

МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
СХІДНОУКРАЇНСЬКИЙ НАЦІОНАЛЬНИЙ УНІВЕРСИТЕТ  
ІМЕНІ ВОЛОДИМИРА ДАЛЯ

МЕТОДИЧНІ ВКАЗІВКИ  
до практичних та самостійних занять з дисципліни  
«ІНОЗЕМНА МОВА (АНГЛІЙСЬКА)»  
(для здобувачів вищої освіти напрямку підготовки 061 «Журналістика»)

ЗАТВЕРДЖЕНО  
на засіданні кафедри «Іноземної філології  
та перекладу».

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Методичні вказівки до практичних та самостійних занять з дисципліни «Іноземна мова (англійська)» (для здобувачів вищої освіти напряму підготовки 061 «Журналістика»). /Уклад.: Н.С. Сідаш. – Київ: вид-во СНУ ім. В. Даля, 2023. – 65 с.

Методичні вказівки для практичних та самостійних занять з дисципліни «Іноземна мова (англійська)» (для здобувачів вищої освіти напряму підготовки 061 «Журналістика») включають в себе семестрові контрольні роботи з програмного матеріалу, який вивчається у семестрі. Контрольні роботи містять адаптовані тексти зі спеціальності, граматичні та лексичні завдання.

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Варіант контрольної роботи слід вибирати відповідно до таблиці 1. Наприклад, якщо остання цифра вашої залікової книжки «7», то знак «X» вказує на те, що потрібно вибрати варіант «3».

Таблиця 1 – Варіанти контрольної роботи

Остання цифра номера залікової книжки	Варіант			
	1	2	3	4
1	X			
2		X		
3			X	
4				X
5				
6				X
7			X	
8		X		
9	X			
0				

## Test Paper 1

### Variant 1

Social media is awash with information and graphics about the ongoing events in Israel and Gaza. There are concerns about how much of the content posted online is fake. The European Union has just opened an investigation into the social media site X, formerly known as Twitter. The EU says there is an alarming volume of posts containing false information on X. EU officials have expressed concern that X was, "being used to disseminate illegal content and disinformation". X has until the end of next week to answer a series of EU questions about this content. Failure to satisfactorily address these issues could lead the EU to impose a fine on X of up to five per cent of the company's daily global turnover.

The EU probe into X comes under the bloc's Digital Services Act. This was established to monitor how large tech companies deal with the hate speech posted on their platforms, and how they police the Internet. An EU spokesperson advised X to introduce, "proportionate and effective mitigation measures" to identify and delete disinformation. He added: "We have, from qualified sources, reports about potentially illegal content circulating on X, despite flags from relevant authorities." Hundreds of bogus accounts have been flooding the Internet with harmful and inflammatory content. The CEO of X said the site had removed hundreds of these accounts. A social media expert lamented this was, "a drop in the ocean".

1. ONLINE DISINFORMATION: Students walk around the class and talk to other students about online disinformation. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

social media / information / graphics / online / fake / investigation / illegal / fine /  
the EU / tech companies / Internet / mitigation / hate speech / bogus accounts

Have a chat about the topics you liked. Change topics and partners frequently.

3. FINES: Students A strongly believe social media sites should face heavy fines if disinformation is posted on their platforms; Students B strongly believe the opposite.

Change partners again and talk about your conversations.

4. ONLINE DANGERS: How dangerous are these things? How can we deal with them? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Dangerous	How To Deal with It
Disinformation		
Hate Speech		
Cyberbullying		
Phishing		
Online grooming		
Viruses		

5. FAKE: Spend one minute writing down all of the different words you associate with the word "fake". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. SOCIAL MEDIA: Rank these with your partner. Put the best sites at the top. Change partners often and share your rankings.

Facebook  
Pinterest  
YouTube  
Instagram  
TikTok  
SnapChat  
LinkedIn

Vocabulary

Paragraph 1

1. awash

- a. A number of events, objects, or people of a similar or related kind coming one after another.



1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

Social media is full of disinformation over Israel and Gaza. T / F

The EU has just opened an investigation into events in Gaza. T / F

The EU gave X a month to answer a series of questions. T / F

The EU could fine X 5% of its annual global turnover. T / F

The Digital Services Act in the EU looks into hate speech online. T / F

The EU wants X to introduce mitigation measures. T / F

The article says a million fake accounts are uploading disinformation. T / F

A social media expert called removing sites a drop in the bucket. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1. awash
2. ongoing
3. investigation
4. alarming
5. turnover
6. bloc
7. police
8. circulating
9. inflammatory
10. lamented
- a. complained about
- b. frightening
- c. continuing
- d. revenue
- e. provocative
- f. regulate
- g. flooded
- h. union
- i. spreading
- j. inquiry

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. Social media is awash



2. much of the content posted online
3. an alarming volume
4. being used to disseminate
5. five per cent of the company's daily
6. how large tech companies
7. potentially illegal content circulating
8. Hundreds of bogus
9. flooding
10. a drop
  - a. accounts
  - b. illegal content
  - c. global turnover
  - d. the Internet
  - e. is fake
  - f. in the ocean
  - g. with information
  - h. on X
  - i. deal with the hate speech
  - j. of posts

### Gap fill

Put these words into the spaces in the paragraph below.

*Investigation concern turnover awash satisfactorily alarming concerns series*

\_\_\_\_\_ (1) graphics about the ongoing events in Israel and Gaza. There are (2) \_\_\_\_\_ about how much of the content posted online is fake. The European Union has just opened an (3) \_\_\_\_\_ into the social media site X, formerly known as Twitter. The EU says there is an (4) \_\_\_\_\_ volume of posts containing false information on X. EU officials have expressed (5) \_\_\_\_\_ that X was, "being used to disseminate illegal content and disinformation". X has until the end of next week to answer a (6) \_\_\_\_\_ of EU questions about this content. Failure to (7) \_\_\_\_\_ address these issues could lead the EU to impose a fine on X of up to five per cent of the company's daily global (8) \_\_\_\_\_.

Put these words into the spaces in the paragraph below.

*Proportionate circulating deal drop inflammatory bloc's sources flooding*

The EU probe into X comes under the (9) \_\_\_\_\_ Digital Services Act. This was established to monitor how large tech companies (10) \_\_\_\_\_ with the hate speech posted on their platforms, and how they police the Internet. An EU spokesperson advised X to introduce, "(11) \_\_\_\_\_ and effective mitigation measures" to identify and delete disinformation. He added: "We have, from qualified (12) \_\_\_\_\_, reports about potentially illegal content (13) \_\_\_\_\_ on X, despite flags from relevant authorities." Hundreds of bogus accounts have been (14) \_\_\_\_\_ the Internet with harmful and (15) \_\_\_\_\_ content. The CEO of X said the site had removed hundreds of these accounts. A social media expert lamented this was, "a (16) \_\_\_\_\_ in the ocean".

