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ДЖИММИ ТЕЛЛИНГ

Лексика для ЕГЭ по английскому языку

КУРС ЛЕКСИКИ ДЛЯ УСПЕШНОЙ
СДАЧИ ЕГЭ



Джимми Теллинг
Лексика для ЕГЭ
по английскому языку.
Курс лексики для
успешной сдачи ЕГЭ

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Аннотация

Как расширить словарный запас и научиться уверенно использовать английскую лексику на ЕГЭ? Книга включает 20 тематических глав уровня В1–В2: слова с переводом, устойчивые выражения, словообразование, задания на употребление лексики, перевод, письменную и устную практику. Упражнения снабжены ответами и возможными вариантами выполнения. Издание поможет систематизировать знания, повысить точность речи и подготовиться к экзамену.

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**Лексика для ЕГЭ по
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Джимми Теллинг

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Предисловие

Подготовка к ЕГЭ по английскому языку требует не только знания грамматики, но и богатого словарного запаса. Учащемуся необходимо понимать лексику в текстах и аудиозаписях, правильно употреблять её в заданиях, а также уверенно выражать свои мысли в письменной и устной речи.

Эта книга представляет собой тематический курс лексики уровня В1—В2. Она включает 20 глав, охватывающих основные сферы современной жизни: образование, семью, характер, повседневные обязанности, увлечения, спорт, питание, путешествия, городскую жизнь, покупки, работу, финансы, технологии, СМИ, науку, экологию, культуру, здоровье, социальные проблемы и будущее.

В каждой главе представлены:

- основные тематические слова с переводом;
- устойчивые словосочетания;
- полезные выражения;
- слова, которые часто вызывают затруднения;
- словообразовательные модели;
- упражнения на выбор и подстановку слов;
- задания на перевод;

вопросы для устной практики;
задание для письменной речи;
ответы и возможные варианты выполнения.

Все примеры составлены так, чтобы показать правильное и естественное употребление лексики в контексте. Особое внимание уделяется сочетаемости слов, зависимым предложениям и словообразованию — тем аспектам, которые особенно важны при выполнении экзаменационных заданий.

Как работать с книгой

Сначала изучите основную лексику главы и прочитайте примеры. Обращайте внимание не только на перевод отдельных слов, но и на выражения, в которых они употребляются.

Затем переходите к устойчивым словосочетаниям и словообразованию. Старайтесь запоминать слова группами:

employ — employer — employee — employment;
pollute — pollution — polluted — pollutant;
responsible — responsibility — responsibly.

После изучения материала выполните упражнения, не обращаясь к ответам. Проверьте себя и повторно проработайте слова, которые вызвали затруднения.

Для активного закрепления лексики ответьте на вопросы из раздела Speaking Practice и выполните письменное задание. Используйте не менее пяти новых слов или выражений из главы. Это поможет перевести лексику из пассивного запаса в активный.

Не старайтесь выучить всю главу за один день. Лучше возвращаться к материалу несколько раз: повторить слова через день, затем через неделю и ещё раз в конце месяца. Регулярное повторение и использование лексики в собственной речи значительно эффективнее механического заучивания.

Книга подойдёт старшеклассникам, преподавателям и всем, кто хочет систематизировать тематическую лексику и увереннее пользоваться английским языком. Последовательная работа с разделами поможет расширить словарный запас, улучшить точность речи и подготовиться к различным заданиям ЕГЭ.

Глава 1. Education and Learning

Образование и обучение

В этой главе вы изучите лексику по теме образования, школьной жизни, экзаменов и выбора профессии. Слова и выражения помогут выполнять задания ЕГЭ и обсуждать преимущества разных способов обучения.

1. Key Vocabulary

School and Education

academic achievement — учебное достижение

Winning the competition was a significant academic achievement.

academic performance — успеваемость

Regular revision can improve students' academic performance.

assignment — учебное задание

Our teacher gave us a challenging writing assignment.

compulsory subject — обязательный предмет

Mathematics is a compulsory subject at school.

curriculum — учебная программа

The school curriculum includes academic and creative subjects.

educational institution — образовательное учреждение

The university is one of the oldest educational institutions in the country.

extracurricular activity — внеурочная деятельность

Taking part in extracurricular activities helps students develop social skills.

school leaver — выпускник школы

Many school leavers continue their education at university.

school uniform — школьная форма

Some students believe that wearing a school uniform creates a sense of equality.

secondary education — среднее образование

Young people normally complete their secondary education before entering university.

Learning and Studying

acquire knowledge — приобретать знания

Students acquire knowledge through reading, discussion and practice.

broaden one's horizons — расширять кругозор

Studying foreign languages can broaden your horizons.

develop a skill — развивать навык

Group projects help students develop communication skills.

gain experience — приобретать опыт

Volunteering allows teenagers to gain valuable experience.

make progress — добиваться успехов, прогрессировать

She has made considerable progress in English.

memorise information — запоминать информацию

Understanding a rule is usually more effective than simply memorising information.

pay attention — обращать внимание

Students should pay attention during lessons.

revise a subject — повторять учебный материал

I need to revise biology before the test.

study independently — заниматься самостоятельно
Online resources allow learners to study independently.

take notes — делать записи

Taking notes helps students remember the most important information.

Exams and Assessment

assessment — оценивание, проверка знаний

Continuous assessment can reduce examination stress.

entrance examination — вступительный экзамен

Applicants have to pass an entrance examination.

exam preparation — подготовка к экзамену

Good exam preparation requires regular practice.

get a high grade — получить высокую оценку

She worked hard and got a high grade in English.

meet a deadline — уложиться в установленный срок

Students must meet the deadline for submitting the project.

pass an exam — сдать экзамен

He hopes to pass all his final exams.

take an exam — сдавать экзамен, участвовать в нём
Thousands of school leavers take the exam every year.

resit an exam — пересдавать экзамен

Students who do not achieve the required result may resit the exam.

submit an assignment — сдать учебную работу
The assignment must be submitted by Friday.

written examination — письменный экзамен
The course ends with a written examination.

Higher Education

apply to a university — подавать документы в университет
Many students apply to several universities.

degree — университетская степень, диплом
She has a degree in economics.

graduate from university — окончить университет
He graduated from university two years ago.

higher education — высшее образование

Higher education can provide better career opportunities.

online course — онлайн-курс

Online courses make education more accessible.

qualification — квалификация

Professional qualifications are required for this position.

scholarship — стипендия

She received a scholarship because of her excellent results.

tuition fees — плата за обучение

Some students find it difficult to pay tuition fees.

vocational education — профессиональное образование

Vocational education prepares students for particular occupations.

2. Useful Collocations

С глаголом make

make progress — прогрессировать;

make an effort — прилагать усилия;

make a decision — принимать решение;

make a mistake — совершать ошибку;

make the most of something — использовать что-либо максимально эффективно.

