for the day — собираться на день

to set the tone — задавать настроение / задавать тон

to be productive — быть продуктивным

to focus on tasks — сосредотачиваться на задачах

to prioritize tasks — расставлять приоритеты

to manage time — управлять временем

to multitask — делать несколько дел одновременно

to stay focused — сохранять концентрацию

to avoid procrastination — избегать прокрастинации

to take a break — делать перерыв

to recharge energy — восстанавливать энергию

to go to work — идти на работу

to handle responsibilities — справляться с обязанностями

to spend time with someone — проводить время с кем-то

to wind down — расслабляться после дел

to reflect on the day — обдумывать день

sleep habits — привычки сна

work-life balance — баланс между работой и личной жизнью

to stick to a schedule — придерживаться расписания
to feel overwhelmed — чувствовать себя перегруженным
to stay organized — оставаться организованным
to improve efficiency — повышать эффективность
to reduce screen time — сокращать время перед экраном
to adapt to changes — адаптироваться к изменениям

Dialogue

A: What does your usual weekday look like?

B: I usually wake up at a fixed time, get ready for the day, and go to work.

A: Do you stick to a strict schedule?

B: Not strictly, but I try to stay organized and manage my time.

A: What do you do when you feel overwhelmed?

B: I take a break, try to recharge my energy, and focus on one task at a time.

A: How do you spend your evenings?

B: I usually wind down by watching something or spending time with my family.

Translation

A: Как выглядит твой обычный будний день?

B: Я обычно просыпаюсь в одно и то же время, собираюсь и иду на работу.

A: Ты придерживаешься строгого расписания?

B: Не совсем строго, но стараюсь быть организованным и управлять своим временем.

A: Что ты делаешь, когда чувствуешь перегруз?

B: Я делаю перерыв, стараюсь восстановить силы и сосредотачиваюсь на одной задаче.

А: Как ты проводишь вечера?

В: Обычно я расслабляюсь, смотря что-то или проводя время с семьёй.

Questions and sample answers

What does your usual morning routine look like?

My morning routine is quite simple. I usually wake up at a fixed time, have breakfast, and get ready for the day. After that, I try to plan what I need to do.

Do you wake up at a fixed time or does it change often?

I try to wake up at a fixed time during weekdays. On weekends it changes because I like to rest a bit more.

How do you usually manage your time during a busy day?

I usually write down my tasks and prioritize them. This helps me stay organized and avoid wasting time.

What helps you stay focused when you have many tasks?

Short breaks and clear planning help me stay focused. I also try to avoid distractions like my phone.

How often do you feel overwhelmed during the week?

I feel overwhelmed a few times a week, especially when I have many deadlines. In such moments I try to slow down and focus on one thing.

What do you usually do to recharge your energy?

I usually take a short break, go for a walk, or listen to music. These small pauses help me feel better and more productive.

Do you prefer strict schedules or flexible days? Why?

I prefer something in between. A flexible schedule is more comfortable, but some structure is still necessary to stay productive.

How do you usually wind down in the evening?

In the evening I usually relax by watching series or reading. It helps me disconnect from the day and prepare for sleep.

What is one habit you would like to improve in your daily routine?

I would like to improve my time management and reduce procrastination. Sometimes I delay tasks, so I want to become more consistent.

How important is work-life balance for you personally?

Work-life balance is very important for me. Without it, I feel stressed and less productive, so I try to keep them in balance.

Morning routines and productivity

Topic text

Morning routines play an important role in shaping how productive a person feels throughout the day. The first hour after waking up is often considered the most influential, as it sets the mental and physical state for everything that follows.

Some people start their mornings slowly, giving themselves time to wake up naturally without rushing. Others prefer a more structured approach, focusing on habits that increase productivity from the very beginning of the day. These habits can include exercise, planning tasks, or reading something useful.

A common element of productive mornings is avoiding distractions. Many people try not to check their phones immediately after waking up, since social media and messages can easily shift attention away from priorities. Instead, they focus on activities that help them feel more alert and organized.

Breakfast also plays a role in energy levels and concentration. A balanced meal can improve focus and prevent fatigue later in the morning. Along with this, hydration and physical movement

help the body fully activate after sleep.