Comprehension questions

What does the article say social media is awash with?

What has the EU just opened?

What did the EU say there was an "alarming volume" of?

By when must X answer the questions asked by the EU?

How much of X's daily global turnover could the EU fine X?

What legislation has the EU used to start a probe into X?

Who does the article say needs to police hate speech?

Who has raised flags regarding illegal content circulating on X?

What have hundreds of bogus accounts been doing on the Internet?

What did a social media expert call the removal of bogus accounts?

## Test Paper 1

### Variant 2

The UK government has issued a report on its rail network that contains mistakes and questionable promises. The 36-page prospectus is titled "Network North". It was issued in the wake of Prime Minister Rishi Sunak scrapping the major HS2 infrastructure project – a high-speed rail link connecting the northern city of Manchester to the south. The front cover of the publication seems to have relocated Manchester 70 km north-west. Network North also committed to upgrading a road called the A259. However, this road is on the south coast of England. Among other bloopers, the report vowed to extend a tram network to Manchester airport. The airport link actually opened in 2014.

Government critics were dumbfounded and dismayed at the scrapping of the HS2 rail link. The line was announced with great fanfare by the Conservative government in 2012. HS2 was a major component in efforts to "level up" the north. Abandoning the link is seen as Mr Sunak's latest U-turn on a policy initiative. Just a year ago, he was committed to the project. Many people say it shows the government's disregard for the north of England. They lament railway lines in the north being "Victorian" – over a century old. The High Speed Rail Group said: "Every other major European country has managed to build a high-speed rail network, recognizing it's a vital part of a modern society and economy."

1. GEOGRAPHY: Students walk around the class and talk to other students about geography. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

report / rail network / mistakes / promises / infrastructure / publication / airport / critics / fanfare / government / level up / U-turn / policy / vital / society / economy

Have a chat about the topics you liked. Change topics and partners frequently.

3. RAIL: Students A strongly believe rail is the best form of transport; Students B strongly believe it isn't. Change partners again and talk about your conversations.

4. TRAIN TRAVEL: What are the good and bad things about travelling by train? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good	Bad
Price		
Seats		
Speed		
Comfort		
Stations		
Staff		

5. MISTAKES: Spend one minute writing down all of the different words you associate with the word "mistakes". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. TRANSPORT: Rank these with your partner. Put the best forms of transport at the top. Change partners often and share your rankings.

- Rail
- Airplane
- Ferry
- Subway
- Tram
- Bus
- Bicycle
- E-scooter

Vocabulary

Paragraph 1

- 1.questionable
  - a. A printed booklet giving details of something new for interested people.

- |                  |   |
|------------------|---|
| 2.prospectus     | b. The basic physical structures and facilities (e.g. buildings, roads, power supplies) of a company or business. |
| 3.in the wake of | c. Doubtful as regards truth or validity.   |
| 4.infrastructure | d. Promised or bound to a certain course or policy.   |
| 5.publication    | e. A book or journal issued for the public.   |
| 6.committed      | f. Raising (something) to a higher standard by adding or replacing components.                                    |
| 7.upgrading      | g. Following.   |

#### Paragraph 2

- |                |   |
|----------------|---|
| 8. critic      | h. Absolutely necessary; essential.                                   |
| 9. dumbfounded | i. Great media attention.   |
| 10.dismayed    | j. A part or element of a larger whole.                               |
| 11.fanfare     | k. A person who expresses an unfavourable opinion of something.       |
| 12.component   | l. Greatly astonished or amazed.                                      |
| 13.initiative  | m. An act or strategy to resolve a difficulty or improve a situation. |
| 14.vital       | n. Caused (someone) to feel concern and distress.                     |

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

A transport report from the UK government contains 36 mistakes. T / F

The UK's prime minister woke up to a project called HS2. T / F

The report wants to extend the city of Manchester by 70 km. T / F

The government promised a tram network that has already been built. T / F

The government announced HS2 at a funfair in 2012. T / F

The rail link HS2 was meant to level up the north of England. T / F

Many railway lines in the north of England are a hundred years old. T / F

All other major European countries have a high-speed rail network. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1. issued
2. in the wake of
3. connecting
4. upgrading
5. vowed
6. dumbfounded
7. fanfare
8. component
9. lament
10. vital
- a. improving
- b. part
- c. promised
- d. bemoan
- e. following
- f. essential
- g. published
- h. astonished
- i. publicity
- j. linking

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. The 36-page
2. the major HS2 infrastructure
3. this road is on the
4. the report vowed to extend
5. The airport link actually
6. Government critics were dumbfounded
7. announced with great

8. Mr Sunak's latest U-turn
9. over a
10. a vital part of a
  - a. and dismayed
  - b. a tram network
  - c. opened in 2014
  - d. modern society
  - e. south coast
  - f. on a policy initiative
  - g. century old
  - h. prospectus
  - i. project
  - j. fanfare

### Gap fill

Put these words into the spaces in the paragraph below.

*Bloopers wake relocated issued extend questionable upgrading connecting*

The UK government has (1) \_\_\_\_\_ a report on its rail network that contains mistakes and (2) \_\_\_\_\_ promises. The 36-page prospectus is titled "Network North". It was issued in the (3) \_\_\_\_\_ of Prime Minister Rishi Sunak scrapping the major HS2 infrastructure project – a high-speed rail link (4) \_\_\_\_\_ the northern city of Manchester to the south. The front cover of the publication seems to have (5) \_\_\_\_\_ Manchester 70 km north-west. Network North also committed to (6) \_\_\_\_\_ a road called the A259. However, this road is on the south coast of England. Among other (7) \_\_\_\_\_, the report vowed to (8) \_\_\_\_\_ a tram network to Manchester airport. The airport link actually opened in 2014.

Put these words into the spaces in the paragraph below.

*Vital committed fanfare century component major dismayed disregard*

Government critics were dumbfounded and (9) \_\_\_\_\_ at the scrapping of the HS2 rail link. The line was announced with great (10) \_\_\_\_\_ by the Conservative government in 2012. HS2 was a major

(11) \_\_\_\_\_ in efforts to "level up" the north. Abandoning the link is seen as Mr Sunak's latest U-turn on a policy initiative. Just a year ago, he was (12) \_\_\_\_\_ to the project. Many people say it shows the government's (13) \_\_\_\_\_ for the north of England. They lament railway lines in the north being "Victorian" – over a (14) \_\_\_\_\_ old. The High Speed Rail Group said: "Every other (15) \_\_\_\_\_ European country has managed to build a high-speed rail network, recognizing it's a (16) \_\_\_\_\_ part of a modern society and economy."

### Comprehension questions

What does a UK government report contain besides mistakes?