Students should make the most of the educational opportunities available to them.

С глаголом take

take an exam — сдавать экзамен;

take notes — делать записи;

take responsibility for something — брать ответственность за что-либо;

take part in a project — принимать участие в проекте;

take a course — проходить курс.

Teenagers should take responsibility for their own learning.

С глаголом gain

gain knowledge — приобретать знания;

gain experience — приобретать опыт;

gain confidence — обретать уверенность;

gain practical skills — приобретать практические навыки;

gain admission to a university — поступить в университет.

Part-time work can help students gain practical skills.

3. Useful Expressions

fall behind with one's studies — отстать в учёбе
Students who miss classes may fall behind with their studies.

keep up with the class — успевать за классом
Regular revision helps learners keep up with the class.

learn something by heart — выучить наизусть
We had to learn the poem by heart.

put knowledge into practice — применять знания на практике

School projects allow students to put their knowledge into practice.

work at one's own pace — работать в собственном темпе
Distance learning allows students to work at their own pace.

have access to education — иметь доступ к образованию
Every child should have access to high-quality education.

cope with academic pressure — справляться с учебным стрессом

Students need to learn how to cope with academic pressure.

achieve one's full potential — полностью раскрыть свой по-

тенциал

A supportive teacher can help students achieve their full potential.

prepare for one's future career — готовиться к будущей профессии

Vocational courses prepare young people for their future careers.

strike a balance between study and rest — соблюдать баланс между учёбой и отдыхом

It is important to strike a balance between study and rest.

4. Word Formation

achieve — достигать

achievement — достижение

Regular practice helps learners achieve better results.

Graduating from university was an important achievement.

educate — обучать

education — образование

educational — образовательный

educated — образованный

Educational programmes should meet the needs of modern students.

qualify — получать квалификацию

qualification — квалификация

qualified — квалифицированный

The course provides students with a professional qualification.

succeed — добиваться успеха

success — успех

successful — успешный

successfully — успешно

Successful students usually organise their time carefully.

motivate — мотивировать

motivation — мотивация

motivated — мотивированный

Highly motivated learners often make faster progress.

perform — выполнять, показывать результат

performance — результат, успеваемость

Regular feedback can improve academic performance.

improve — улучшать

improvement — улучшение

There has been a significant improvement in her pronunciation.

attend — посещать

attendance — посещаемость

Regular attendance is important for academic success.

5. Exercise 1. Choose the Correct Word

Выберите подходящее слово.

Students must submit their assignment / curriculum before Friday.

Regular practice helps learners make progress / education.

She received a scholarship / deadline because of her excellent results.

Taking part in projects helps students gain practical skills / grades.

Mathematics is a compulsory subject / qualification at school.

The university offers several online courses / performances.

Many school leavers want to receive higher education / attendance.

Students should revise regularly before taking an exam / institution.

Vocational education prepares people for particular occupations / assignments.

Good time-management skills help students meet deadlines / scholarships.

6. Exercise 2. Complete the Collocations

Дополните словосочетания словами из списка.

access, attention, deadlines, experience, heart, notes, pace,
progress, responsibility, skills

make _____

take _____ during a lesson

gain practical _____

pay _____

meet _____

work at your own _____

learn a poem by _____

take _____ for your learning

have _____ to education

gain valuable _____

7. Exercise 3. Complete the Sentences

Используйте слова и выражения из списка.

academic performance, apply to, broaden, compulsory, fall
behind, higher education, put, scholarship

Studying abroad can _____ a young person's horizons.

Students who regularly miss lessons may _____ with their studies.

Foreign languages are _____ subjects in many schools.

Many school leavers plan to receive _____.

She wants to _____ several universities next year.

Regular revision can improve students' _____.

Project work allows learners to _____ their knowledge into practice.

The student received a _____ because of her excellent academic results.

8. Exercise 4. Word Formation

Преобразуйте слово, написанное заглавными буквами.

A good education can contribute to a person's future _____.

SUCCESS

Modern technology has created new _____ opportunities.

EDUCATE

Students need strong _____ to continue working towards their goals.

MOTIVATE

The university provides several professional _____.

QUALIFY

Regular practice leads to a noticeable _____ in language skills.

IMPROVE

Good school _____ is necessary for academic progress.

ATTEND

Completing the project was a significant _____ for the whole class.

ACHIEVE

The course was _____ completed by all the students.

SUCCESS

9. Exercise 5. Complete the Text

Вставьте подходящие слова.

assignments, balance, deadlines, independently, knowledge, progress, revise, skills

Preparing for important examinations can be challenging. Students need to organise their time carefully and find a healthy (1) _____ between studying and resting. It is important to attend classes, complete all (2) _____ and meet the required (3) _____.

Students should regularly (4) _____ the material instead of trying to memorise everything immediately before an

exam. They should also practise working (5) _____ and use reliable educational resources. This approach allows learners to expand their (6) _____, develop useful academic (7) _____ and make steady (8) _____.

10. Speaking Practice

Ответьте на вопросы, используя лексику главы.

What school subjects are the most useful for a person's future?

What qualities help students achieve academic success?

What are the advantages and disadvantages of distance learning?

Should schools focus more on academic knowledge or practical skills?

How can students cope with examination stress?

Is higher education necessary for a successful career?

What can teachers do to motivate their students?

Useful Speaking Phrases

In my opinion, education should...

One of the main advantages is that...

Another important point is...

This allows students to...

However, it is also necessary to consider...

I strongly believe that...

To sum up, a good education helps people...

11. Writing Practice

Напишите абзац объёмом 100—120 слов.

Some people believe that schools should pay more attention to practical skills than academic subjects. What is your opinion?

Используйте не менее пяти выражений из главы.

Useful Writing Phrases

It is widely believed that...

There are several reasons for this.

Firstly, ...

Moreover, ...

For example, ...

From my point of view, ...

In conclusion, ...

Answers

Exercise 1

assignment

progress

scholarship

skills

subject

courses

education

exam

occupations

deadlines

Exercise 2

progress

notes

skills

attention

deadlines

pace

heart

responsibility

access

experience

Exercise 3

broaden

fall behind

compulsory

higher education

apply to

academic performance

put

scholarship

Exercise 4

success

educational

motivation

qualifications

improvement

attendance

achievement

successfully

Exercise 5

balance

assignments

deadlines

revise

independently
knowledge
skills
progress

Possible Answer

Schools provide students with academic knowledge, but I believe they should also pay more attention to practical skills. Firstly, teenagers need to learn how to manage their time, work in a team and take responsibility for their decisions. These skills can prepare them for their future careers. Moreover, practical projects allow students to put their knowledge into practice and gain valuable experience. However, academic subjects should not be removed from the curriculum because they broaden students' horizons and develop critical thinking. In my opinion, schools should strike a balance between theoretical knowledge and practical education. This approach can help young people achieve their full potential and become more confident and independent.

