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ДЖОНАС ТИЧЕРМАН

**ТОПИКИ ДЛЯ  
ЧТЕНИЯ  
НА АНГЛИЙСКОМ  
ЯЗЫКЕ  
(СРЕДНИЙ  
УРОВЕНЬ)**

АДАПТИРОВАННЫЕ ТЕКСТЫ  
И ЗАДАНИЯ

Джонас Тичерман

**Топики для чтения на английском  
языке (средний уровень).  
Адаптированные тексты и задания**

«Издательские решения»

## **Тичерман Д.**

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Адаптированные тексты и задания / Д. Тичерман —  
«Издательские решения»,

Пособие представляет собой сборник тематических текстов для чтения на английском языке уровня В1. Материалы основаны на повседневных ситуациях и направлены на развитие навыков понимания письменной речи. Каждый раздел включает текст, ключевую лексику с переводом, речевые шаблоны и практические задания. Пособие помогает расширить словарный запас, улучшить понимание английского и уверенно работать с текстами среднего уровня.

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# **Топики для чтения на английском языке (средний уровень) Адаптированные тексты и задания**

**Джонас Тичерман**

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## Введение

Данное учебное пособие подготовлено с целью развития навыков устной и письменной речи на английском языке на уровне B1. В его основе лежит тематический подход, ориентированный на описание повседневных жизненных ситуаций, с которыми сталкивается обучающийся в реальной коммуникации.

Материалы пособия структурированы таким образом, чтобы обеспечить последовательное формирование лексических и грамматических навыков. Каждый раздел посвящён отдельной теме, связанной с повседневной жизнью, социальной коммуникацией, учебной и бытовой деятельностью. Тематика отобрана с учётом её практической значимости и частотности употребления в разговорной речи.

Тексты в каждом разделе написаны в разговорно-объяснительном стиле и содержат лексику, характерную для естественного общения. Особое внимание уделяется использованию устойчивых выражений, коллокаций и простых сложных предложений, что способствует развитию навыков спонтанной речи.

После каждого текста представлены списки ключевой лексики и выражений с переводом на русский язык. Это позволяет закрепить новый материал и облегчает его последующее использование в речи. Дополнительно включены речевые шаблоны, которые могут быть применены в различных коммуникативных ситуациях.

Практическая часть каждого раздела включает вопросы для самостоятельного ответа, направленные на развитие навыков персонализированной речи, а также задания на заполнение пропусков, способствующие активному усвоению лексического материала. В ряде случаев предлагаются образцы ответов, демонстрирующие возможные варианты использования изученных выражений.

Пособие может быть использовано как для самостоятельного изучения, так и в рамках учебного процесса под руководством преподавателя. Его цель заключается в формировании устойчивых навыков общения на английском языке в рамках повседневных ситуаций и повышении уверенности обучающегося при использовании языка в реальной жизни.

## What I Usually Do in a Normal Day

### Text

A normal day in my life is quite simple, but it still has a clear routine that helps me stay organized. I usually wake up around 7 or 8 a.m., although sometimes I wake up earlier if I have something important to do. The first thing I do is check my phone, because I want to see messages, news, or sometimes just the weather. Then I get out of bed slowly, because I am not a «morning person» and I need a few minutes to feel awake.

After that, I go to the bathroom and get ready for the day. I wash my face, brush my teeth, and sometimes take a quick shower. Then I choose my clothes for the day. I don't spend too much time on this, so I usually wear something comfortable but neat.

Next, I have breakfast. I usually eat something simple like eggs, toast, or cereal. I also drink tea or coffee. Breakfast is important for me because it gives me energy for the morning. While eating, I often watch short videos or listen to music, so I don't feel bored.

After breakfast, I start my main activities. If it is a weekday, I usually study or work. Sometimes I go to classes, and sometimes I study at home. I try to make a plan for the day, but not always perfectly, so I stay flexible. When I study, I usually take short breaks because it helps me focus better. For example, I study for 40—50 minutes and then rest for 10 minutes.

At lunchtime, I take a break and eat something more filling. I might cook something simple or heat up food. After eating, I often relax for a while. I might scroll through social media, talk to friends, or just rest my mind.

In the afternoon, I continue my tasks. This is usually the time when I finish homework, work on projects, or go outside if I need to run errands. Although I sometimes feel tired, I try to stay productive because I don't want to leave everything for the evening.

In the evening, I usually spend time with my family or watch TV series. This is my favorite part of the day because I can finally relax. I also like to listen to music or read something light. Before going to bed, I prepare for the next day, like charging my phone or planning my tasks.

Finally, I go to bed around 11 p.m. I try not to stay up too late because I know that sleep is important for my health. Even though my daily routine is not very exciting, I think it helps me stay balanced and organized.