How long is the report?

What was the name of the rail project?

Where is the road the A259?

What opened in 2014?

How did government critics feel about the scrapping of a project?

When was the rail project first announced?

What is the abandoning of the project by Mr Sunak seen as?

How many years old are many railway lines in the north of England?

What did a group say a high-speed railway was a vital part of?

## Test Paper 1

### Variant 3

Palm oil is used in many things we eat and use every day. It is in food, in beauty products, and in biofuel. However, producing palm oil leads to environmental damage because of deforestation. A team of researchers in Scotland believe they have found an



alternative to palm oil. Scientists from Queen Margaret University in Edinburgh have created a wholly plant-based oil that is better for the environment and for our health. The university's new PALM-ALT product is 70 per cent better for the environment. This is because it is more sustainable and leads to less biodiversity loss. It is also healthier than palm oil, with 80 per cent less saturated fat and 30 per cent fewer calories. The researchers believe their work could change how things are made. Around half of all the food and cosmetics we currently buy contain palm oil. The use of palm oil is growing, so more trees have to be cut down in tropical countries. PALM-ALT is made from a by-product from the linseed flower and rapeseed oil. Researcher Catriona Liddle spoke to the BBC about PALM-ALT. She called it the "holy grail" to replace palm oil. She found it does the same things palm oil does. She said: "We've put it through some special sensory testing to see if a panel can tell the difference between our product and traditional palm [oil], and they can't." She is now hoping businesses will start using it instead of regular palm oil.

1. PALM OIL: Students walk around the class and talk to other students about palm oil. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

palm oil / beauty products / environmental damage / plant based / biodiversity / fat /  
how things are made / tropical countries / holy grail / testing / traditional /

businesses

Have a chat about the topics you liked. Change topics and partners frequently.

3. DEFORESTATION: Students A strongly believe we should end deforestation immediately; Students B strongly believe that's impossible. Change partners again and talk about your conversations.

4. COSMETICS: Why do we need these cosmetics? How good are they? Complete this table with your partner(s). Change partners often and share what you wrote.

	Why We Need Them	How Good They Are
--	------------------	-------------------

Lip stick		
Mascara		
Foundation		
Eye liner		
Blusher		
False eye lashes		

5. BIODIVERSITY: Spend one minute writing down all of the different words you associate with the word "biodiversity". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. COOKING OILS: Rank these with your partner. Put the best oils at the top. Change partners often and share your rankings.

Coconut oil  
Palm oil  
Peanut oil  
Sunflower oil  
Olive oil  
Corn oil  
Sesame oil  
Pork fat

## Vocabulary

### Paragraph 1

- |                 |  |
|-----------------|--|
| 1.beauty        | a. Keeping a balance in nature by not using up too many natural resources. |
| 2.products      | b. Things that are made to sell to people.                                 |
| 3.damage        | c. The action of cutting down a lot of trees in an area.                   |
| 4.deforestation | d. A combination of things like shape, colour, etc. that                   |

sound, feel or taste look really good.

- 5.alternative e. The variety of plant and animal life in the world or in an area.
- 6.sustainable f. Physical harm.
- 7.biodiversity g. Of one or more things available as another possibility or choice.

## Paragraph 2

8. cosmetics h. About the five senses (sight, sound, taste, touch and smell).
9. tropical i. A thing people have been looking for and wanted for a long, long time.
- 10.holy grail j. As a substitute or alternative to.
- 11.sensory k. Things people put on their face to look nicer (e.g. lipstick, mascara, foundation, etc.).
- 12.traditional l. About the hot countries north and south of the equator.
- 13.instead of m. Usual.
- 14.regular n. Usually done, used or found.

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

Palm oil is used in cosmetics and biofuel. T / F

Palm oil production has caused a lot of deforestation in Scotland. T / F

The PALM-ALT product is 80% better for the environment than palm oil. T / F

PALM-ALT contains 30% fewer calories than palm oil. T / F

The use of palm oil in food and cosmetics is actually decreasing. T / F

The article says farmers in tropical countries are not cutting down trees. T / F

A researcher said that PALM-ALT and palm oil do totally different things. T / F

Businesses can tell the difference between PALM-ALT and palm oil. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1. producing
2. leads to
3. alternative
4. health
5. environment
6. believe
7. contain
8. cut down
9. testing
10. regular
- a. chopped down
- b. well being
- c. usual
- d. include
- e. causes
- f. trials
- g. the natural world
- h. making
- i. think
- j. substitute

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. palm oil leads to environmental
2. a wholly plant-
3. This is because it is more
4. 80 per cent less
5. 30 per cent fewer
6. their work could change how
7. half of all the food and cosmetics we
8. more trees have to be cut down
9. She found it does the same
10. businesses will start using it instead
- a. of regular palm oil

- b. calories
- c. things are made
- d. based oil
- e. sustainable
- f. things palm oil does
- g. in tropical countries
- h. saturated fat
- i. currently buy
- j. damage

Put these words into the spaces in the paragraph below.

*Sustainable damage wholly fat beauty calories health found*

Palm oil is used in many things we eat and use every day. It is in food, in (1) \_\_\_\_\_ products, and in biofuel. However, producing palm oil leads to environmental (2) \_\_\_\_\_ because of deforestation. A team of researchers in Scotland believe they have (3) \_\_\_\_\_ an alternative to palm oil. Scientists from Queen Margaret University in Edinburgh have created a (4) \_\_\_\_\_ plant-based oil that is better for the environment and for our (5) \_\_\_\_\_. The university's new PALM-ALT product is 70 per cent better for the environment. This is because it is more (6) \_\_\_\_\_ and leads to less biodiversity loss. It is also healthier than palm oil, with 80 per cent less saturated (7) \_\_\_\_\_ and 30 per cent fewer (8) \_\_\_\_\_.

Put these words into the spaces in the paragraph below.

*Spoke growing testing cosmetics instead replace traditional tropical*

The researchers believe their work could change how things are made. Around half of all the food and (9) \_\_\_\_\_ we currently buy contain palm oil. The use of palm oil is (10) \_\_\_\_\_, so more trees have to be cut down in (11) \_\_\_\_\_ countries. PALM-ALT is made from a by-product from the linseed flower and rapeseed oil. Researcher Catriona Liddle (12) \_\_\_\_\_ to the BBC about PALM-ALT. She called it the "holy grail" to (13) \_\_\_\_\_ palm oil. She found it does the same things palm oil

does. She said: "We've put it through some special sensory (14) \_\_\_\_\_ to see if a panel can tell the difference between our product and (15) \_\_\_\_\_ palm [oil], and they can't." She is now hoping businesses will start using it (16) \_\_\_\_\_ of regular palm oil.

### Comprehension questions

What does the article say palm oil is in besides food and beauty products?

What environmental damage does the article say palm oil causes?