Глава 2. Family and Relationships

Семья и отношения

В этой главе вы изучите лексику для описания семьи, дружбы, отношений между людьми и семейных обязанностей. Эти слова и выражения пригодятся в письменной и устной частях ЕГЭ.

1. Key Vocabulary

Family Members

close relative — близкий родственник

Only close relatives were invited to the family celebration.

distant relative — дальний родственник

Some of my distant relatives live abroad.

extended family — большая семья, включающая дальних родственников

Members of an extended family often support one another.

immediate family — ближайшие родственники

Her immediate family includes her parents and younger

brother.

only child — единственный ребёнок в семье

Although he is an only child, he has many close friends.

single-parent family — неполная семья

Children from single-parent families may have additional household responsibilities.

younger generation — молодое поколение

The younger generation tends to use technology more actively.

elderly relative — пожилой родственник

Many people help their elderly relatives with household chores.

Family Relationships

bring up a child — воспитывать ребёнка

Parents are responsible for bringing up their children.

close relationship — близкие отношения

She has a close relationship with her older sister.

family background — семейное происхождение, семейная среда

A person's family background may influence their values.

family bond — семейная связь

Shared traditions can strengthen family bonds.

family gathering — семейная встреча

We usually organise a family gathering in December.

get along with somebody — ладить с кем-либо

I get along well with all my relatives.

have something in common — иметь что-либо общее

My brother and I have many interests in common.

look after somebody — заботиться о ком-либо

Older children sometimes look after their younger siblings.

mutual respect — взаимное уважение

Healthy relationships should be based on mutual respect.

supportive family — семья, оказывающая поддержку

A supportive family can help a person overcome difficulties.

Friendship and Communication

acquaintance — знакомый

We are not close friends; he is simply an acquaintance.

close friend — близкий друг

A close friend is someone you can trust.

keep in touch — поддерживать связь

Social media helps people keep in touch with old friends.

make friends — заводить друзей

Joining a club is a good way to make friends.

peer — ровесник

Teenagers are often influenced by their peers.

reliable — надёжный

A reliable friend keeps their promises.

share interests — разделять интересы

People often become friends because they share similar interests.

support one another — поддерживать друг друга

True friends support one another in difficult situations.

trust somebody — доверять кому-либо

It takes time to learn to trust another person.

value a friendship — ценить дружбу

People should value their friendships and treat each other with respect.

Problems and Conflicts

argument — спор, ссора

The disagreement developed into a serious argument.

compromise — компромисс

Both sides should be willing to reach a compromise.

conflict — конфликт

Open communication can help prevent family conflicts.

generation gap — конфликт поколений

The generation gap may lead to misunderstandings between parents and teenagers.

misunderstanding — недопонимание

Their argument was caused by a simple misunderstanding.

personal boundaries — личные границы

It is important to respect other people's personal boundaries.

resolve a conflict — разрешить конфликт

Calm discussion is often the best way to resolve a conflict.

take somebody for granted — воспринимать кого-либо как

должное

We should not take our family members for granted.

2. Useful Collocations

С существительным relationship

build a relationship — выстраивать отношения;

develop a relationship — развивать отношения;

maintain a relationship — поддерживать отношения;

improve a relationship — улучшать отношения;

damage a relationship — портить отношения;

end a relationship — прекращать отношения.

Honest communication helps people maintain healthy relationships.

С существительным support

receive support — получать поддержку;

provide support — оказывать поддержку;

emotional support — эмоциональная поддержка;

practical support — практическая помощь;

family support — поддержка семьи;

support one another — поддерживать друг друга.

Teenagers need both emotional and practical support from adults.

С существительным responsibility

accept responsibility — принимать ответственность;

share responsibilities — распределять обязанности;

take responsibility for something — брать ответственность

за что-либо;

family responsibilities — семейные обязанности;

household responsibilities — обязанности по дому.

All family members should share household responsibilities.

3. Useful Expressions

be on good terms with somebody — быть в хороших отношениях с кем-либо

She is on good terms with her neighbours.

be there for somebody — быть рядом и поддерживать кого-либо

True friends are always there for each other.

fall out with somebody — поссориться с кем-либо

He fell out with his friend because of a misunderstanding.

get to know somebody — узнавать кого-либо ближе

Group activities help students get to know one another.

grow apart — постепенно отдаляться друг от друга

Some school friends grow apart when they become adults.

have a lot in common — иметь много общего

We became friends because we had a lot in common.

keep a promise — сдерживать обещание

A reliable person always tries to keep a promise.

make up with somebody — помириться с кем-либо

They discussed the problem and eventually made up.

rely on somebody — полагаться на кого-либо

I know that I can always rely on my best friend.

spend quality time together — проводить время вместе с пользой и удовольствием

Family members should spend quality time together.

4. Word Formation

relate — относиться, быть связанным

relation — отношение, связь

relationship — взаимоотношения

relative — родственник

Positive relationships are based on trust and respect.

support — поддерживать; поддержка

supportive — оказывающий поддержку

Supportive parents encourage their children to become independent.

rely — полагаться

reliable — надёжный

reliability — надёжность

Reliability is an important quality in a friend.

respect — уважать; уважение

respectful — уважительный

respectfully — уважительно

Family members should speak to one another respectfully.

understand — понимать

understanding — понимание

misunderstanding — недопонимание

Honest conversation can prevent misunderstandings.

agree — соглашаться

agreement — соглашение

disagree — не соглашаться

disagreement — разногласие

People can have disagreements without damaging their relationship.

responsible — ответственный

responsibility — ответственность, обязанность

Teenagers should take responsibility for their decisions.

communicate — общаться

communication — общение

Effective communication is essential for healthy relationships.

5. Exercise 1. Choose the Correct Word

Выберите подходящее слово.

My sister and I have many interests in common / in touch.

A reliable friend always tries to keep a promise / relationship.

Open communication can help people resolve a conflict / generation.

Family members should share household responsibilities / backgrounds.

Although they live in different countries, they keep in touch /

respect.

Parents are responsible for bringing up / out their children.

Healthy relationships should be based on mutual respect / argument.

She knows that she can always rely on / with her best friend.

A family gathering can strengthen family bonds / boundaries.

Both sides need to reach a compromise / relative.

6. Exercise 2. Complete the Collocations

Дополните словосочетания словами из списка.

apart, boundaries, common, conflict, friends, promise,
relationship, responsibilities, support, terms

make _____

provide emotional _____

build a strong _____

share household _____

have something in _____

resolve a _____

keep a _____

grow _____

respect personal _____

be on good _____ with somebody

7. Exercise 3. Complete the Sentences

Используйте слова и выражения из списка.

bring up, close relationship, compromise, generation gap,
keep in touch, look after, supportive, take for granted

Good friends continue to _____ even when they live far apart.