Planning is another key factor in morning productivity. Writing down tasks or reviewing a schedule helps people prioritize responsibilities and reduce stress. When the day is clearly structured, it becomes easier to make decisions and stay on track.

However, not every morning goes according to plan. Unexpected delays, low energy, or lack of motivation can affect even the most disciplined routines. In such cases, flexibility becomes important, allowing people to adjust without losing control of the whole day.

Overall, a productive morning is not about strict rules but about consistent habits that support focus, energy, and clarity.

Expressions used (with translations)

- morning routine — утренний распорядок
- to wake up naturally — просыпаться естественно
- to start the day slowly — начинать день медленно
- to be in a rush — спешить
- to build habits — формировать привычки
- to increase productivity — повышать продуктивность
- to set priorities — устанавливать приоритеты
- to avoid distractions — избегать отвлечений
- to check the phone — проверять телефон
- to stay alert — оставаться бодрым и внимательным
- to feel energized — чувствовать прилив энергии
- to have breakfast — завтракать
- to improve concentration — улучшать концентрацию
- to plan the day — планировать день
- to write down tasks — записывать задачи
- to stick to a plan — придерживаться плана
- to lose focus — терять концентрацию
- to get back on track — вернуться в нужный ритм
- to feel motivated — чувствовать мотивацию
- to manage energy — управлять энергией
- to build consistency — развивать регулярность
- to reduce stress — снижать стресс
- to start with intention — начинать с намерением

to be productive from the start — быть продуктивным с самого начала

to create structure — создавать структуру

Dialogue

A: Do you have a morning routine?

B: Yes, I try to wake up early and start the day slowly without rushing.

A: What do you usually do first thing in the morning?

B: I avoid checking my phone and instead focus on planning my day.

A: Does your morning affect your productivity?

B: Definitely. If I start well, I feel more energized and focused all day.

A: What happens when your morning goes wrong?

B: I try to get back on track by prioritizing my tasks again.

Translation

A: У тебя есть утренний распорядок?

B: Да, я стараюсь просыпаться рано и начинать день спокойно, без спешки.

A: Что ты обычно делаешь первым делом утром?

B: Я не проверяю телефон и вместо этого планирую свой день.

A: Влияет ли утро на твою продуктивность?

B: Определённо. Если утро проходит хорошо, я чувствую себя более энергичным и сосредоточенным весь день.

А: Что происходит, когда утро идёт не по плану?

В: Я стараюсь вернуться в ритм, заново расставляя приоритеты.

Questions and sample answers

Do you have a morning routine or do your mornings change often?

I try to follow a simple morning routine during weekdays. However, sometimes my mornings change depending on my schedule or energy level.

What is the first thing you usually do after waking up?

The first thing I usually do is avoid my phone and give myself time to wake up. Then I plan what I need to do during the day.

Do you feel more productive in the morning or in the evening?

I feel more productive in the morning because my mind is clearer. In the evening I usually feel more tired and less focused.

How do you plan your day in the morning?

I usually write down my tasks and set priorities. This helps me understand what is most important and stay organized.

What habits help you feel more energetic in the morning?

Having breakfast, drinking water, and moving a little help me feel more energetic. These small habits make it easier to start the day.

What do you do when you feel unproductive in the morning?

When I feel unproductive, I try to take a short break and reset my focus. Sometimes I also change the order of my tasks.

Do you think morning routines are important for success? Why?

Yes, I think they are important because they create structure and consistency. A good morning routine helps people stay focused and reduce stress.

What is one habit you would like to improve in your mornings?

I would like to wake up earlier and avoid wasting time in bed. This would help me start the day more efficiently.

Do you prefer a strict or flexible morning routine?

I prefer a flexible routine because strict schedules can be stressful. However, I still keep some basic habits every morning.

How does your morning affect the rest of your day?

My morning strongly affects my day. If I start well, I feel productive and motivated, but if I start badly, it is harder to focus later.

Daily habits and time management

Topic text

Daily habits and time management are closely connected, as the way people organize their time is often determined by their repeated behaviors. Small actions performed every day can significantly influence productivity, stress levels, and overall life satisfaction.