### Key Vocabulary and Expressions

daily routine — ежедневная рутина

wake up — просыпаться

get out of bed — вставать с кровати

morning person — «жаворонок»

get ready — собираться

brush my teeth — чистить зубы

choose clothes — выбирать одежду

feel awake — чувствовать себя бодрым  
have breakfast — завтракать  
give energy — давать энергию  
main activities — основные дела  
make a plan — составлять план  
stay flexible — оставаться гибким  
take a break — делать перерыв  
focus better — лучше концентрироваться  
more filling food — более сытная еда  
scroll through social media — листать соцсети  
run errands — выполнять поручения  
stay productive — оставаться продуктивным  
spend time with family — проводить время с семьёй  
relax my mind — расслабить ум  
go to bed — ложиться спать  
stay up late — поздно ложиться  
balanced life — сбалансированная жизнь

#### Useful Patterns

I usually + verb — Я обычно...  
I try to + verb — Я стараюсь...  
Although I..., I... — Хотя я..., я...  
Because I..., I... — Потому что я..., я...  
When I..., I usually... — Когда я..., я обычно...  
It helps me + verb — Это помогает мне...  
I don't spend much time on... — Я не трачу много времени на...  
This is the time when I... — Это время, когда я...  
I feel like + verb-ing — Мне хочется...  
So I can + verb — Поэтому я могу...

#### Practice: Answer the Questions

What time do you usually wake up?  
What do you do first in the morning?  
What do you usually eat for breakfast?  
What do you do in the afternoon?  
How do you relax in the evening?  
Do you follow a strict routine or a flexible one? Why?  
What is your favorite part of the day? Why?

#### Model Answers

1. What time do you usually wake up?

I usually wake up around 7 or 8 a.m. because I like to start my day early. Although I sometimes stay up late, I try to keep a balanced routine.

2. What do you do first in the morning?

The first thing I do is check my phone and then get out of bed. It helps me feel awake, so I can start my daily routine more easily.

3. What do you usually eat for breakfast?

I usually have something simple like eggs or cereal. It gives me energy for the morning, so I can focus better during my activities.

4. What do you do in the afternoon?

In the afternoon, I usually continue my tasks or run errands. I try to stay productive, although I sometimes take short breaks to relax my mind.

5. How do you relax in the evening?

In the evening, I relax by watching TV or spending time with my family. This is the time when I finally slow down and enjoy my free time.

6. Do you follow a strict routine or a flexible one? Why?

I follow a flexible routine because I like to stay adaptable. Although I make a plan, I often change it because my day can be unpredictable.

7. What is your favorite part of the day? Why?

My favorite part of the day is the evening because I can relax. It helps me feel calm after a busy day, so I can prepare for the next day.

Practice: Complete the Sentences

I usually wake up at \_\_\_\_ because I want to start my day early.

In the morning, I always \_\_\_\_ my teeth and get ready.

Breakfast gives me \_\_\_\_ for the whole morning.

I take a short break because it helps me \_\_\_\_ better.

In the evening, I like to \_\_\_\_ my mind by watching TV or listening to music.

## My Morning Chaos or Calm Routine

### Text

My mornings are not always the same, and they can be either calm or a little chaotic, depending on the day. Sometimes everything goes smoothly, but other times I feel like I am rushing from one thing to another. It really depends on how early I wake up and how much time I have before I need to start my day.

On calm mornings, I usually wake up around 7 or 8 a.m. I don't rush out of bed immediately. Instead, I stay there for a few minutes and slowly wake up. I might check my phone, read messages, or just think about the day ahead. Then I get out of bed and start my usual routine in a relaxed way. I go to the bathroom, wash my face, brush my teeth, and get ready without stress.

After that, I choose my clothes carefully but not in a hurry. I like calm mornings because I can enjoy small things, like drinking my tea or coffee slowly and listening to music. I feel more balanced, and everything seems easier. When I have time, I also eat a proper breakfast, which gives me energy and helps me stay focused.

However, not every morning is like that. Sometimes my mornings are chaotic. I wake up late, and suddenly I realize that I don't have enough time. In those moments, everything happens quickly. I jump out of bed, skip checking my phone, and hurry to get ready. I brush my teeth fast, choose clothes in a rush, and sometimes I even forget small things like breakfast.

When my morning is chaotic, I often feel stressed because I am thinking about time all the time. I might leave home quickly and eat something on the way. Although I don't like these mornings, they happen sometimes because of staying up late or oversleeping.

Because of this, I try to improve my routine and make my mornings more calm. I set alarms earlier and try not to use my phone too much at night. I also prepare things in advance, like clothes or small tasks, so I don't waste time in the morning.

In general, I prefer calm mornings because they help me start the day in a good mood. Even if the day becomes busy later, a peaceful morning makes everything feel more manageable. But I also know that life is not perfect, so sometimes a bit of chaos is just part of my routine.