Parents usually try to _____ their children to be kind and responsible.

Teenagers sometimes _____ their parents' help _____.

A _____ may cause disagreements between young people and adults.

Both sides should be prepared to reach a _____.

She has a particularly _____ with her grandmother.

Older children sometimes _____ their younger brothers and sisters.

A _____ family helps its members cope with difficult situations.

8. Exercise 4. Word Formation

Преобразуйте слово, написанное заглавными буквами.

Mutual respect is essential for a healthy _____.

RELATE

My best friend is extremely _____, so I can always depend on her.

RELY

Open _____ helps family members understand one another.

COMMUNICATE

The argument was caused by a simple _____.

UNDERSTAND

Parents should encourage children to accept _____ for their actions.

RESPONSIBLE

Family members should treat one another _____.

RESPECT

His parents were very _____ when he decided to change careers.

SUPPORT

Small _____ are natural in any relationship.

AGREE

9. Exercise 5. Complete the Text

Вставьте подходящие слова.

common, communication, conflicts, quality, rely, respect,

responsibilities, supportive

Strong family relationships do not develop automatically. Family members need to spend (1) _____ time together and show mutual (2) _____. Open (3) _____ allows people to express their feelings and prevent unnecessary (4) _____.

It is also important to share household (5) _____ fairly. Children and adults may have different opinions, but they can still find something in (6) _____. In a healthy family, people are (7) _____ and know that they can (8) _____ on one another.

10. Exercise 6. Translate into English

Переведите предложения на английский язык.

Мы с сестрой хорошо ладим и имеем много общего.

Члены семьи должны поддерживать друг друга в трудных ситуациях.

Открытое общение помогает разрешать конфликты.

Родителям не следует нарушать личные границы подростков.

Надёжный друг всегда старается сдерживать обещания.

Семейные традиции укрепляют отношения между поко-

лениями.

Все члены семьи должны разделять домашние обязанности.

Важно не воспринимать поддержку близких как должное.

11. Speaking Practice

Ответьте на вопросы, используя новую лексику.

What qualities make someone a good friend?

Why do conflicts sometimes occur between parents and teenagers?

How can family members resolve disagreements?

Should children have household responsibilities?

Why is it important to respect personal boundaries?

Can online communication replace face-to-face communication?

What activities can strengthen family bonds?

Useful Speaking Phrases

From my point of view, a strong relationship requires...

One of the most important qualities is...

This problem may occur because...

The best way to resolve the situation is to...

Both sides should be willing to...

It is important to remember that...

As a result, people can...

12. Writing Practice

Напишите абзац объёмом 100—120 слов.

Some people believe that modern technology makes family relationships weaker. What is your opinion?

Используйте не менее пяти слов или выражений из главы.

Useful Writing Phrases

It is often argued that...

There are several reasons for this opinion.

On the one hand, ...

On the other hand, ...

For instance, ...

In my view, ...

To conclude, ...

Answers

Exercise 1
in common
promise
conflict
responsibilities
touch
up
respect
on
bonds
compromise

Exercise 2
friends
support
relationship
responsibilities
common
conflict
promise
apart
boundaries
terms

Exercise 3

keep in touch

bring up

take; for granted

generation gap

compromise

close relationship

look after

supportive

Exercise 4

relationship

reliable

communication

misunderstanding

responsibility

respectfully

supportive

disagreements

Exercise 5

quality

respect

communication

conflicts

responsibilities
common
supportive
rely

Exercise 6. Возможные варианты ответа

My sister and I get along well and have a lot in common.

Family members should support one another in difficult situations.

Open communication helps people resolve conflicts.

Parents should not ignore teenagers' personal boundaries.

A reliable friend always tries to keep their promises.

Family traditions strengthen relationships between generations.

All family members should share household responsibilities.

It is important not to take the support of your loved ones for granted.

Writing Practice. Возможный вариант ответа

Modern technology has changed the way family members communicate. Some people believe that it makes family relationships weaker because relatives spend less quality time together. Family members may sit in the same room but pay more attention to their phones than to one another. However, technology also helps people keep in touch when they live far

apart. Video calls and messaging applications allow relatives to provide emotional support and share important moments. From my point of view, technology itself does not damage relationships. The main problem is how people use it. Families should strike a balance between online communication and face-to-face conversations to maintain close relationships.

Глава 3. Personality and Emotions

Характер и эмоции

В этой главе вы изучите лексику для описания характера, поведения, чувств и эмоциональных состояний. Эти слова и выражения пригодятся при выполнении заданий ЕГЭ, а также в письменной и устной речи.

1. Key Vocabulary

Positive Personality Traits

ambitious — амбициозный, целеустремлённый

Ambitious people are willing to work hard to achieve their goals.

cheerful — жизнерадостный

Her cheerful personality makes other people feel comfortable.

confident — уверенный в себе

Confident students are not afraid to express their opinions.

determined — решительный, целеустремлённый

She was determined to complete the course successfully.

easy-going — спокойный, лёгкий в общении

My brother is easy-going and rarely becomes annoyed.

generous — щедрый

It was generous of him to support the local charity.

hard-working — трудолюбивый

Hard-working students usually make steady progress.

honest — честный

An honest person tells the truth even in difficult situations.

patient — терпеливый

Teachers need to be patient with their students.

reliable — надёжный

A reliable person keeps their promises.

responsible — ответственный

Responsible people understand the consequences of their decisions.

sociable — общительный

Sociable people usually find it easy to make new friends.

thoughtful — внимательный, заботливый

It was thoughtful of her to help her elderly neighbour.

open-minded — непредубеждённый, открытый новому

Open-minded people are willing to consider different opinions.

Negative Personality Traits

arrogant — высокомерный

Arrogant people often believe that they are better than others.

bad-tempered — вспыльчивый, раздражительный

He becomes bad-tempered when he is tired.

careless — невнимательный, небрежный

Careless decisions can lead to serious problems.

dishonest — нечестный

Dishonest behaviour can destroy trust.

impatient — нетерпеливый

Impatient people find it difficult to wait.

inconsiderate — невнимательный к окружающим

It is inconsiderate to make noise late at night.

irresponsible — безответственный
Ignoring important duties is irresponsible.

selfish — эгоистичный
Selfish people usually put their own needs first.

stubborn — упрямый
He is too stubborn to admit that he needs help.

unreliable — ненадёжный
An unreliable person may fail to keep a promise.