Many people underestimate the power of habits, thinking that only big decisions shape their lives. However, consistent routines such as waking up at a certain time, planning the day, or reviewing tasks can create long-term stability. These habits reduce the need to constantly make decisions, which saves mental energy.

Time management is about using available hours in a way that matches priorities. Some people rely on detailed schedules, while others prefer flexible planning. Both approaches can be effective if they help a person stay focused and avoid unnecessary delays.

A common challenge is procrastination. People often postpone tasks that feel difficult or unpleasant, even when they

are important. This can lead to stress and last-minute pressure. To overcome procrastination, many use techniques such as breaking tasks into smaller steps or setting deadlines.

Another important aspect is balancing different areas of life. Work, study, personal time, and rest all require attention. Without proper time management, one area can easily dominate the others, leading to burnout or dissatisfaction.

Digital tools have made it easier to organize time. Calendar apps, reminders, and task lists help people track responsibilities and avoid forgetting important activities. However, tools alone are not enough without discipline and consistency.

Ultimately, successful time management is not about being busy all the time but about being intentional with how time is spent. Daily habits create the foundation for this, shaping long-term behavior and results.

Expressions used (with translations)

daily habit — ежедневная привычка

time management — управление временем

to organize time — организовывать время

to build consistency — выстраивать регулярность

to save mental energy — экономить умственную энергию

to set priorities — расставлять приоритеты

to stay focused — сохранять концентрацию

to avoid delays — избегать задержек

to plan ahead — планировать заранее

to stick to a plan — придерживаться плана

to waste time — тратить время впустую

to develop discipline — развивать дисциплину

to break tasks into steps — разбивать задачи на этапы

to set deadlines — устанавливать дедлайны

to manage workload — управлять нагрузкой

to feel overwhelmed — чувствовать перегруз

to improve productivity — повышать продуктивность

to create structure — создавать структуру

to track progress — отслеживать прогресс

to use time wisely — использовать время разумно

to fall behind schedule — отставать от графика

to catch up on tasks — наверстывать задачи

to stay on track — оставаться в графике

to reduce stress — снижать стресс

to build routine — выстраивать рутину

Dialogue

A: How do you manage your time during a typical day?

B: I usually plan my tasks in advance and try to stick to a simple schedule.

A: Do you ever struggle with procrastination?

B: Yes, sometimes I delay difficult tasks, but I try to break them into smaller steps.

A: What helps you stay focused?

B: Setting priorities and avoiding distractions like my phone helps me a lot.

A: Do you use any tools for time management?

B: Yes, I use a calendar app to track my tasks and deadlines.

Translation

A: Как ты управляешь своим временем в обычный день?

B: Я обычно планирую задачи заранее и стараюсь придерживаться простого расписания.

A: У тебя бывает прокрастинация?

B: Да, иногда я откладываю сложные задачи, но стараюсь разбивать их на маленькие шаги.

A: Что помогает тебе сохранять концентрацию?

B: Установка приоритетов и отказ от отвлечений, например телефона, очень помогает.

А: Ты используешь какие-то инструменты для управления временем?

В: Да, я использую календарь для отслеживания задач и дедлайнов.

Questions and sample answers

How do you usually organize your day?

I usually start by writing down my tasks and deciding what is most important. This helps me stay focused and avoid wasting time during the day.

Do you think you are good at managing your time? Why or why not?

I think I am average at time management. Sometimes I stay organized, but I still struggle with procrastination from time to time.

What daily habits help you be more productive?

Simple habits like planning my day and avoiding distractions help me a lot. They make it easier to stay on track and finish tasks on time.

How do you deal with procrastination?

When I procrastinate, I try to start with small tasks first. Once I begin, it becomes easier to continue working.

Do you prefer strict schedules or flexible planning?

I prefer flexible planning because it feels less stressful. However, I still set basic priorities to stay organized.

What usually causes you to waste time during the day?

Sometimes I get distracted by my phone or unimportant tasks.

This can make me lose focus and fall behind schedule.

How do you balance work, rest, and personal time?

I try to divide my day into different parts for work, rest, and personal activities. This helps me avoid burnout and stay balanced.