What is the new palm oil alternative based on?

How much better for the environment is PALM-ALT?

What does PALM-ALT have 30% fewer of?

What proportion of the food we buy contains palm oil?

Where are palm trees being cut down?

What did a researcher call the discovery of PALM-ALT?

Who could not tell the difference between PALM-ALT and palm oil?

Who does the researcher hope will start using PALM-ALT?

## **Test Paper 1**

### **Variant 4**

The key for older people to sleep well at night could be how hot or cold their room is. Researchers say the best way to get a good night's sleep is to make sure the bedroom is between 20-25° Celsius. The researchers are from Harvard University and the Hinda and Arthur Marcus Institute for Aging Research in the USA. They asked 50 people aged 65 and older to wear a sleep monitor for a year and a half. The researchers found that the quality of sleep worsened when the room temperature was outside the 20-25-degree range. They also observed that 20°C was the best temperature. The lead

researcher said: "Sleep tends to come easier and is often deeper and more restful in a cooler environment."

The research is full of surprising information. It reported that temperature could affect sleep as much as experiencing pain or drinking alcohol before bedtime. The researchers found a 5-10 per cent drop in sleep quality when the temperature was lower than 20°C or higher than 25°C. They said poor sleep can lead to health issues. These include an inability to think clearly, mood swings, and higher levels of stress. Other problems include an increased chance of getting diabetes and cardiovascular diseases. The researchers said people should create, "a more comfortable home environment" to sleep well. They also highlighted, "the potential impact of climate change on sleep quality in older adults".

1. SLEEPING: Students walk around the class and talk to other students about sleeping. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

key / sleep / hot / cold / researchers / monitor / quality / temperature / range / cooler information / pain / alcohol / bedtime / mood swings / stress / climate change / sleep

Have a chat about the topics you liked. Change topics and partners frequently.

3. SLEEP LESSONS: Students A strongly believe we should all take lessons on how to sleep better; Students B strongly believe that's not necessary. Change partners again and talk about your conversations.

4. TEMPERATURE: How important is temperature for these things? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	Importance	Why?
Sleeping		
Studying		
At the beach		

Swimming pool		
Tea		
Winter		

5. HOT: Spend one minute writing down all of the different words you associate with the word "hot". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. A GOOD NIGHT'S SLEEP: Rank these with your partner. Put the best things for a good night's sleep at the top. Change partners often and share your rankings.

Temperature  
Pyjamas  
Music  
Darkness  
Exercise  
Reading  
Milk  
Counting sheep

## Vocabulary

### Paragraph 1

- |             |   |
|-------------|---|
| 1.key       | a. Be likely to have or show a feeling or action.   |
| 2.way       | b. An organization having a particular purpose, especially one that is involved with science, education, or a profession. |
| 3.institute | c. A device used for observing, checking, or keeping a record of something.   |
| 4.aging     | d. A thing that gives a way of doing or understanding something.  |
| 5.monitor   | e. The area of differences between an upper and lower limit.  |



- 6.range f. A method, style, or manner of doing something.
- 7.tend to g. The process of change in someone as they get older.

### Paragraph 2

8. affect h. The state of being unable to do something.
9. drop i. An action of dropping.
- 10.lead to j. The action of one thing changing another thing.
- 11.inability k. Have an effect on; make a difference to.
- 12.mood swings l. A sudden change of your level of happiness, sadness, anger, etc.
- 13.potential m. End in a particular event or action.
- 14.impact n. Possible; likely

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

People need a key to get a better night's sleep. T / F

People wore sleep monitors for 18 months. T / F

Researchers say 25°C is the best temperature to sleep well. T / F

Researchers say a warmer environment is best for a good night's sleep. T / F

Researchers say drinking alcohol before bedtime helps you sleep. T / F

Poor sleep can make it difficult for us to think clearly. T / F

Poor sleep can lead to heart disease. T / F

Researchers say climate change will not affect how well we sleep. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1. key

2. best
3. make sure
4. observed
5. lead
6. affect
7. issues
8. chance
9. create
10. potential
- a. head
- b. problems
- c. optimum
- d. risk
- e. answer
- f. possible
- g. noticed
- h. make
- i. influence
- j. ensure

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. The key for older people to sleep
2. how hot or cold
3. the best way to get a good
4. They asked 50 people aged
5. room temperature was outside the
6. drinking alcohol
7. an inability
8. an increased chance of
9. cardiovascular
10. the potential impact
- a. 20-25-degree range
- b. 65 and older
- c. getting diabetes
- d. their room is
- e. diseases
- f. night's sleep
- g. of climate change
- h. to think clearly
- i. well at night
- j. before bedtime

Gap fill

Put these words into the spaces in the paragraph below.

*Monitor restful way quality tends key sure range*

The (1) \_\_\_\_\_ for older people to sleep well at night could be how hot or cold their room is. Researchers say the best (2) \_\_\_\_\_ to get a good night's sleep is to make (3) \_\_\_\_\_ the bedroom is between 20-25° Celsius. The researchers are from Harvard University and the Hinda and Arthur Marcus Institute for Aging Research in the USA. They asked 50 people aged 65 and older to wear a sleep (4) \_\_\_\_\_ for a year and a half. The researchers found that the (5) \_\_\_\_\_ of sleep worsened when the room temperature was outside the 20-25-degree (6) \_\_\_\_\_. They also observed that 20°C was the best temperature. The lead researcher said: "Sleep (7) \_\_\_\_\_ to come easier and is often deeper and more (8) \_\_\_\_\_ in a cooler environment."

Put these words into the spaces in the paragraph below.

*Create quality chance clearly impact surprising lead drinking*

The research is full of (9) \_\_\_\_\_ information. It reported that temperature could affect sleep as much as experiencing pain or (10) \_\_\_\_\_ alcohol before bedtime. The researchers found a 5-10 per cent drop in sleep (11) \_\_\_\_\_ when the temperature was lower than 20°C or higher than 25°C. They said poor sleep can (12) \_\_\_\_\_ to health issues. These include an inability to think (13) \_\_\_\_\_, mood swings, and higher levels of stress. Other problems include an increased (14) \_\_\_\_\_ of getting diabetes and cardiovascular diseases. The researchers said people should (15) \_\_\_\_\_, "a more comfortable home environment" to sleep well. They also highlighted, "the potential (16) \_\_\_\_\_ of climate change on sleep quality in older adults".

Comprehension questions

Who might sleep better in a room with the right temperature?

What is the best temperature range in which to sleep?

How many people took part in the research?

For how long did the people wear a sleep monitor?

What is the best temperature for a good night's sleep?

What does the article say the research is full of?

What does the article say poor sleep can lead to?

What might poor sleep lead to higher levels of?

What kind of diseases might we get if we do not sleep well?