Emotions and Feelings

anxious — встревоженный
Many students feel anxious before an important exam.

ashamed — испытывающий стыд
He felt ashamed of his inconsiderate behaviour.

confused — озадаченный, растерянный
The instructions made some students feel confused.

delighted — очень довольный
She was delighted to hear the good news.

disappointed — разочарованный

He was disappointed with his examination results.

embarrassed — смущённый

She felt embarrassed when she forgot her teacher's name.

frustrated — расстроенный из-за невозможности добиться результата

Students may feel frustrated when they do not see immediate progress.

grateful — благодарный

I am grateful to my parents for their support.

proud — гордый

Her family was proud of her achievements.

relieved — испытывавший облегчение

He felt relieved when the examination was over.

satisfied — удовлетворённый

She was satisfied with the results of her work.

upset — расстроенный

He was upset by his friend's words.

Behaviour and Reactions

behave appropriately — вести себя подобающим образом
Students are expected to behave appropriately at school.

control one's emotions — контролировать эмоции
It is important to control your emotions during an argument.

express one's feelings — выражать чувства
Some people find it difficult to express their feelings.

hide one's disappointment — скрывать разочарование
She tried to hide her disappointment.

lose one's temper — выйти из себя
He rarely loses his temper, even in stressful situations.

remain calm — сохранять спокойствие
Try to remain calm when dealing with a difficult problem.

show consideration for somebody — проявлять внимание к кому-либо

We should show consideration for other people's feelings.

take criticism personally — принимать критику близко к

сердцу

Constructive criticism can be useful, so students should not take it personally.

2. Useful Collocations

С существительным confidence

gain confidence — обрести уверенность;

build confidence — развивать уверенность;

lack confidence — испытывать недостаток уверенности;

lose confidence — потерять уверенность;

express confidence — выражать уверенность;

self-confidence — уверенность в себе.

Regular speaking practice can help students gain confidence.

С существительным feeling

express one's feelings — выражать свои чувства;

hide one's feelings — скрывать чувства;

hurt somebody's feelings — задеть чьи-либо чувства;

understand somebody's feelings — понимать чьи-либо чувства;

strong feelings — сильные чувства;

mixed feelings — противоречивые чувства.

People should think carefully before saying something that

may hurt another person's feelings.

С существительным attitude

positive attitude — положительное отношение;

negative attitude — отрицательное отношение;

responsible attitude — ответственное отношение;

change one's attitude — изменить отношение;

attitude towards something — отношение к чему-либо.

A positive attitude can help people cope with difficulties.

3. Useful Expressions

be in a good mood — быть в хорошем настроении

She was in a good mood after receiving the results.

be in a bad mood — быть в плохом настроении

He prefers to be alone when he is in a bad mood.

be afraid of failure — бояться неудачи

People who are afraid of failure may avoid new challenges.

be capable of doing something — быть способным сделать что-либо

Determined people are capable of overcoming serious difficulties.

believe in oneself — верить в себя

Students need to believe in themselves and their abilities.

cope with stress — справляться со стрессом

Regular exercise can help people cope with stress.

feel under pressure — чувствовать давление

School leavers often feel under pressure before their exams.

get annoyed with somebody — раздражаться на кого-либо

Try not to get annoyed with people who have different opinions.

have a sense of humour — обладать чувством юмора

Having a sense of humour can make communication easier.

make a good impression — произвести хорошее впечатление

Being polite and confident can help you make a good impression.

put oneself in somebody's place — поставить себя на чье-либо место

Before judging another person, try to put yourself in their place.

take pride in something — гордиться чем-либо
She takes pride in her academic achievements.

4. Easily Confused Words

sensible — sensitive

sensible — разумный, практичный
It was sensible of her to ask for advice.

sensitive — чувствительный
Sensitive people may be strongly affected by criticism.

confident — self-confident

confident — уверенный в определённой ситуации или результате

The team is confident about its chances of success.

self-confident — уверенный в себе
Self-confident people usually express their ideas clearly.

ashamed — embarrassed

ashamed — испытывающий стыд из-за своего поступка

He was ashamed of behaving so selfishly.

embarrassed — испытывающий неловкость

She felt embarrassed when everyone looked at her.

alone — lonely

alone — один, без других людей

Sometimes I prefer to spend time alone.

lonely — испытывающий одиночество

People can feel lonely even when they are surrounded by others.

5. Word Formation

ambition — амбиция, стремление

ambitious — амбициозный

Ambitious people set challenging goals.

confidence — уверенность

confident — уверенный

confidently — уверенно

She answered the interviewer's questions confidently.

patience — терпение

patient — терпеливый

patiently — терпеливо

impatient — нетерпеливый

The teacher patiently explained the task again.

responsibility — ответственность

responsible — ответственный

irresponsible — безответственный

Responsible people accept the consequences of their actions.

honesty — честность

honest — честный

dishonest — нечестный

honestly — честно

Honesty is essential in close relationships.

care — забота

careful — осторожный, внимательный

careless — небрежный

carefully — внимательно

Students should read examination instructions carefully.

consider — принимать во внимание

considerate — внимательный к окружающим

inconsiderate — невнимательный к окружающим

consideration — внимание, уважение

Considerate people think about the needs of others.

satisfy — удовлетворять

satisfaction — удовлетворение

satisfied — удовлетворённый

satisfactory — удовлетворительный

She was satisfied with her academic progress.

6. Exercise 1. Choose the Correct Word

Выберите подходящее слово.

A reliable / selfish person always tries to keep their promises.

She felt relieved / arrogant when the examination was over.

It is important to remain calm / careless during an argument.

He was ashamed / sensible of his dishonest behaviour.

Open-minded / Stubborn people are willing to consider different opinions.

Regular practice helped the student gain confidence / disappointment.

She is very thoughtful / impatient and always considers other people's feelings.

Many school leavers feel anxious / generous before their exams.

He was delighted / inconsiderate to receive the award.

A determined / confused person continues working despite

difficulties.

7. Exercise 2. Complete the Collocations

Дополните словосочетания словами из списка.

attitude, calm, confidence, criticism, emotions, failure,
feelings, impression, mood, stress

gain _____

control one's _____

cope with _____

express one's _____

remain _____

make a good _____

be in a good _____

have a positive _____

be afraid of _____

take _____ personally

8. Exercise 3. Complete the Sentences

Используйте слова и выражения из списка.

ambitious, disappointed, easy-going, grateful, lose his temper,
open-minded, put yourself, reliable

My brother is calm and _____, so he rarely argues with anyone.

An _____ person is willing to listen to different points of view.

You should _____ in another person's place before criticising them.

She felt _____ when she did not receive the expected results.

I am extremely _____ to my teacher for her support.

An _____ student is prepared to work hard to achieve difficult goals.

You can trust him because he is honest and _____.

Although the situation was stressful, he did not _____.

9. Exercise 4. Word Formation

Преобразуйте слово, написанное заглавными буквами.

She answered all the questions calmly and _____.