Do you use digital tools to manage your time?

Yes, I use apps to organize tasks and set reminders. They help me remember deadlines and stay on track.

What is one habit you would like to improve?

I would like to reduce procrastination and start tasks earlier. This would help me feel less stressed and more productive.

How important is consistency in daily habits for you?

Consistency is very important because it creates stability. When I follow good habits every day, I feel more in control of my time.

Home responsibilities and chores

Topic text

Home responsibilities and chores are an essential part of everyday life, even though they are often overlooked or considered routine. They include all the tasks that keep a household clean, organized, and functional, such as cleaning, cooking, laundry, and maintenance.

Many people divide household duties among family members or roommates to make the workload more manageable. When responsibilities are shared fairly, it reduces stress and prevents one person from feeling overwhelmed. However, in some households, one person may end up taking most of the chores, which can lead to frustration and imbalance.

Cleaning is one of the most common household tasks. It requires consistency rather than occasional effort, since mess tends to build up quickly. Simple habits like washing dishes immediately or tidying up after use can significantly reduce the amount of work later.

Cooking is another important responsibility. Some people

enjoy preparing meals, while others see it as a duty. Planning meals in advance can save both time and money, and it also helps maintain a healthier diet.

Laundry, shopping, and basic repairs are also part of household management. These tasks may seem small individually, but together they require time and organization. Without proper planning, they can easily become stressful.

Modern life has also introduced time-saving solutions such as cleaning devices and delivery services. While these tools make chores easier, they do not completely remove the need for personal responsibility.

Overall, managing a home requires cooperation, discipline, and a sense of responsibility. Even though chores are not always enjoyable, they are necessary for maintaining a comfortable living environment.

Expressions used (with translations)

home responsibilities — домашние обязанности

household chores — домашние дела

to share responsibilities — делить обязанности

to divide tasks — распределять задачи

to manage a household — вести хозяйство

to do the cleaning — заниматься уборкой

to do the cooking — готовить еду

to do the laundry — стирать

to take out the trash — выносить мусор

to wash the dishes — мыть посуду

to tidy up — наводить порядок

to keep the place clean — поддерживать чистоту

to feel overwhelmed — чувствовать перегруз

to be responsible for something — быть ответственным за

что-то

to take turns — делать по очереди

to build up mess — накапливаться (о беспорядке)

to save time — экономить время

to plan meals — планировать питание

to do household maintenance — заниматься домашним ре-

монтом

to fall behind on chores — отставать по домашним делам

to catch up on cleaning — наверстывать уборку

to keep a routine — поддерживать рутину

to be consistent — быть последовательным

to avoid conflict — избегать конфликтов

to take responsibility — брать ответственность

Dialogue

A: Do you share household chores in your home?

B: Yes, we try to divide tasks so that everyone is responsible for something.

A: What chores do you usually do?

B: I usually do the cleaning and sometimes help with cooking.

A: Do you find it stressful?

B: Not really, but it can be stressful when things are not organized.

A: How do you manage everything?

B: We try to keep a routine and take turns with different tasks.

Translation

A: Вы делите домашние обязанности дома?

B: Да, мы стараемся распределять задачи, чтобы каждый был за что-то ответственен.

A: Какие дела ты обычно выполняешь?

B: Я обычно занимаюсь уборкой и иногда помогаю с готовкой.

A: Это для тебя стрессово?

B: Не совсем, но может быть стрессово, когда нет порядка.

A: Как вы всё успеваете?

B: Мы стараемся соблюдать рутину и делать всё по очереди.

ди.

Questions and sample answers

Do you usually do chores at home or share them with others?

I usually share chores with my family or roommates. We divide responsibilities so that everything gets done more easily and fairly.

Which household chore do you dislike the most? Why?

I dislike washing dishes the most because it feels repetitive. However, I still do it because it is necessary.

How do you organize cleaning and other chores?

I usually try to do small tasks every day instead of leaving everything for one day. This helps me avoid stress and keep the house clean.

Do you think it is important to have a cleaning routine?

Yes, I think a cleaning routine is important because it prevents mess from building up. It also makes chores feel less overwhelming.

How do you feel when chores are not done on time?