### Key Vocabulary and Expressions

morning routine — утренняя рутина  
calm morning — спокойное утро  
chaotic morning — хаотичное утро  
wake up — просыпаться  
get out of bed — вставать с кровати  
rush out of bed — вскакивать с кровати  
take my time — не торопиться  
check my phone — проверять телефон  
day ahead — предстоящий день  
get ready — собираться

in a relaxed way — в спокойной манере  
in a hurry — в спешке  
drink tea/coffee slowly — медленно пить чай/кофе  
feel balanced — чувствовать баланс  
eat a proper breakfast — нормально позавтракать  
stay focused — оставаться сосредоточенным  
run out of time — не успевать по времени  
leave home quickly — быстро выйти из дома  
on the way — по пути  
oversleep — проспать  
prepare in advance — готовить заранее  
save time — экономить время  
stress about time — переживать из-за времени  
start the day in a good mood — начинать день в хорошем настроении

### Useful Patterns

I usually start my day by... — Я обычно начинаю день с...

Sometimes my mornings are..., but sometimes they are... — Иногда мои утра..., но иногда они...

When I wake up late, I... — Когда я просыпаюсь поздно, я...

I feel more... when I... — Я чувствую себя более... когда я...

Because I..., I try to... — Потому что я..., я стараюсь...

It helps me to... — Это помогает мне...

I don't have enough time to... — У меня нет достаточно времени, чтобы...

I prefer... because... — Я предпочитаю... потому что...

Everything happens quickly when... — Всё происходит быстро, когда...

I try not to... so that I can... — Я стараюсь не..., чтобы я мог...

### Practice: Answer the Questions

Are your mornings usually calm or chaotic? Why?

What is the first thing you do after waking up?

Do you usually eat breakfast in the morning? Why or why not?

What do you do when you wake up late?

How do you feel on a stressful morning?

What helps you have a better morning routine?

Do you prefer slow or fast mornings? Why?

### Model Answers

1. Are your mornings usually calm or chaotic? Why?

My mornings are usually a mix of both, but often they are a bit chaotic because I sometimes wake up late. Although I try to stay organized, time pressure can change everything.

2. What is the first thing you do after waking up?

The first thing I do is check my phone and slowly wake up. It helps me understand what I need to do, so I can start my day more easily.

3. Do you usually eat breakfast in the morning? Why or why not?

I usually eat breakfast when I have enough time. It gives me energy for the day, so I can stay focused and productive.

4. What do you do when you wake up late?

When I wake up late, I usually rush to get ready and leave home quickly. I don't have enough time for a proper routine, so everything happens in a hurry.

5. How do you feel on a stressful morning?

I feel stressed and a bit tired because I am thinking about time. Although I don't like it, I try to stay calm and move quickly.

6. What helps you have a better morning routine?

Preparing things in advance helps me a lot. Because I organize my clothes and plans earlier, I can save time and avoid stress.

7. Do you prefer slow or fast mornings? Why?

I prefer slow mornings because they help me feel balanced. When I take my time, I start the day in a better mood and stay more focused later.

Practice: Complete the Sentences

I prefer a calm morning because it helps me feel \_\_\_\_.

When I wake up late, I usually \_\_\_\_ out of bed quickly.

I don't like it when I run out of \_\_\_\_ in the morning.

A proper breakfast helps me stay \_\_\_\_ during the day.

I try to prepare everything in advance so I can \_\_\_\_ time.

## Things I Always Forget at Home

### Text

I like to think that I am quite organized, but in reality I often forget small things when I leave home. It usually happens when I am in a hurry or when my morning is a bit chaotic. Even if I try to prepare everything, I still manage to forget something important or at least something useful.

One of the things I most often forget is my phone charger. I realize it only when my battery is already low, and then I start thinking about how I should have packed it. Sometimes I even forget my phone itself for a few seconds, but I usually notice it before leaving. My charger, however, is something I leave behind more often than I want to admit.

Another common thing I forget is my headphones. I use them every day for music or videos, especially when I am traveling or studying. But when I don't put them in my bag in advance, I simply leave without them. Later I always regret it because I miss having music or something to listen to on the way.

I also sometimes forget water or a bottle. It sounds simple, but when I don't take it with me, I often feel thirsty later, especially if I have a busy day. I try to drink more water, but forgetting my bottle makes it harder.

My documents are another important thing I try not to forget, but it still happens sometimes. For example, I might forget my student card or ID when I am in a rush. This can be stressful because I need them in different situations, like entering buildings or using services.

The main reason I forget things is usually because I don't check my bag carefully before leaving. When I am late, I just grab what I see and run out of the house. Because of this, I started trying a simple routine: before I leave, I always check three things — phone, wallet, and keys.

Although I still forget small items sometimes, I am improving. I also try to prepare my things in the evening instead of the morning. This helps me feel more organized and reduces stress. I know that forgetting things is normal, but it can be annoying, so I try to fix this habit step by step.