CONFIDENCE

Teachers need a great deal of _____ when working with young learners.

PATIENT

Ignoring your duties is highly _____.

RESPONSIBLE

Good relationships should be based on trust and _____.

HONEST

His _____ behaviour upset the other members of the group.

CONSIDER

Students should read every task _____ before answering.

CARE

She is _____ with the progress she has made.

SATISFY

Successful athletes are usually highly _____ people.

AMBITION

10. Exercise 5. Choose the Correct Word

Выберите правильный вариант.

It was sensible / sensitive of her to prepare for the interview in advance.

He felt ashamed / embarrassed when he realised that his behaviour had hurt someone.

She enjoys spending time alone / lonely when she needs to think.

Highly sensible / sensitive people may find criticism difficult.

He was ashamed / embarrassed when he forgot his colleague's name.

Elderly people may feel alone / lonely if they do not communicate with others.

The students felt confident / self-confident that they had prepared well for the exam.

Public speaking can help teenagers become more confident / confidence.

11. Exercise 6. Complete the Text

Вставьте подходящие слова.

attitude, confidence, determined, failure, feelings, open-minded, pressure, stress

Personality can influence the way people deal with challenges. Those who have a positive (1) _____ are often better prepared to cope with (2) _____. Instead of being afraid of (3) _____, they treat difficulties as opportunities to learn.

Successful people are usually (4) _____ and continue working towards their goals. At the same time, it is important to remain (5) _____ and listen to other people's opinions. Understanding their (6) _____ can help us build healthy relationships. Gradually, positive experiences allow people to gain (7) _____ and perform better under (8) _____.

12. Exercise 7. Translate into English

Переведите предложения.

Надёжный человек всегда старается сдерживать обещания.

Многие ученики чувствуют давление перед важными экзаменами.

Важно сохранять спокойствие и контролировать свои эмоции.

Уверенные в себе люди не боятся выражать своё мнение.

Она гордится своими учебными достижениями.

Иногда критика помогает людям изменить своё отношение к работе.

Прежде чем осуждать человека, постарайтесь поставить себя на его место.

Положительное отношение помогает справляться с трудностями.

13. Speaking Practice

Ответьте на вопросы, используя новую лексику.

Which personality traits do you value most in other people?

Can people change their personalities?

What qualities are necessary for academic success?

How can teenagers learn to cope with stress?
Is it always important to express your feelings?
Why are some people afraid of failure?
How can a person become more self-confident?

Useful Speaking Phrases

I particularly value people who are...
One of the most important qualities is...
This characteristic helps people to...
In difficult situations, it is essential to...
People can develop this quality by...
From my point of view, ...
On the whole, I believe that...

14. Writing Practice

Напишите абзац объёмом 100—120 слов.

Some people believe that success mainly depends on a person's character. What is your opinion?

Используйте не менее пяти слов или выражений из главы.

Useful Writing Phrases

It is often believed that...
There are several reasons for this.

To begin with, ...

Furthermore, ...

For example, ...

From my point of view, ...

In conclusion, ...

Answers

Exercise 1

reliable

relieved

calm

ashamed

open-minded

confidence

thoughtful

anxious

delighted

determined

Exercise 2

confidence

emotions

stress

feelings

calm

impression

mood

attitude

failure

criticism

Exercise 3

easy-going

open-minded

put yourself

disappointed

grateful

ambitious

reliable

lose his temper

Exercise 4

confidently

patience

irresponsible

honesty

inconsiderate

carefully

satisfied

ambitious

Exercise 5

sensible

ashamed

alone

sensitive

embarrassed
lonely
confident
self-confident

Exercise 6
attitude
stress
failure
determined
open-minded
feelings
confidence
pressure

Exercise 7. Возможные варианты ответа

A reliable person always tries to keep their promises.

Many students feel under pressure before important exams.

It is important to remain calm and control your emotions.

Self-confident people are not afraid to express their opinions.

She takes pride in her academic achievements.

Criticism sometimes helps people change their attitude towards work.

Before judging a person, try to put yourself in their place.

A positive attitude helps people cope with difficulties.

Writing Practice. Возможный вариант ответа

It is often believed that success mainly depends on a person's character. I partly agree with this opinion because determined and hard-working people are more likely to achieve their goals. They are not afraid of failure and can remain calm when they experience difficulties. Moreover, self-confident people usually express their ideas clearly and make a good impression on others. However, personality is not the only factor that influences success. Education, professional skills and support from other people are also important. From my point of view, a positive attitude and a strong sense of responsibility can help a person use available opportunities effectively. Therefore, character plays an important but not exclusive role in achieving success.

Глава 4. Daily Life and Household Chores

Повседневная жизнь и домашние обязанности

В этой главе вы изучите лексику для описания распорядка дня, домашних дел, распределения обязанностей и баланса между работой и отдыхом. Эти слова и выражения пригодятся в письменной и устной частях ЕГЭ.

1. Key Vocabulary

Daily Routine

daily routine — распорядок дня

A well-organised daily routine can help people use their time effectively.

busy schedule — напряжённый график

It can be difficult to exercise regularly when you have a busy schedule.

working day — рабочий день

Her working day usually starts at nine o'clock.

weekday — будний день

I rarely have enough free time on weekdays.

weekend — выходные

Many people use the weekend to relax and spend time with their families.

alarm clock — будильник

My alarm clock goes off at seven every morning.

morning rush — утренняя спешка

Preparing everything in advance helps me avoid the morning rush.

lunch break — обеденный перерыв

She usually goes for a short walk during her lunch break.

leisure time — свободное время, досуг

Reading is one of his favourite leisure-time activities.

bedtime — время отхода ко сну

Using a smartphone before bedtime may affect the quality of sleep.

Everyday Activities

get ready for work or school — собираться на работу или
в школу

It usually takes me half an hour to get ready for work.

have a quick breakfast — быстро позавтракать
Many people have a quick breakfast on busy weekdays.

commute to work — регулярно ездить на работу
She commutes to work by train.

run errands — выполнять мелкие повседневные дела
I need to run a few errands after work.

do the shopping — делать покупки
We usually do the shopping at the weekend.

have a rest — отдыхать
After a busy day, people need to have a proper rest.

take a short break — сделать небольшой перерыв
Taking a short break can improve concentration.

go to bed — ложиться спать
Teenagers should avoid going to bed too late.

get enough sleep — высыпаться

It is important to get enough sleep before an examination.

stick to a routine — придерживаться распорядка

Sticking to a routine can make everyday life less stressful.