I feel a bit stressed when things are not organized. It becomes harder to relax in a messy environment.

Do you prefer doing chores alone or with others?

I prefer sharing chores because it is faster and easier. Working together also makes the process less boring.

What household task do you do most often?

I most often do cleaning and tidying up. These are daily tasks that help keep the home in order.

Do you use any methods to make chores easier?

Yes, I try to do small tasks regularly instead of delaying them. This helps me avoid feeling overwhelmed later.

How important is cleanliness in your daily life?

Cleanliness is very important because it affects my mood and productivity. A clean space helps me think more clearly.

What is one habit you would like to improve at home?

I would like to be more consistent with cleaning. Sometimes I postpone chores, and I want to become more disciplined.

Shopping habits and consumer choices

Topic text

Shopping habits and consumer choices are influenced by many factors, including personal preferences, income, lifestyle, and even emotions. While some people treat shopping as a practical activity, others see it as a form of entertainment or relaxation.

Modern consumers are exposed to constant advertising, both online and offline. Social media platforms, targeted ads, and influencer recommendations often shape what people decide to buy. As a result, many purchases are not purely rational but emotionally driven or influenced by trends.

Some people prefer careful planning before shopping. They make lists, compare prices, and think about whether they really need a product. This approach helps them save money and avoid unnecessary spending. Others are more spontaneous and make decisions in the moment, especially when they see discounts or special offers.

Online shopping has significantly changed consumer

behavior. It provides convenience, variety, and fast delivery, but it can also lead to impulsive buying. When products are only a click away, it becomes easier to spend money without much reflection.

Another important factor is brand loyalty. Some consumers consistently choose the same brands because they trust their quality or associate them with positive experiences. Others prefer to experiment and try new products regularly.

In recent years, there has also been growing awareness of sustainable consumption. Many people now consider environmental impact, product durability, and ethical production when making choices. This shift shows that shopping is not only about price and convenience but also about values.

Ultimately, shopping habits reflect a combination of practical needs and personal identity. The way people spend money often reveals what they prioritize in life.

Expressions used (with translations)

shopping habits — привычки покупок

consumer choices — потребительский выбор

to be influenced by — находиться под влиянием

to make a decision — принимать решение

to compare prices — сравнивать цены

to save money — экономить деньги

to spend money — тратить деньги

to make a purchase — совершать покупку

impulsive buying — импульсивные покупки

to plan ahead — планировать заранее

to stick to a budget — придерживаться бюджета

to look for discounts — искать скидки

brand loyalty — лояльность к бренду

to trust a brand — доверять бренду

to try new products — пробовать новые продукты

to be price-conscious — обращать внимание на цену

online shopping — онлайн-покупки

to add to cart — добавить в корзину

to check reviews — проверять отзывы

to return a product — возвращать товар

to overspend — перерасходовать деньги

to resist temptation — сопротивляться соблазну

sustainable consumption — устойчивое потребление

ethical production — этичное производство
to reflect values — отражать ценности

Dialogue

A: How do you usually decide what to buy?

B: I usually compare prices and check reviews before making a purchase.

A: Do you often buy things online?

B: Yes, online shopping is convenient, but sometimes I end up buying things impulsively.

A: Are you loyal to any brands?

B: Not really, I prefer to try new products instead of sticking to one brand.

A: Do you try to save money when shopping?

B: Yes, I always try to stick to a budget and look for discounts.

Translation

A: Как ты обычно решаешь, что купить?

B: Я обычно сравниваю цены и читаю отзывы перед покупкой.

A: Ты часто покупаешь онлайн?

B: Да, онлайн-шопинг удобен, но иногда я совершаю импульсивные покупки.

A: Ты лоялен к каким-то брендам?

B: Не совсем, я предпочитаю пробовать новые продукты, а не оставаться с одним брендом.

А: Ты стараешься экономить при покупках?

В: Да, я всегда стараюсь придерживаться бюджета и искать скидки.

Questions and sample answers

Do you prefer shopping online or in physical stores? Why?

I prefer online shopping because it is more convenient and saves time. However, sometimes I like visiting stores to see products in person.

How do you usually decide what to buy?