What environmental factor could possibly affect sleep quality?

## **Test Paper 1**

### **Variant 5**

1. WALKING: Students walk around the class and talk to other students about walking. Change partners often and share your findings.
2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?  
monitor / steps / healthy / live longer / magical number / scientists / diabetes / walk study / exercise / average / age / heart problems / premature death / daily routine  
Have a chat about the topics you liked. Change topics and partners frequently.
3. WALKING METRE: Students A strongly believe we should all have a walking metre so we know how much we walk; Students B strongly believe the opposite. Change partners again and talk about your conversations.
4. WALKING: How can we walk more in these situations? Would you do this? Complete this table with your partner(s). Change partners often and share what you wrote.

	Walking More	Would You Do It?
Taking a bus		
At work		
At home		
Shopping		
In a building		
In a park		

5. STEP: Spend one minute writing down all of the different words you associate with the word "step". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. LONGER LIFE: Rank these with your partner. Put the best ways to live longer at the top. Change partners often and share your rankings.

Walking  
 Sleep  
 Medicine  
 Good food  
 Laughter  
 Exercise  
 No stress  
 Having money

## Vocabulary

### Paragraph 1

- |           |  |
|-----------|--|
| 1.monitor | a. Examined something carefully and in detail.                                   |
| 2.due to  | b. Potentially deadly  |
| 3.suggest | c. Look at and check the progress or quality of something over a period of time. |

- |                    |  |
|--------------------|--|
| 4.well             | d. Because of  |
| 5.analyzed         | e. Easily  |
| 6.diabetes         | f. A disease in which the body produces too much glucose in the blood. |
| 7.life-threatening | g. Cause one to think that something exists or is the case.            |

### Paragraph 2

- |               |   |
|---------------|---|
| 8. published  | h. Extra  |
| 9. data       | i. Accurate or correct in all details.                                |
| 10.average    | j. A judgement or decision reached by thinking.                       |
| 11.conclusion | k. Of a book, journal, piece of music, etc. that is sold.             |
| 12.exact      | l. Happening or done before the usual or proper time; too early.      |
| 13.additional | m. Facts and statistics collected together for reference or analysis. |
| 14.premature  | n. A number showing the normal or usual thing.                        |

### Before reading / listening

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

A researcher said 10,000 was a magical number. T / F

Researchers looked at 17 studies on people's exercise and health. T / F

Walking 4,000 steps a day can increase the risk of getting diabetes. T / F

Walking 4,000 steps is a distance of eight kilometres. T / F

The research has been published in a journal. T / F

The people who were part of the research had an average age over 60. T / F

A researcher said people shouldn't walk more than 4,000 steps a day. T / F

An extra 1,000 steps lowers the risk of dying early by about 15%. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1. monitor
2. due to
3. enough
4. reduced
5. conditions
6. minimum
7. exact
8. additional
9. roughly
10. daily
- a. cut
- b. about
- c. everyday
- d. because of
- e. extra
- f. check
- g. lowest level
- h. sufficient
- i. illnesses
- j. precise

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. people around the world monitor how many
2. live well
3. reduced the risk of dying
4. cardiovascular diseases and other
5. 4,000 steps is roughly a
6. They had an average
7. Some people were in
8. you must walk that exact
9. a roughly 15 per cent lower risk of
10. add at least one walk to
- a. life-threatening conditions
- b. step count
- c. 30- to 45-minute walk
- d. good health

- e. their daily routine
- f. steps they walk
- g. age of 64
- h. into old age
- i. from diabetes
- j. premature death

Gap fill

Put these words into the spaces in the paragraph below.

*Due far magic roughly monitor dying enough age*

Many people around the world (1) \_\_\_\_\_ how many steps they walk every day. This is (2) \_\_\_\_\_ to studies that suggest 10,000 steps a day is (3) \_\_\_\_\_ to help us stay healthy and live longer. A new study says just 4,000 steps a day could be the (4) \_\_\_\_\_ number for us to live well into old (5) \_\_\_\_\_. Researchers from the Johns Hopkins University of Medicine analyzed 17 studies that looked at how (6) \_\_\_\_\_ people walked during the week. The scientists concluded that 4,000 steps per day reduced the risk of (7) \_\_\_\_\_ from diabetes, cardiovascular diseases and other life-threatening conditions. Study author Dr Seth Shay Martin said 4,000 steps is (8) \_\_\_\_\_ a 30- to 45-minute walk, or about three to four kilometres.

Put these words into the spaces in the paragraph below.

*Amount data exact daily suffered published risk average*

The study is (9) \_\_\_\_\_ in the European Journal of Preventive Cardiology. The research looked at health and exercise (10) \_\_\_\_\_ from more than 225,000 adults worldwide over seven years. They had an (11) \_\_\_\_\_ age of 64. Some people were in good health, while others (12) \_\_\_\_\_ from heart problems. Dr Martin said his conclusion that 4,000 steps were beneficial was a minimum (13) \_\_\_\_\_. He said: "I wouldn't want people to look at that as a magical number, that you must walk that (14) \_\_\_\_\_ step count. More is better." He added that walking an



additional 1,000 steps per day is associated with a roughly 15 per cent lower (15) \_\_\_\_\_ of premature death. He said people should add at least one walk to their (16) \_\_\_\_\_ routine.

### Comprehension questions

Who monitors the number of steps they walk?

What might a magic number allow us to do?

How many studies did the researchers look at?

What diseases might walking 4,000 steps a day reduce the risk of?

How long might it take to walk 4,000 steps?

How many adults were part of the study?

What was the average age of the people in the study?

What did the lead researcher say was better?

By how much might an additional 1,000 steps cut the risk of early death?

What should people add to their daily routine?

## **Test Paper 2**

### **Variant 1**

While many of us are aware of the environmental damage done by plastic, fewer people know about the threat from the ubiquity of microplastics. Scientists first found them in our bodies more than a decade ago. Worryingly, researchers have now found them in the human heart. Scientists at the Beijing Anzhen Hospital in China collected cardiac tissue samples from 15 patients undergoing heart surgery. After analyzing the samples, they discovered tiny pieces of plastic, from a multitude of sources. They included a plastic commonly used as a shatter-proof alternative to glass, a polythene

widely used in clothing and food containers, and a polyvinyl chloride used in construction.

The scientists reported finding, "tens to thousands of individual microplastic pieces in most tissue samples". Chemicals from microplastics are released into the body, potentially leading to allergic reactions, cancer, cell death, and chronic inflammation, among other complications. Scientists reckon the average person consumes around five grams of microplastics a week, or 52,000 particles a year. Microplastics are so prevalent that they make up 39 per cent of dust particles in our homes. Scientists say these tiny shards are near-impossible to remove from the body. They say it is becoming critical to limit the amount of plastic we breathe in, ingest, swallow or absorb..