### Key Vocabulary and Expressions

be in a hurry — спешить  
chaotic morning — хаотичное утро  
leave home — выходить из дома  
forget something — забывать что-то  
important items — важные вещи  
phone charger — зарядка для телефона  
battery is low — батарея разряжена  
headphones — наушники  
regret it — жалеть об этом  
on the way — по пути  
feel thirsty — чувствовать жажду  
water bottle — бутылка с водой

documents — документы  
student card — студенческий билет  
ID (identity card) — удостоверение личности  
grab things quickly — быстро хватать вещи  
check my bag — проверять сумку  
routine — привычка / рутина  
in advance — заранее  
reduce stress — уменьшать стресс  
organized — организованный  
step by step — постепенно  
notice something — заметить что-то  
simple habit — простая привычка

### Useful Patterns

I often forget... when I... — Я часто забываю..., когда я...  
It usually happens because... — Обычно это происходит потому что...  
When I am in a hurry, I... — Когда я спешу, я...  
I realize it when... — Я понимаю это, когда...  
I try to remember to... — Я стараюсь помнить о том, чтобы...  
It helps me to... — Это помогает мне...  
I started doing... so that... — Я начал делать..., чтобы...  
Although I..., I still... — Хотя я..., я всё равно...  
One of the things I forget is... — Одна из вещей, которые я забываю...  
Before I leave home, I... — Перед тем как выйти из дома, я...

### Practice: Answer the Questions

What do you usually forget when you leave home?  
Why do you think you forget things?  
What do you do when you realize you forgot something?  
Do you usually leave home in a hurry or calmly? Why?  
What helps you remember your things better?  
Have you ever forgotten something very important? What happened?  
Do you think you are an organized person? Why or why not?

### Model Answers

1. What do you usually forget when you leave home?

I usually forget small things like my headphones or charger. Although they are not always urgent, I miss them during the day.

2. Why do you think you forget things?

I think I forget things because I am often in a hurry. When I leave home quickly, I don't check my bag carefully, so I leave things behind.

3. What do you do when you realize you forgot something?

When I realize I forgot something, I usually feel a bit stressed. If possible, I go back home, but sometimes I just manage without it.

4. Do you usually leave home in a hurry or calmly? Why?

I often leave home in a hurry because I don't always manage my time well. Although I try to improve, mornings can still be chaotic.

5. What helps you remember your things better?

Making a simple checklist helps me a lot. Because I check my phone, wallet, and keys before leaving, I forget fewer things.

6. Have you ever forgotten something very important? What happened?

Yes, I once forgot my documents, and it was stressful. I couldn't do what I planned, so I learned to prepare better next time.

7. Do you think you are an organized person? Why or why not?

I think I am partly organized, but not always. I try to stay structured, but sometimes I still forget things when I am in a hurry.

Practice: Complete the Sentences

I often forget my headphones when I leave home in a \_\_\_\_.

It usually happens because I am in a \_\_\_\_.

Before I leave home, I try to check my \_\_\_\_.

I feel stressed when I realize I forgot something \_\_\_\_.

Making a simple routine helps me reduce \_\_\_\_.

## **Cleaning the House and Small Arguments About It**

### **Text**

Cleaning the house is something that seems simple, but in real life it often leads to small arguments, especially when you live with family or roommates. Everyone has different ideas about what «clean» means and when things should be done, so misunderstandings happen quite easily.

In my daily life, cleaning is a regular responsibility. I try to keep my space tidy because it helps me feel more comfortable and focused. When everything is in order, I can relax better and think more clearly. However, I don't always have the same energy or motivation every day, so sometimes I postpone cleaning for later. That is usually when problems start.

For example, I might leave my things on the table or forget to wash the dishes immediately. To me, it is not a big deal because I plan to clean them later. But other people in the house might think differently. They may feel annoyed when they see things not cleaned right away, and this can lead to small arguments.

These arguments are usually not serious, but they can still create tension. Someone might say, «Why didn't you clean this?» and another person might respond, «I was busy, I'll do it later.» Although the discussion is simple, it can still feel a bit stressful in the moment.

The main problem is that everyone has their own habits. Some people like to clean immediately after using something, while others prefer to clean everything at once later. Because of this difference, it is easy to misunderstand each other's intentions.

In my opinion, the best solution is communication and compromise. For example, we can make simple rules like cleaning shared spaces together or dividing tasks fairly. When everyone knows their responsibilities, there are fewer arguments and more understanding.

I also realized that timing matters. When I clean regularly instead of waiting too long, I avoid most conflicts. It doesn't take much time if I do small tasks every day, like washing dishes or organizing my room.

Although small arguments about cleaning are normal, they can actually teach us patience and cooperation. Living with others is not only about sharing space, but also about learning how to respect different habits. So even if disagreements happen, it is better to talk calmly and find a solution instead of arguing for too long.

### **Key Vocabulary and Expressions**

clean the house — убирать дом

small arguments — небольшие ссоры

household chores — домашние обязанности

shared space — общее пространство

keep tidy — поддерживать порядок

feel comfortable — чувствовать себя комфортно

postpone cleaning — откладывать уборку

do the dishes — мыть посуду  
leave things around — разбрасывать вещи  
feel annoyed — чувствовать раздражение  
create tension — создавать напряжение  
have different habits — иметь разные привычки  
clean immediately — убирать сразу  
do it later — сделать позже  
misunderstand each other — неправильно понимать друг друга  
responsibilities — обязанности  
divide tasks — разделять задачи  
make rules — устанавливать правила  
communication — общение  
compromise — компромисс  
shared responsibility — общая ответственность  
calm discussion — спокойный разговор  
learn patience — учиться терпению  
cooperate — сотрудничать

#### Useful Patterns

I usually + verb when... — Я обычно..., когда...