I usually compare different options and check reviews before making a decision. This helps me avoid unnecessary or low-quality purchases.

Do you consider yourself an impulsive buyer?

Sometimes I buy things impulsively, especially when there are discounts. But I try to control it by thinking before purchasing.

How important are discounts and sales for you?

Discounts are important because they help me save money. However, I do not buy something only because it is on sale.

Do you stick to a budget when shopping?

I try to stick to a budget, but sometimes I go over it. I am still working on improving my spending discipline.

What influences your shopping choices the most?

My choices are mostly influenced by quality and price. I also read reviews before making a final decision.

Do you prefer well-known brands or new products?

I prefer trying new products because it feels more interesting. However, I trust well-known brands for important items.

How often do you buy things you do not really need?

It does not happen very often, but sometimes I regret unnecessary purchases. I try to avoid this by planning ahead.

How has online shopping changed your habits?

Online shopping has made buying things much easier and faster. At the same time, it sometimes leads to more impulsive decisions.

What is one shopping habit you want to improve?

I want to reduce impulsive buying and become more mindful. I would like to think more carefully before making purchases.

Food at home and cooking routines

Topic text

Food at home and cooking routines are an important part of daily life, influencing both health and lifestyle. For many people, home-cooked meals are not only a necessity but also a way to relax and express creativity.

Some people enjoy cooking and see it as a pleasant activity, while others treat it as a task that needs to be completed quickly. Regardless of attitude, planning meals in advance can make the process easier and more efficient. It helps reduce stress during busy days and prevents last-minute decisions about what to eat.

A common approach to cooking at home is preparing simple meals that do not require much time. People often rely on familiar recipes that they can cook without much effort. At the same time, some individuals enjoy experimenting with new ingredients and trying different cuisines.

Healthy eating is also closely connected to cooking habits. When people prepare their own food, they have more control over ingredients and portion sizes. This can lead to better

nutrition compared to frequent eating out or ordering takeaways.

However, cooking at home requires time and energy. After a long day, many people feel tired and prefer quick solutions such as ready-made meals or delivery services. This is why balancing convenience and healthy eating can be challenging.

Another important aspect is sharing meals. Eating together with family or friends can strengthen relationships and create a sense of connection. In many cultures, food is not only about nourishment but also about social interaction.

Overall, cooking routines reflect personal lifestyle choices and priorities. They show how people balance health, time, and enjoyment in their everyday lives.

Expressions used (with translations)

home-cooked meal — домашняя еда

cooking routine — кулинарная рутина

to plan meals — планировать питание

to prepare food — готовить еду

to cook from scratch — готовить с нуля

to follow a recipe — следовать рецепту

to try new recipes — пробовать новые рецепты

to eat at home — есть дома

to eat out — есть вне дома

takeaway food — еда на вынос

ready-made meal — готовая еда

healthy eating — здоровое питание

balanced diet — сбалансированное питание

to save time — экономить время

to spend time cooking — тратить время на готовку

to feel tired after work — чувствовать усталость после ра-

боты

to order delivery — заказывать доставку

to share a meal — делить приём пищи

to eat together — есть вместе

to enjoy cooking — получать удовольствие от готовки

to improve nutrition — улучшать питание

to control ingredients — контролировать ингредиенты

to reduce stress — снижать стресс

to stick to a routine — придерживаться рутины

to make quick meals — готовить быстрые блюда

Dialogue

A: Do you usually cook at home or eat out?

B: I usually cook at home because it is healthier and cheaper.

A: Do you enjoy cooking?

B: Sometimes yes, especially when I have time to try new recipes.

A: What do you do when you are too tired to cook?

B: I usually order delivery or make something quick.

A: Do you plan your meals?

B: Yes, I try to plan meals for the week to save time.

Translation

A: Ты обычно готовишь дома или ешь вне дома?

B: Я обычно готовлю дома, потому что это полезнее и дешевле.

A: Тебе нравится готовить?

B: Иногда да, особенно когда есть время пробовать новые рецепты.

A: Что ты делаешь, когда слишком устал, чтобы готовить?

B: Я обычно заказываю доставку или готовлю что-то быстрое.

A: Ты планируешь своё питание?