1. MICROPLASTICS: Students walk around the class and talk to other students about microplastics. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?  
 aware / environmental damage / threat / ubiquity / heart / tissue / plastic / clothing / scientist / allergic reaction / cancer / complication / dust / critical / breathe / swallow

Have a chat about the topics you liked. Change topics and partners frequently.

3. END PLASTIC: Students A strongly believe we should end plastic this decade; Students B strongly believe that's not a good idea. Change partners again and talk about your conversations.

4. ALTERNATIVES: What could we use for these things instead of plastic? How much better would the alternatives be? Complete this table with your partner(s). Change partners often and share what you wrote.

	Alternatives	How much better
Pens		
Shopping bags		

Drink bottles		
Plates		
Containers		
Car dashboards		

5. TISSUE: Spend one minute writing down all of the different words you associate with the word "tissue". Share your words with your partner(s) and talk about them.

Together, put the words into different categories.

6. RECYCLE: Rank these with your partner. Put the most important things to recycle at the top. Change partners often and share your rankings.

plastic bottles  
books  
computers  
furniture  
cars  
clothes  
mobile phones  
cups and plates

## Vocabulary

### Paragraph 1

- |             |  |
|-------------|--|
| 1.threat    | a. Of one or more things available as another possibility or choice. |
| 2.ubiquity  | b. A person or thing likely to cause damage or danger.               |
| 3.cardiac   | c. A large number of people or things.                               |
| 4.tissue    | d. The fact of appearing everywhere or of being very common.         |
| 5.multitude | e. Any of the material of which animals or plants are made.          |

- 6.shatter
- 7.alternative
- Paragraph 2
8. allergic
9. chronic
- 10.inflammation
- 11.complication
- 12.prevalent
- 13.shard
- 14.ingest
- f. Relating to the heart.
- g. Break or cause to break suddenly and violently into pieces.
- h. Caused by or relating to a damaging immune response by the body to a substance.
- i. Take food, drink, or another substance into the body by swallowing or absorbing it.
- j. Of an illness persisting for a long time or constantly recurring.
- k. A piece of broken ceramic, plastic metal, glass, or rock, usually having sharp edges.
- l. A localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to injury or infection
- m. A secondary disease or condition aggravating an already existing one.
- n. Widespread in a particular area or at a particular time.

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

The article says most of us know about the harm microplastics do. T / F

Microplastics were first found in our bodies in the 1970s. T / F

Scientists found microplastics in the hearts of heart surgery patients. T / F

Scientists found plastics from construction materials in a human heart. T / F

There were tens of thousands of microplastics in the heart tissue. T / F

Microplastics can cause allergic reactions. T / F

An average person gets 52,000 bits of microplastic a year in their body. T / F

It is relatively easy to remove microplastics from our bodies. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1. aware
2. ubiquity
3. cardiac
4. alternative
5. construction
6. individual
7. complications
8. consumes
9. prevalent
10. critical
- a. eats or drinks
- b. heart
- c. building
- d. problems
- e. omnipresence
- f. commonplace
- g. substitute
- h. vital
- i. single
- j. conscious

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. the environmental damage
2. the threat from the ubiquity
3. cardiac tissue
4. a shatter-proof alternative
5. polyvinyl chloride used
6. allergic
7. average person consumes
8. dust
9. these tiny shards are near-

10. the amount of plastic we breathe in,
- impossible to remove
  - samples
  - in construction
  - reactions
  - ingest, swallow or absorb
  - done by plastic
  - particles
  - to glass
  - around five grams
  - of microplastics

### Gap fill

Put these words into the spaces in the paragraph below.

*Threat shatter tissue construction aware widely decade tiny*

While many of us are (1) \_\_\_\_\_ of the environmental damage done by plastic, fewer people know about the (2) \_\_\_\_\_ from the ubiquity of microplastics. Scientists first found them in our bodies more than a (3) \_\_\_\_\_ ago. Worryingly, researchers have now found them in the human heart. Scientists at the Beijing Anzhen Hospital in China collected cardiac (4) \_\_\_\_\_ samples from 15 patients undergoing heart surgery. After analyzing the samples, they discovered (5) \_\_\_\_\_ pieces of plastic, from a multitude of sources. They included a plastic commonly used as a (6) \_\_\_\_\_ -proof alternative to glass, a polythene (7) \_\_\_\_\_ used in clothing and food containers, and a polyvinyl chloride used in (8) \_\_\_\_\_.

Put these words into the spaces in the paragraph below.

*Reckon potentially shards chronic prevalent swallow individual critical*

The scientists reported finding, "tens to thousands of (9) \_\_\_\_\_ microplastic pieces in most tissue samples". Chemicals from microplastics are released into the body, (10) \_\_\_\_\_ leading to allergic reactions, cancer, cell death, and (11) \_\_\_\_\_ inflammation, among other complications.

Scientists (12) \_\_\_\_\_ the average person consumes around five grams of microplastics a week, or 52,000 particles a year. Microplastics are so (13) \_\_\_\_\_ that they make up 39 per cent of dust particles in our homes. Scientists say these tiny (14) \_\_\_\_\_ are near-impossible to remove from the body. They say it is becoming (15) \_\_\_\_\_ to limit the amount of plastic we breathe in, ingest, (16) \_\_\_\_\_ or absorb.

### Comprehension questions

What do fewer of us know about the threat of?

When were microplastics first found in our bodies?

Where was the research conducted?

What kind of operation were 15 patients having?

What was a polyvinyl chloride used in?

How many microplastics were found in the human heart tissue?

What kind of inflammation can chemicals from microplastics cause?

How many bits of microplastic does the average person consume a year?

How much of the dust in our homes are made up of microplastics?

How important does the article say it is to limit ingested microplastics?

## **Test Paper 2**

### **Variant 2**

Evolutionary linguists believe they have made a "significant breakthrough" regarding the origin of Indo-European languages, including English and Sanskrit. The linguists say an ancient predecessor may have been spoken more than 8,100 years ago. The researchers are from the Max Planck Institute for Evolutionary Anthropology in Germany. Their study may resolve a 200-year-old dispute over where the ancestor of

English came from. One school of thought posits English has its roots in the Pontic-Caspian Steppe on the northern shore of the Black Sea 6,000 years ago. A competing theory is that English originated from Anatolia (much of present-day Turkey) 9,000 years ago.

Indo-European languages are spoken by nearly half of the world's population. The most commonly-spoken members of this family are English, Hindi, Urdu, Spanish, Bengali, French, Russian, Portuguese and Punjabi. Each of these have over 100 million native speakers. More than 80 language specialists created a huge databank of core vocabulary from 161 Indo-European languages. The study included 52 ancient and historical languages. Study co-author and Associate-Professor Russell Gray said: "Ancient DNA and [evolutionary language analysis] combine to suggest that the resolution to the 200-year-old Indo-European enigma lies in a hybrid of the [Steppe and Anatolia] hypotheses."