Household Chores

do household chores — выполнять работу по дому

All family members should help to do household chores.

do the washing-up — мыть посуду

I usually do the washing-up after dinner.

do the laundry — стирать одежду

We normally do the laundry twice a week.

do the ironing — гладить одежду

Some people find doing the ironing relaxing.

make the bed — заправлять кровать

Making the bed is part of my morning routine.

tidy one's room — убирать свою комнату

Children should learn to tidy their own rooms.

vacuum the floor — пылесосить пол

We vacuum the floor at least once a week.

dust the furniture — вытирать пыль с мебели

Dusting the furniture does not take much time.

take out the rubbish — выносить мусор

My brother is responsible for taking out the rubbish.

prepare a meal — готовить еду

It is useful for teenagers to learn how to prepare simple meals.

set the table — накрывать на стол

The children set the table while their parents prepared dinner.

clear the table — убирать со стола

Everyone helped to clear the table after the meal.

Organisation and Responsibilities

household responsibility — обязанность по дому

Each family member should have a household responsibility.

share the chores — распределять домашние дела

Families can avoid arguments if they share the chores fairly.

manage one's time — управлять своим временем
Students need to learn how to manage their time.

plan ahead — планировать заранее
Planning ahead can help people meet important deadlines.

set priorities — расставлять приоритеты
People with busy schedules need to set clear priorities.

waste time — тратить время впустую
Spending several hours on social media can waste valuable time.

save time — экономить время
Online shopping can save time.

be responsible for something — отвечать за что-либо
I am responsible for keeping the kitchen clean.

complete a task — выполнить задачу
Making a list helps me complete every task on time.

cope with responsibilities — справляться с обязанностями
Good organisation makes it easier to cope with everyday responsibilities.

2. Useful Collocations

С существительным time

have enough time — иметь достаточно времени;

spend time — проводить время;

save time — экономить время;

waste time — тратить время впустую;

manage one's time — управлять временем;

make time for something — находить время для чего-либо;

take up time — занимать время;

free time — свободное время.

Even busy people should make time for rest and physical activity.

С существительным routine

daily routine — распорядок дня;

morning routine — утренний распорядок;

regular routine — постоянный распорядок;

follow a routine — следовать распорядку;

establish a routine — установить распорядок;

change one's routine — изменить распорядок;

break one's routine — нарушить привычный распорядок.

Establishing a regular routine can reduce stress.

С существительным responsibility
accept responsibility — принимать ответственность;
take responsibility for something — брать ответственность;
share responsibilities — распределять обязанности;
household responsibilities — домашние обязанности;
personal responsibility — личная ответственность;
cope with responsibilities — справляться с обязанностями.

Teenagers should gradually take responsibility for more household tasks.

3. Useful Expressions

be pressed for time — испытывать нехватку времени
I usually prepare a simple meal when I am pressed for time.

be short of time — иметь мало времени
We were short of time, so we took a taxi.

get into the habit of doing something — выработать привычку что-либо делать
Students should get into the habit of planning their work.

get out of the habit of doing something — отвыкнуть от привычки
It can be difficult to get out of the habit of checking your

phone frequently.

have a lot on one's plate — иметь много дел

She has a lot on her plate at the moment.

keep something tidy — поддерживать что-либо в порядке

Everyone should help to keep the shared rooms tidy.

put something off until later — откладывать что-либо на

потом

Putting important tasks off until later can cause additional stress.

strike a balance between work and rest — соблюдать баланс

между работой и отдыхом

It is essential to strike a balance between work and rest.

take turns doing something — делать что-либо по очереди

My brother and I take turns doing the washing-up.

do one's fair share — выполнять свою справедливую долю

работы

Every family member should do their fair share of the housework.

make the most of one's time — использовать время макси-

мально эффективно

A clear plan can help people make the most of their time.

become part of one's routine — стать частью распорядка
Daily exercise has become part of my morning routine.

4. Easily Confused Words

housework — homework

housework — домашняя работа, бытовые обязанности
Doing housework teaches children to be responsible.

homework — домашнее учебное задание
I usually finish my homework before dinner.

job — work

job — конкретная работа или должность
She has a demanding job at a bank.

work — работа как деятельность
He has a lot of work to complete today.

routine — schedule

routine — привычный порядок действий

Checking my emails is part of my daily routine.

schedule — график с запланированными делами и време-

нем

I have a very busy schedule this week.

economic — economical

economic — связанный с экономикой

The country is experiencing economic growth.

economical — экономичный, позволяющий экономить

This washing machine is economical because it uses less water.

5. Word Formation

organise — организовывать

organisation — организация

organised — организованный

Organised people usually complete their tasks on time.

responsibility — ответственность

responsible — ответственный

irresponsible — безответственный

Every family member should be responsible for certain chores.

regular — регулярный

regularly — регулярно

irregular — нерегулярный

A regular sleep schedule can improve a person's well-being.

tidy — аккуратный; приводить в порядок

untidy — неопрятный

tidiness — аккуратность

Keeping the room tidy makes it more comfortable.

convenience — удобство

convenient — удобный

inconvenient — неудобный

Online services are convenient for people with busy schedules.

product — продукт

produce — производить

productive — продуктивный

productivity — продуктивность

Short breaks can increase productivity.

effect — результат, влияние

effective — эффективный

effectively — эффективно

Planning allows people to use their time effectively.

energy — энергия

energetic — энергичный

After a good night's sleep, people usually feel more energetic.

6. Exercise 1. Choose the Correct Word

Выберите подходящее слово.

I always make / do my bed after waking up.

My brother is responsible for taking out / off the rubbish.

Students should learn how to manage their time / routine effectively.

We normally do / make the washing-up after dinner.

Planning ahead can help people meet important deadlines / schedules.

All family members should share household chores / errands fairly.

She commutes to / at work by bus.

Taking regular breaks can improve productivity / tidiness.

We take turns to prepare / preparing dinner.

Try not to put important tasks off / out until later.

7. Exercise 2. Complete the Collocations

Дополните словосочетания словами из списка.

break, chores, errands, ironing, priorities, rubbish, routine,
table, time, washing-up

do the _____

take out the _____

run _____

set the _____

share the _____

manage one's _____

set _____

take a short _____

follow a daily _____

do the _____

8. Exercise 3. Complete the Sentences

Используйте слова и выражения из списка.

busy schedule, fair share, get enough sleep, plan ahead,
pressed for time, stick to, take turns, waste time

Students should _____ instead of preparing for an exam
at the last moment.

My brother and I _____ cleaning the kitchen.

It is difficult to exercise regularly when you have a _____.

Everyone should do their _____ of the housework.

Teenagers need to _____ to remain healthy and attentive.

I make a quick breakfast when I am _____.

A written timetable can help students _____ their routine.

People sometimes _____ by checking social media too frequently.

9. Exercise 4. Word Formation

Преобразуйте слово, написанное заглавными буквами.

Good _____ helps people complete their tasks on time.

ORGANISE

Teenagers should become more _____ for their personal belongings.