B: Да, я стараюсь планировать питание на неделю, чтобы

экономить время.

Questions and sample answers

Do you usually cook at home or order food?

I usually cook at home because it is healthier and more affordable. However, sometimes I order food when I am busy or tired.

Do you enjoy cooking? Why or why not?

I enjoy cooking when I have enough time. It helps me relax, but it can feel stressful when I am in a hurry.

How often do you try new recipes?

I do not try new recipes very often, but sometimes I experiment on weekends. It makes cooking more interesting.

Do you plan your meals in advance?

Yes, I try to plan meals for a few days ahead. This helps me save time and avoid unhealthy choices.

What do you usually eat on a typical day?

On a typical day, I eat simple homemade meals. I try to keep my diet balanced and not too heavy.

How important is healthy eating for you?

Healthy eating is quite important because it affects my energy

and mood. I try to make better food choices when possible.

Do you prefer cooking alone or with others?

I prefer cooking alone because it is faster and more organized. But sometimes cooking with others can be fun.

What do you do when you are too tired to cook?

When I am tired, I usually make something quick or order delivery. I try not to skip meals completely.

How has your cooking routine changed over time?

My cooking routine has become more planned and simple. I focus more on quick and healthy meals than complicated dishes.

What is one thing you want to improve in your eating habits?

I want to eat more regularly and avoid skipping meals. I also want to reduce fast food and cook more at home.

Urban lifestyle vs rural lifestyle

Topic text

Urban and rural lifestyles differ in many ways, shaping how people live, work, and interact with their environment. Both ways of life have their own advantages and challenges, and personal preference often depends on individual values and priorities.

Urban lifestyle is usually associated with fast-paced living, modern infrastructure, and a wide range of opportunities. Cities offer access to better education, healthcare, entertainment, and job markets. People living in urban areas often experience a dynamic environment where things are constantly changing. However, this lifestyle can also involve stress, noise, pollution, and a lack of personal space.

Rural lifestyle, on the other hand, is typically slower and more connected to nature. People in villages or small towns often enjoy a quieter environment, cleaner air, and a stronger sense of community. Life tends to be more predictable, and daily routines are less hectic. At the same time, rural areas may have fewer job opportunities, limited access to services, and less developed infrastructure.

Social interactions also differ between the two lifestyles. In cities, people may live closer together but have weaker social connections due to busy schedules. In rural areas, communities are often more tight-knit, and neighbors tend to know each other well.

Technology has reduced some of the differences between urban and rural life. Internet access allows people in remote areas to work, study, and communicate more easily. However, the gap still exists in terms of convenience and availability of services.

Ultimately, neither lifestyle is objectively better. Urban life offers opportunities and variety, while rural life provides peace and simplicity. The best choice depends on what a person values more in their everyday life.

Expressions used (with translations)

urban lifestyle — городской образ жизни

rural lifestyle — сельский образ жизни

fast-paced life — быстрый темп жизни

modern infrastructure — современная инфраструктура

job opportunities — возможности трудоустройства

healthcare access — доступ к здравоохранению

entertainment options — варианты развлечений

public transport — общественный транспорт

noise pollution — шумовое загрязнение

air quality — качество воздуха

sense of community — чувство общности

tight-knit community — сплочённое сообщество

daily routine — повседневная рутина

slow-paced life — медленный темп жизни

to be connected to nature — быть связанным с природой

to commute to work — ездить на работу

to have limited access — иметь ограниченный доступ

to enjoy peace and quiet — наслаждаться тишиной и спо-

койствием

to feel isolated — чувствовать себя изолированным

to prefer convenience — предпочитать удобство

to live closer to nature — жить ближе к природе

to experience stress — испытывать стресс

to reduce differences — уменьшать различия

to choose a lifestyle — выбирать образ жизни

to balance pros and cons — взвешивать плюсы и минусы

Dialogue

A: Would you rather live in a city or in the countryside?

B: I would probably prefer the city because of job opportunities and convenience.

A: What do you like about city life?

B: I like the modern infrastructure and the variety of entertainment options.

A: And what about rural life?

B: I like the peace and cleaner air, but it feels a bit too quiet for me.