It leads to... — Это приводит к...

Some people prefer..., while others... — Некоторые предпочитают..., в то время как другие...

When I..., I feel... — Когда я..., я чувствую...

The main problem is that... — Главная проблема в том, что...

I think the best solution is... — Я думаю, лучшее решение — это...

We can solve this by... — Мы можем решить это, если...

Although..., I still... — Хотя..., я всё равно...

It doesn't take much time to... — Это не занимает много времени, чтобы...

Instead of..., we should... — Вместо..., мы должны...

#### Practice: Answer the Questions

Do you like cleaning the house? Why or why not?

What cleaning tasks do you usually do?

Do you live with family or other people? Does it affect cleaning habits?

Have you ever had small arguments about cleaning? What happened?

Do you prefer cleaning immediately or later? Why?

How do you solve disagreements about chores?

Do you think cleaning can improve relationships? Why?

#### Model Answers

1. Do you like cleaning the house? Why or why not?

I don't really enjoy cleaning, but I like the result. When everything is tidy, I feel more comfortable and relaxed in my space.

2. What cleaning tasks do you usually do?

I usually wash the dishes, organize my room, and clean my desk. These small tasks help me keep my space in order.

3. Do you live with family or other people? Does it affect cleaning habits?

Yes, I live with family, and it definitely affects cleaning habits. We sometimes have different ideas about when things should be done.

4. Have you ever had small arguments about cleaning? What happened?

Yes, sometimes we have small arguments when someone leaves things uncleaned. Although it is not serious, it can create a bit of tension.

5. Do you prefer cleaning immediately or later? Why?

I prefer cleaning later or in small steps. It helps me manage my time better, although I try not to delay too much.

6. How do you solve disagreements about chores?

We usually talk about it and try to divide tasks more clearly. Communication helps us avoid misunderstandings and reduce arguments.

7. Do you think cleaning can improve relationships? Why?

Yes, I think so. When people cooperate and respect shared responsibilities, it creates a more peaceful and comfortable environment.

Practice: Complete the Sentences

Cleaning the house sometimes leads to small \_\_\_\_.

I feel more comfortable when my room is \_\_\_\_.

Some people clean immediately, while others do it \_\_\_\_.

When we don't communicate, it can create \_\_\_\_.

The best way to solve problems is \_\_\_\_.

## When Something Breaks at Home

### Text

When something breaks at home, it usually creates a mix of stress and confusion, especially if it happens unexpectedly. It can be something small, like a cup or a chair, or something more serious, like a washing machine or a phone charger. In any case, it always interrupts the normal routine and forces people to react quickly.

In my experience, things usually break at the worst possible time. For example, I might be in a hurry or already busy with something important, and suddenly something stops working. The first reaction is often surprise, followed by a small moment of frustration. I think, «Why now?» but then I try to stay calm and understand what happened.

If it is a small problem, like a broken cup or a chair leg, it is usually easy to handle. We either throw it away or try to fix it with glue or simple tools. However, if something more important breaks, like a household appliance, it becomes more complicated. In that situation, we often need to look for a repair service or ask someone with more experience for help.

One of the most common things that breaks in many homes is electronics. Phones, chargers, or headphones can suddenly stop working. When that happens, it feels annoying because we use these things every day. I usually try basic solutions first, like checking the cable or restarting the device, because sometimes the problem is simple.

At home, different people react differently when something breaks. Some stay calm and try to fix it immediately, while others get stressed and feel like everything is going wrong. I think the best approach is to stay calm and not panic, because stress doesn't help solve the problem.

Another important thing is communication. If you live with other people, it is useful to inform them when something breaks, so everyone understands the situation. Sometimes, small misunderstandings happen because people don't know what is broken or who is responsible for fixing it.

Although broken things can be annoying, they also teach responsibility. We learn how to take care of our belongings better and how to react in unexpected situations. Over time, I realized that it is better to prevent problems than to fix them later. For example, treating things carefully and using them properly can reduce the chance of damage.

In the end, when something breaks at home, it is not the end of the world. It is just a normal part of life. What really matters is how we react — whether we stay calm, find a solution, and move on without too much stress.

### Key Vocabulary and Expressions

break — ломаться

unexpectedly — неожиданно

create stress — создавать стресс

interrupt routine — нарушать рутину

stay calm — сохранять спокойствие  
feel frustrated — чувствовать раздражение  
handle a problem — справляться с проблемой  
fix something — чинить что-то  
throw away — выбросить  
repair service — сервис по ремонту  
household appliance — бытовая техника  
stop working — перестать работать  
check the cable — проверить кабель  
restart the device — перезагрузить устройство  
basic solution — простое решение  
react differently — реагировать по-разному  
panic — паниковать  
communication — общение  
misunderstanding — недопонимание  
take care of — заботиться о  
belongings — вещи  
prevent problems — предотвращать проблемы  
damage — повреждение  
move on — двигаться дальше

#### Useful Patterns

When something breaks, I usually... — Когда что-то ломается, я обычно...  
The first thing I do is... — Первое, что я делаю, это...  
It makes me feel... — Это заставляет меня чувствовать...  
I try to stay calm because... — Я стараюсь оставаться спокойным, потому что...  
If it is a small problem, I... — Если это небольшая проблема, я...  
In that situation, we need to... — В этой ситуации нам нужно...  
Some people..., while others... — Некоторые..., в то время как другие...  
The best solution is to... — Лучшее решение — это...  
It is better to prevent... than to... — Лучше предотвратить..., чем...  
What matters most is... — Самое важное — это...