1. **LANGUAGES:** Students walk around the class and talk to other students about Languages. Change partners often and share your findings.

2. **CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

linguist / breakthrough / language / predecessor / dispute / ancestor / roots / theory / population / family / native speakers / specialists / vocabulary / ancient / enigma

Have a chat about the topics you liked. Change topics and partners frequently.

3. **LINGUA FRANCA:** Students A strongly believe the world should have just one language; Students B strongly believe the opposite. Change partners again and talk about your conversations.

4. **STUDYING LANGUAGES:** What's the best way to learn a language? Complete this table with your partner(s). Change partners often and share what you wrote.

	Method	Why It's Useful
Vocabulary		
Speaking		



Reading		
Writing		
Listening		
Spelling		

5. LINGUIST: Spend one minute writing down all of the different words you associate with the word "linguist". Share your words with your partner(s) and talk about them.

Together, put the words into different categories.

6. LANGUAGE: Rank these with your partner. Put the most useful languages at the top. Change partners often and share your rankings.

English  
Chinese  
Arabic  
Spanish  
French  
Japanese  
Hindi  
Bengali

## Vocabulary

### Paragraph 1

- |                 |  |
|-----------------|--|
| 1. evolutionary | a. Put forward as fact or as a basis for argument.   |
| 2. linguist     | b. a sudden, dramatic, and important discovery or development.   |
| 3. breakthrough | c. A thing that has been followed or replaced by another.  |
| 4. ancient      | d. Relating to or denoting the process by which different kinds of things are believed to have developed from earlier forms. |

- 5.predecessor e. Settle or find a solution to a problem or contentious matter.
- 6.resolve f. A person who studies language and its structure.
- 7.posit g. Very, very, very old.

### Paragraph 2

8. native h. One of two or more people to have jointly written a book, article, research paper, etc.
9. databank i. A large folder of computer data on a particular topic.
- 10.core j. Proposed explanations made on the basis of limited evidence as a starting point for further investigation.
- 11.co-author k. Originally belonging to a place.
- 12.enigma l. A person or thing that is mysterious or difficult to understand.
- 13.hybrid m. The part of something that is central to its existence or character.
- 14.hypotheses n. A thing made by combining two different elements.

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

Revolutionary lingerers have made an important discovery. T / F

English belongs to the same family of languages as Sanskrit. T / F

There has been a two-century debate over the origins of English. T / F

One theory is that English originated in what used to be Turkey. T / F

More than half of people in the world speak Indo-European languages. T / F

There are fewer than 100 million native Bengali speakers in the world. T / F

Linguists analyzed vocabulary from 80 ancient languages. T / F

Linguists believe English started only north of the Black Sea. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1. breakthrough
2. resolve
3. posits
4. theory
5. originated
6. specialists
7. core
8. ancient
9. enigma
10. hybrid
- a. experts
- b. postulates
- c. emanated
- d. mix
- e. advance
- f. basic
- g. mystery
- h. settle
- i. very, very old
- j. hypothesis

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. linguists believe they have made a significant
2. an ancient
3. resolve a
4. on the northern shore
5. much of present-
6. The most commonly-
7. these have over 100 million
8. a huge databank of core
9. the 200-year-old Indo-European
10. lies in a
- a. 200-year-old dispute
- b. enigma
- c. day Turkey

- d. native speakers
- e. predecessor
- f. breakthrough
- g. vocabulary
- h. hybrid
- i. of the Black Sea
- j. spoken members

### Gap fill

Put these words into the spaces in the paragraph below.

*Origin shore resolve posits linguists theory ancient dispute*

Evolutionary (1) \_\_\_\_\_ believe they have made a "significant breakthrough" regarding the (2) \_\_\_\_\_ of Indo-European languages, including English and Sanskrit. The linguists say an (3) \_\_\_\_\_ predecessor may have been spoken more than 8,100 years ago. The researchers are from the Max Planck Institute for Evolutionary Anthropology in Germany. Their study may (4) \_\_\_\_\_ a 200-year-old (5) \_\_\_\_\_ over where the ancestor of English came from. One school of thought (6) \_\_\_\_\_ English has its roots in the Pontic-Caspian Steppe on the northern (7) \_\_\_\_\_ of the Black Sea 6,000 years ago. A competing (8) \_\_\_\_\_ is that English originated from Anatolia (much of present-day Turkey) 9,000 years ago.

Put these words into the spaces in the paragraph below.

*Resolution native half hypotheses core enigma historical commonly*

Indo-European languages are spoken by nearly (9) \_\_\_\_\_ of the world's population. The most (10) \_\_\_\_\_ -spoken members of this family are English, Hindi, Urdu, Spanish, Bengali, French, Russian, Portuguese and Punjabi. Each of these have over 100 million (11) \_\_\_\_\_ speakers. More than 80 language specialists created a huge databank of (12) \_\_\_\_\_ vocabulary from 161 Indo-European languages. The study

included 52 ancient and (13) \_\_\_\_\_ languages. Study co-author and Associate-Professor Russell Gray said: "Ancient DNA and [evolutionary language analysis] combine to suggest that the (14) \_\_\_\_\_ to the 200-year-old Indo-European (15) \_\_\_\_\_ lies in a hybrid of the [Steppe and Anatolia] (16) \_\_\_\_\_."

### Comprehension questions

Who does the article say made a breakthrough?

When might an ancient predecessor have been spoken?

How old is the dispute regarding the origins of English?

Where is the Pontic-Caspian Steppe?

Where does the article say Anatolia is?

How many people speak Indo-European languages?

How many people speak Punjabi?

How many ancient and historical languages did linguists look at?

Who is Russell Gray?

What did Mr Gray say the Indo-European enigma lie in?

## **Test Paper 2**

### **Variant 3**

The next online revolution has started. It is gathering pace at breakneck speed. It began on November the 30th when the tech company OpenAI released its ChatGPT chatbot. This is a search box you can have a conversation with. It can provide the answer to pretty much any request you make, in perfect grammar. Should you require a 300-word text about a movie star written in the style of Shakespeare, you will get it. ChatGPT has spread like wildfire across social media. Analysts have dubbed it a game

changer. Hot on the heels of ChatGPT comes Google's Bard chatbot. This was launched on February the 6th. A Google-Microsoft battle for supremacy over the future of online search is now unfolding.

There are countless questions regarding how chatbots will shake up the Internet and our world. Educators are worrying about "the end of homework" as bots can instantly provide convincing essays and answers to a grade-A standard. Workers are concerned the bots are a genuine threat to all manner of jobs. On the day Microsoft added ChatGPT to its Bing search engine, Microsoft CEO Satya Nadella stated: "It's a new day in search." Google allayed people's fears about the emergence and possible threats of chatbots. It said: "AI can deepen our understanding of information and turn it into useful knowledge more efficiently – making it easier for people to get to the heart of what they're looking for and get things done."