A: So you prefer a fast-paced lifestyle?

B: Yes, I think I am more used to a fast-paced environment.

Translation

A: Ты бы предпочёл жить в городе или в деревне?

B: Я бы, наверное, выбрал город из-за возможностей работы и удобства.

A: Что тебе нравится в городской жизни?

B: Мне нравится современная инфраструктура и разнообразие развлечений.

A: А что насчёт сельской жизни?

B: Мне нравится тишина и чистый воздух, но для меня это слишком спокойно.

А: Значит, тебе ближе быстрый ритм жизни?

В: Да, думаю, я больше привык к быстрому темпу.

Questions and sample answers

Do you prefer living in a city or in the countryside? Why?

I prefer living in a city because it offers more opportunities and convenience. However, I also enjoy visiting quieter places sometimes.

What do you like most about urban life?

I like the variety of job opportunities and entertainment options. Cities are also more convenient in terms of services and transport.

What do you like most about rural life?

I like the peace, quiet, and clean air in rural areas. It feels more relaxing and less stressful.

Do you think city life is stressful? Why or why not?

Yes, city life can be stressful because of noise, traffic, and a fast pace. People often have less free time and more pressure.

How important is nature in your life?

Nature is important because it helps me relax and reduce stress. I try to spend time outdoors when I can.

Do you prefer a fast-paced or slow-paced lifestyle?

I prefer a balanced lifestyle. I like activity and opportunities, but also need time to rest and slow down.

How do you feel about living far from a city?

I think it can be peaceful, but also limiting in terms of services and opportunities. It depends on personal preferences.

What are the biggest advantages of city life?

The biggest advantages are convenience, job opportunities, and access to services. Everything is usually closer and easier to reach.

What are the biggest disadvantages of rural life?

The main disadvantages are limited opportunities and fewer services. People may also need to travel far for work or study.

How would your ideal lifestyle look like?

My ideal lifestyle would combine both worlds. I would like to live in a quiet place but still have access to city opportunities.

Weekend activities and free time

Topic text

Weekends and free time play an important role in maintaining a healthy balance between work and personal life. After a busy week, people use this time to rest, recharge, and engage in activities they enjoy.

For many, weekends are a chance to recover from fatigue and reduce stress. Some people prefer to stay at home and relax, while others try to make the most of their free time by being active and social. The choice often depends on personality, energy levels, and weekly workload.

Common weekend activities include meeting friends, watching movies, going for walks, exercising, or traveling short distances. These activities help people disconnect from routine responsibilities and focus on personal interests.

Free time is also used for hobbies and self-development. Some people read books, learn new skills, or work on personal projects. Others use this time for household tasks they could not complete during the week, such as cleaning or shopping.

In recent years, digital entertainment has become one of the most popular ways to spend free time. Streaming platforms, social media, and online games offer easy access to entertainment, but they can also lead to excessive screen time if not managed properly.

Balancing rest and productivity during weekends is important. While relaxation is necessary, using free time meaningfully can improve overall life satisfaction and motivation for the upcoming week.

Ultimately, weekends are a personal space where people decide how to restore their energy and spend time in a way that suits their lifestyle.

Expressions used (with translations)

free time — свободное время

weekend activities — занятия на выходных

to take a break — делать перерыв

to relax and recharge — расслабляться и восстанавливать

силы

to spend time with friends — проводить время с друзьями

to stay at home — оставаться дома

to go out — выходить куда-то

to catch up on rest — наверстывать отдых

to reduce stress — снижать стресс

to enjoy free time — наслаждаться свободным временем

to pursue hobbies — заниматься хобби

to develop skills — развивать навыки

to go for a walk — идти на прогулку

to watch movies — смотреть фильмы

to use time wisely — использовать время с пользой

to disconnect from routine — отключаться от рутины

to be socially active — быть социально активным

to feel refreshed — чувствовать себя отдохнувшим

to overuse screen time — чрезмерно использовать экранное

время

to plan leisure activities — планировать досуг

to improve well-being — улучшать самочувствие

to balance rest and activity — балансировать отдых и активность

to make the most of time — максимально использовать время

to feel bored — чувствовать скуку

to change environment — сменить обстановку

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