#### Practice: Answer the Questions

What usually breaks at your home?  
How do you feel when something breaks unexpectedly?  
Do you try to fix things yourself or ask for help? Why?  
What is the most annoying thing that has ever broken for you?  
How do people in your home react when something breaks?  
Do you think it is better to repair or replace broken things? Why?  
How can people prevent things from breaking at home?

#### Model Answers

1. What usually breaks at your home?

At my home, small things like chargers or kitchen items usually break. Although it is not very serious, it still causes some inconvenience.

2. How do you feel when something breaks unexpectedly?

I usually feel a bit frustrated at first, especially if I need the item immediately. However, I try to stay calm and find a solution.

3. Do you try to fix things yourself or ask for help? Why?

I usually try simple fixes myself first because sometimes the problem is easy to solve. If it doesn't work, I ask someone for help.

4. What is the most annoying thing that has ever broken for you?

The most annoying thing was when my phone charger stopped working. It was stressful because I needed it every day.

5. How do people in your home react when something breaks?

People react differently. Some stay calm and try to fix it, while others get stressed and worried about the situation.

6. Do you think it is better to repair or replace broken things? Why?

It depends on the situation. If it is fixable and not expensive, repairing is better, but sometimes replacing is easier and faster.

7. How can people prevent things from breaking at home?

People can prevent damage by using things carefully and following instructions. Taking care of belongings helps avoid many problems.

Practice: Complete the Sentences

When something breaks, I try to stay \_\_\_\_.

The first thing I do is check what happened \_\_\_\_.

Small problems are usually easy to \_\_\_\_.

It is better to prevent damage than to \_\_\_\_ it later.

What matters most is finding a good \_\_\_\_.

## Cooking Disasters and Easy Meals

### Text

Cooking at home can be fun, relaxing, and even creative, but sometimes it turns into a small disaster. I like trying simple recipes, but I am not a professional cook, so things don't always go as planned. Some days I make a perfect meal, and other days I burn something or completely forget an ingredient.

One of the most common problems I have is overcooking food. For example, I might put pasta or rice on the stove and then get distracted by my phone. A few minutes later, I realize that the water has boiled over or the food is too soft. It's not a big disaster, but it definitely ruins the taste.

Another cooking mistake happens when I try new recipes. I often think, «This looks easy,» but in reality, I underestimate the time or effort. I might miss an important step or mix ingredients in the wrong order. As a result, the final dish doesn't look or taste like the picture. Although it can be disappointing, I still enjoy the process because I learn something new each time.

There are also moments when I drop something on the floor or spill sauce everywhere. These small accidents make the kitchen messy, and I have to clean everything before continuing. In those moments, I remind myself to slow down and focus more on what I am doing.

Because of these experiences, I started to prefer easy meals. Simple dishes like scrambled eggs, sandwiches, salads, or pasta are my favorites. They don't require too many ingredients, and I can prepare them quickly even when I am tired or in a hurry. Easy meals save time and reduce stress, especially after a long day.

I also learned some useful cooking habits. For example, I now prepare all ingredients before I start cooking. This helps me stay organized and avoid mistakes. I also set timers so I don't forget food on the stove. These small changes make a big difference.

Even though cooking disasters still happen sometimes, I don't see them as a big problem anymore. They are just part of learning. Over time, I became more confident in the kitchen, and I started to enjoy cooking more. Now I know that it doesn't have to be perfect — it just has to be simple, tasty, and enjoyable.

### Key Vocabulary and Expressions

cooking disaster — кулинарная «катастрофа»  
easy meals — простые блюда  
cook at home — готовить дома  
go as planned — идти по плану  
overcook food — переварить еду  
get distracted — отвлечься  
boil over — выкипать  
try new recipes — пробовать новые рецепты  
underestimate time — недооценивать время  
miss an ingredient — пропустить ингредиент

mix in wrong order — смешать в неправильном порядке  
disappointing result — разочаровывающий результат  
spill sauce — пролить соус  
messy kitchen — грязная кухня  
clean up — убирать  
scrambled eggs — яичница-болтуня  
sandwich — сэндвич  
salad — салат  
save time — экономить время  
reduce stress — уменьшать стресс  
cooking habit — привычка в готовке  
prepare ingredients — подготовить ингредиенты  
set a timer — поставить таймер  
stay organized — оставаться организованным  
gain confidence — приобретать уверенность

#### Useful Patterns

I like to..., but sometimes... — Я люблю..., но иногда...  
When I cook, I often... — Когда я готовлю, я часто...  
It happens when I... — Это происходит, когда я...  
Although I..., I still... — Хотя я..., я всё равно...  
I realized that... — Я понял (а), что...  
Because of this, I started to... — Из-за этого я начал (а)...  
I prefer..., because... — Я предпочитаю..., потому что...  
It helps me to... — Это помогает мне...  
I try not to..., so that... — Я стараюсь не..., чтобы...  
Over time, I became... — Со временем я стал (а)...