RESPONSIBILITY

Online shopping is a _____ option for people with busy schedules.

CONVENIENCE

Short breaks can help employees work more _____.

EFFECT

A regular routine may increase a person's _____.

PRODUCTIVE

He exercises _____ and tries to eat healthy food.

REGULAR

After a proper rest, she felt more _____.

ENERGY

Leaving shared rooms dirty is _____.

RESPONSIBLE

10. Exercise 5. Choose the Correct Word

Выберите правильный вариант.

Students usually complete their homework / housework after school.

Cleaning and cooking are forms of homework / housework.

She has a demanding job / work in the city centre.

I have a lot of job / work to do this evening.

Having breakfast is part of my morning routine / schedule.

According to my routine / schedule, the meeting begins at ten.

The country is facing several economic / economical problems.

Modern household appliances are often more economic / economical.

11. Exercise 6. Complete the Text

Вставьте подходящие слова.

balance, chores, deadlines, organise, priorities, productive, routine, responsibilities

Modern life can be extremely busy. People need to combine work or study with household (1) _____ and personal activities. A regular daily (2) _____ can help them use their time effectively.

It is useful to make a list of tasks and set clear (3) _____. Important work should be completed before less urgent activities. People who (4) _____ their time carefully are more likely to meet their (5) _____ and remain (6) _____.

However, a good schedule should also include time for rest. Maintaining a healthy (7) _____ between work and leisure makes it easier to cope with everyday (8) _____.

12. Exercise 7. Translate into English

Переведите предложения.

Все члены семьи должны справедливо распределять до-

машинные обязанности.

Мой брат отвечает за то, чтобы выносить мусор.

Хорошее планирование помогает людям экономить время.

Ученикам следует научиться расставлять приоритеты.

Мы с сестрой по очереди моем посуду.

Важно соблюдать баланс между работой и отдыхом.

Она привыкла готовить всё необходимое заранее.

Не следует откладывать важные дела на потом.

Регулярный распорядок помогает справляться с повседневными обязанностями.

Даже занятые люди должны находить время для отдыха.

13. Speaking Practice

Ответьте на вопросы, используя новую лексику.

What household chores do you usually do?

Should all family members share household responsibilities?

What chores can children and teenagers perform?

How can people organise a busy working or school day?

Why do some people put important tasks off until later?

What helps you maintain a healthy daily routine?

Do modern household appliances save a significant amount of time?

Is it easy to strike a balance between work and rest?

Useful Speaking Phrases

My daily routine usually includes...

I am responsible for...

In my family, we take turns...

One effective way to save time is to...

It is important to plan ahead because...

People should avoid...

On the whole, I believe that...

14. Writing Practice

Напишите абзац объёмом 100—120 слов.

Some people believe that teenagers should help their parents with household chores. What is your opinion?

Используйте не менее пяти слов или выражений из главы.

Useful Writing Phrases

It is sometimes argued that...

There are several reasons why...

To begin with, ...

Moreover, ...

For example, ...

From my point of view, ...

To sum up, ...

Answers

Exercise 1

make

out

time

do

deadlines

chores

to

productivity

preparing

off

Exercise 2

washing-up

rubbish

errands

table

chores

time

priorities

break

routine

ironing

Exercise 3

plan ahead

take turns

busy schedule

fair share

get enough sleep

pressed for time

stick to

waste time

Exercise 4

organisation

responsible

convenient

effectively

productivity

regularly

energetic

irresponsible

Exercise 5

homework

housework

job

work

routine
schedule
economic
economical

Exercise 6

chores
routine
priorities
organise
deadlines
productive
balance
responsibilities

Exercise 7. Возможные варианты ответа

All family members should share household responsibilities fairly.

My brother is responsible for taking out the rubbish.

Good planning helps people save time.

Students should learn how to set priorities.

My sister and I take turns doing the washing-up.

It is important to strike a balance between work and rest.

She has got into the habit of preparing everything in advance.

People should not put important tasks off until later.

A regular routine helps people cope with everyday

responsibilities.

Even busy people should make time for rest.

Writing Practice. Возможный вариант ответа

It is sometimes argued that teenagers should help their parents with household chores. I completely agree with this opinion. To begin with, sharing chores teaches young people to take responsibility for their surroundings. Teenagers can make their beds, tidy their rooms, do the washing-up or take out the rubbish. Moreover, household duties help them develop practical skills that will be useful in adult life. Parents often have busy schedules, so it is unfair to expect them to do all the housework. In my opinion, every family member should do their fair share. However, parents should distribute the tasks reasonably so that teenagers can strike a healthy balance between their studies, household responsibilities and rest.

Глава 5. Hobbies and Free Time

Увлечения и свободное время

В этой главе вы изучите лексику для описания увлечений, творческих занятий, активного и пассивного отдыха. Слова и выражения помогут рассказывать о своих интересах, обсуждать пользу хобби и выполнять задания ЕГЭ.

1. Key Vocabulary

Free Time

free time — свободное время

Many teenagers prefer to spend their free time with friends.

leisure — досуг, свободное время

Reading is a popular leisure activity.

leisure centre — досуговый или спортивный центр

The local leisure centre offers activities for people of all ages.

pastime — способ проведения свободного времени

Gardening is a relaxing pastime.

recreation — отдых, восстановление сил

The park provides opportunities for recreation and outdoor activities.

entertainment — развлечение

The city offers a wide range of entertainment.

spare time — свободное время

She enjoys taking photographs in her spare time.

day off — выходной день

On my day off, I usually meet my friends or stay at home.

active lifestyle — активный образ жизни

Outdoor hobbies encourage people to maintain an active lifestyle.

sedentary lifestyle — малоподвижный образ жизни

Spending too much time in front of a screen can lead to a sedentary lifestyle.

Types of Hobbies

arts and crafts — декоративно-прикладное творчество

Arts and crafts can help people develop their creativity.

board game — настольная игра

Playing board games is an enjoyable way to spend time with friends.

collecting — коллекционирование

Collecting coins has been his hobby since childhood.

creative writing — литературное творчество

Creative writing allows people to express their thoughts and feelings.

gardening — садоводство

Gardening can be both relaxing and physically demanding.

handicraft — рукоделие

Knitting is a traditional form of handicraft.

photography — фотография

Photography teaches people to notice details.

reading for pleasure — чтение для удовольствия

Reading for pleasure can broaden a person's horizons.

voluntary work — волонтёрская деятельность

Some teenagers spend their free time doing voluntary work.

outdoor activity — занятие на открытом воздухе
Cycling is a popular outdoor activity.

performing arts — исполнительские виды искусства
The performing arts include music, dance and drama.

Taking Up a Hobby

develop an interest in something — заинтересоваться чем-либо

She developed an interest in photography at school.

Конец ознакомительного фрагмента.

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