#### Practice: Answer the Questions

Do you like cooking? Why or why not?  
What is the easiest meal you can cook?  
Have you ever had a cooking disaster? What happened?  
Do you prefer cooking at home or eating out? Why?  
What do you usually cook when you are in a hurry?  
What helps you avoid mistakes in cooking?  
Do you think cooking is a useful skill? Why?

#### Model Answers

1. Do you like cooking? Why or why not?

I like cooking simple meals, but I don't always enjoy complicated recipes. Although I sometimes make mistakes, I still find it interesting and relaxing.

2. What is the easiest meal you can cook?

The easiest meals for me are scrambled eggs or sandwiches. They don't take much time, so I can prepare them even when I am busy.

3. Have you ever had a cooking disaster? What happened?

Yes, I once burned food because I got distracted. Although it was disappointing, I learned to be more careful next time.

4. Do you prefer cooking at home or eating out? Why?

I prefer cooking at home because it is cheaper and healthier. It also helps me save time and control what I eat.

5. What do you usually cook when you are in a hurry?

When I am in a hurry, I usually make something simple like pasta or a sandwich. It helps me eat quickly without stress.

6. What helps you avoid mistakes in cooking?

Preparing ingredients in advance helps me a lot. Because I stay organized, I make fewer mistakes while cooking.

7. Do you think cooking is a useful skill? Why?

Yes, I think cooking is very useful because it helps people become independent. It also allows you to eat healthier and save money.

Practice: Complete the Sentences

Sometimes I have a cooking \_\_\_\_.

I often get \_\_\_\_ while cooking and forget things.

Easy meals help me save \_\_\_\_ and reduce stress.

I try to prepare ingredients in \_\_\_\_ before cooking.

Over time, I became more \_\_\_\_ in the kitchen.

## Ordering Food Instead of Cooking

### Text

Ordering food instead of cooking has become very common in modern life. Many people do it when they are tired, busy, or simply don't feel like spending time in the kitchen. I also do it sometimes, especially after a long day when I don't have enough energy to cook.

One of the biggest advantages of ordering food is convenience. It saves time and effort because you don't need to plan meals, buy ingredients, or wash dishes afterward. You just open an app, choose what you want, and wait for the delivery. In a few minutes or hours, your food arrives at your door, which feels very comfortable.

Another reason I like ordering food is variety. When I cook at home, I usually make the same simple dishes. But when I order food, I can try different cuisines like sushi, pizza, burgers, or Asian food. It makes meals more interesting and enjoyable, especially when I want something special.

However, ordering food also has some disadvantages. The first one is cost. It is usually more expensive than cooking at home. If you order food too often, it can quickly become a big expense. Another problem is that delivery is not always fast. Sometimes you have to wait longer than expected, especially during busy hours.

There is also the issue of health. Restaurant food can be tasty, but it is not always the healthiest option. It may contain more salt, oil, or calories than home-cooked meals. Because of this, I try to balance both options — cooking at home and ordering food.

I usually order food when I am very tired, have no time, or want to treat myself. For example, after a long study or work day, I don't want to think about cooking. In those moments, ordering food feels like a small reward.

Although cooking is an important skill, I think ordering food is also useful when used in moderation. It helps save time and gives a break from daily responsibilities. The key is balance — not relying on it every day, but using it when it really makes life easier.

### Key Vocabulary and Expressions

order food — заказывать еду

delivery — доставка

convenience — удобство

save time — экономить время

save effort — экономить силы

ingredients — ингредиенты

wash dishes — мыть посуду

food arrives — еда приезжает

modern life — современная жизнь

variety — разнообразие

different cuisines — разные кухни

home-cooked meals — домашняя еда

fast food — фастфуд  
expensive — дорогой  
cost — стоимость  
delivery time — время доставки  
busy hours — часы пик  
healthy option — здоровый вариант  
treat myself — побаловать себя  
in moderation — в меру  
balance options — балансировать варианты  
feel tired — чувствовать усталость  
quick decision — быстрое решение  
extra calories — лишние калории

### Useful Patterns

I usually order food when... — Я обычно заказываю еду, когда...  
It saves me... — Это экономит мне...  
I don't feel like... — Мне не хочется...  
One of the advantages is... — Одно из преимуществ — это...  
The main problem is... — Главная проблема — это...  
It is more expensive than... — Это дороже, чем...  
Sometimes I prefer..., because... — Иногда я предпочитаю..., потому что...  
Although..., I still... — Хотя..., я всё равно...  
It helps me to... — Это помогает мне...  
The key is to... — Главное — это...

### Practice: Answer the Questions

Do you often order food? Why or why not?  
What is your favorite food to order?  
When do you usually prefer ordering food instead of cooking?  
Do you think ordering food is expensive? Why?  
Is ordering food healthier than cooking at home? Why?  
What are the advantages of food delivery?  
What are the disadvantages of ordering food too often?

### Model Answers

1. Do you often order food? Why or why not?

I order food sometimes, especially when I am tired or busy. Although I like cooking, ordering food saves me time and effort.

2. What is your favorite food to order?

My favorite food to order is pizza or sushi. I like them because they are tasty and easy to enjoy without cooking.

3. When do you usually prefer ordering food instead of cooking?

I usually order food after a long day when I don't have energy to cook. It helps me relax and avoid stress.

4. Do you think ordering food is expensive? Why?

Yes, I think it is more expensive than cooking at home. If you order food often, it can quickly become a big expense.

5. Is ordering food healthier than cooking at home? Why?

No, I don't think so. Home-cooked meals are usually healthier because you control the ingredients and cooking method.

6. What are the advantages of food delivery?

The main advantages are convenience and saving time. It is very useful when you are busy or tired.

7. What are the disadvantages of ordering food too often?

The main disadvantages are cost and health. It can be expensive and not always the healthiest option.

Practice: Complete the Sentences

Ordering food helps me save \_\_\_\_.

I usually order food when I feel \_\_\_\_.

One of the advantages is \_\_\_\_.

The main problem is that it can be \_\_\_\_.

The key is to keep a good \_\_\_\_.

## Sharing a Home with Family or Roommates

### Text

Sharing a home with other people, whether it is family or roommates, is both interesting and sometimes challenging. On one hand, it can be fun because you are never alone. On the other hand, it requires patience, understanding, and good communication.

When I live with family, the atmosphere usually feels warm and familiar. We share meals, talk about our day, and help each other with daily tasks. It feels comfortable because I don't have to do everything alone. However, there are also small disagreements, especially about cleaning, noise, or personal space. For example, someone might leave things in the wrong place, and this can sometimes lead to a short discussion.

Living with roommates is a bit different. It feels more independent, but also more responsible. Everyone has their own habits, schedules, and preferences. Because of this, it is important to respect each other's space and agree on simple rules. For example, cleaning shared areas, paying bills on time, or keeping noise under control.

Sometimes misunderstandings happen. One person might think the kitchen should be cleaned immediately, while another prefers to do it later. These differences can create tension, but most problems can be solved through calm conversation. I think communication is the key in shared living situations.

Another important thing is personal space. Even when you live with others, you still need time alone. I sometimes need quiet time to relax, study, or just think. When people respect this, life at home becomes much easier and more balanced.

Despite the challenges, sharing a home also has many benefits. It can be cheaper, more social, and less lonely. You can share responsibilities, help each other, and sometimes even learn new habits from others. Over time, I realized that living with people teaches patience and cooperation.

In general, whether it is family or roommates, sharing a home is about balance. It is important to respect others, communicate clearly, and also take care of your own needs. When these things are in balance, home becomes a comfortable place for everyone.

### Key Vocabulary and Expressions

share a home — жить вместе / делить жильё  
family members — члены семьи  
roommates — соседи по квартире  
living situation — условия проживания  
daily tasks — повседневные дела  
personal space — личное пространство  
shared areas — общие зоны  
house rules — правила дома  
respect each other — уважать друг друга  
communication — общение

misunderstanding — недопонимание  
create tension — создавать напряжение  
solve problems — решать проблемы  
calm conversation — спокойный разговор  
independent life — самостоятельная жизнь  
responsibility — ответственность  
cleaning schedule — график уборки  
pay bills — платить счета  
noise level — уровень шума  
feel comfortable — чувствовать себя комфортно  
help each other — помогать друг другу  
learn habits — учиться привычкам  
shared responsibility — общая ответственность  
living together — совместная жизнь

### Useful Patterns

When I live with..., I usually... — Когда я живу с..., я обычно...  
One of the advantages is... — Одно из преимуществ — это...  
The main problem is... — Главная проблема — это...  
It is important to... — Важно...  
Because of this, I... — Из-за этого я...  
Some people..., while others... — Некоторые..., в то время как другие...  
I think the key is... — Я думаю, главное — это...  
It can be difficult when... — Это может быть сложно, когда...  
We usually solve it by... — Мы обычно решаем это, когда...  
Over time, I realized that... — Со временем я понял (а), что...

### Practice: Answer the Questions

Do you live with family or roommates? What is it like?  
What do you like about living with other people?  
What problems can happen when sharing a home?  
How do you deal with disagreements at home?  
Do you think personal space is important? Why?  
What house rules are important in shared living?  
Is it better to live alone or with others? Why?

### Model Answers

1. Do you live with family or roommates? What is it like?

I live with my family, and it feels warm and comfortable. Although we sometimes have small disagreements, we support each other in daily life.

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