1. CHATBOX: Students walk around the class and talk to other students about ChatGPT. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

online / revolution / tech company / search box / conversation / grammar / heels / questions / homework / essays / chatbots / threats / information / knowledge

Have a chat about the topics you liked. Change topics and partners frequently.

3. MORE PROS: Students A strongly believe there are more pros to A.I. than cons; Students B strongly believe the opposite. Change partners again and talk about your conversations.

4. BEING ONLINE: What are the best websites for these? Complete this table with your partner(s). Change partners often and share what you wrote.

	Best Website	Why?
Social media		
Music		

News		
Learning English		
Finding information		
Shopping		

5. REVOLUTION: Spend one minute writing down all of the different words you associate with the word "revolution". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. A.I.: Rank these with your partner. Put the best uses of A.I. at the top. Change partners often and share your rankings.

Companionship  
 Correcting essays  
 Learning languages  
 Advice  
 Car navigation  
 Personalized shopping  
 Facial recognition  
 Health analyses

## Vocabulary

### Paragraph 1

- |                       |   |
|-----------------------|---|
| 1.gathering pace      | a. Of a sequence of events being revealed or disclosed.   |
| 2.breakneck speed     | b. Becoming faster and faster.  |
| 3.dubbed              | c. Following closely.   |
| 4.game changer        | d. Amazingly and extremely fast.  |
| 5.hot on the heels of | e. An event, idea, or procedure that effects a significant shift in the current way of doing or thinking about something. |
| 6.supremacy           | f. Gave an unofficial name or nickname to someone or  |

something.

7.unfolding

g. The state or condition of being superior to all others in authority, power, or status.

## Paragraph 2

8. shake up

h. Make radical changes to the organization or structure of an institution or system.

9. convincing

i. Find or determine the most important or essential facts or meaning.

10.all manner of

j. Capable of causing someone to believe that something is true or real.

11.emergence

k. In a way that achieves maximum productivity with minimum wasted effort or expense.

12.threat

l. Many different kinds of.

13.efficiently

m. The process of coming into being, or of becoming important.

14.get to the heart of

n. A person or thing likely to cause damage or danger.

## Before reading / listening

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

The article says the next Internet revolution is happening very quickly. T / F

The company that created ChatGPT is called AI Open. T / F

The article says the grammar ChatGPT creates is often incorrect. T / F

Analysts say ChatGPT is great for changing games. T / F

Teachers are worried students might get ChatGPT to do their homework. T / F



ChatGPT can generate essays at a grade-A level. T / F

Microsoft said ChatGPT represented a new year for search. T / F

Google said AI means we can get things done more efficiently. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1. revolution
2. pace
3. dubbed
4. supremacy
5. unfolding
6. worrying
7. convincing
8. emergence
9. deepen
10. efficiently
- a. persuasive
- b. control
- c. arrival
- d. speed
- e. fretting
- f. boost
- g. sea change
- h. productively
- i. developing
- j. nicknamed

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. It is gathering pace
2. It can provide the answer to
3. ChatGPT has spread like
4. Hot on the heels
5. A Google-Microsoft battle for
6. how chatbots will shake
7. bots can instantly provide convincing
8. bots are a genuine threat to all
9. Google allayed
10. get to the heart
- a. up the Internet
- b. of what they're looking for
- c. supremacy

- d. people's fears
- e. wildfire across social media
- f. manner of jobs
- g. at breakneck speed
- h. essays
- i. of ChatGPT
- j. pretty much any request

### Gap fill

Put these words into the spaces in the paragraph below.

*Released style supremacy pace heels request speed dubbed*

The next online revolution has started. It is gathering (1) \_\_\_\_\_ at breakneck (2) \_\_\_\_\_. It began on November the 30th when the tech company OpenAI (3) \_\_\_\_\_ its ChatGPT chatbot. This is a search box you can have a conversation with. It can provide the answer to pretty much any (4) \_\_\_\_\_ you make, in perfect grammar. Should you require a 300-word text about a movie star written in the (5) \_\_\_\_\_ of Shakespeare, you will get it. ChatGPT has spread like wildfire across social media. Analysts have (6) \_\_\_\_\_ it a game changer. Hot on the (7) \_\_\_\_\_ of ChatGPT comes Google's Bard chatbot. This was launched on February the 6th. A Google-Microsoft battle for (8) \_\_\_\_\_ over the future of online search is now unfolding.

Put these words into the spaces in the paragraph below.

*Threats worrying heart efficiently instantly day shake genuine*

There are countless questions regarding how chatbots will (9) \_\_\_\_\_ up the Internet and our world. Educators are (10) \_\_\_\_\_ about "the end of homework" as bots can (11) \_\_\_\_\_ provide convincing essays and answers to a grade-A standard. Workers are concerned the bots are a (12) \_\_\_\_\_ threat to all manner of jobs. On the day Microsoft added ChatGPT to its Bing search engine, Microsoft CEO Satya Nadella stated: "It's a new

(13) \_\_\_\_\_ in search." Google allayed people's fears about the emergence and possible (14) \_\_\_\_\_ of chatbots. It said: "AI can deepen our understanding of information and turn it into useful knowledge more (15) \_\_\_\_\_ - making it easier for people to get to the (16) \_\_\_\_\_ of what they're looking for and get things done."

### Comprehension questions

What does the article say has begun?

When was ChatGPT released?

What does the article liken ChatGPT's spread across social media to?

What have analysts called ChatGPT?

What are Google and Microsoft in a battle for regarding online search?

What are teachers worried that ChatGPT might cause the end of?

What kinds of jobs might chatbots be a threat to?

What was ChatGPT added to?

What did Google allay?

What did Google say chatbots could turn information into?

## **Test Paper 2**

### **Variant 4**

The increasing ubiquity of artificial intelligence in our lives is creating waves in academia. Three universities in Australia have adopted what seems like a landmark policy. The three institutions are allowing students to use AI when taking assessments, albeit under strict conditions. Professor Romy Lawson said: "Instead of banning students from using such programs, we aim to assist academic staff and students to use digital tools to support learning." The Internet abounds with AI text generators. These

can be used to create essays that look authentic enough to fool examiners. The content created by these AI tools evade detection by even the smartest of anti-plagiarism tools. Artificial Intelligence is posing huge challenges to exam integrity. It is the biggest disruptor since calculators were allowed into maths tests. The latest quandary for educators comes from a language processing chatbox called ChatGPT. This can produce highly authentic human-like content on any subject in seconds. It has sparked fears that students will use it to write essays. The University of South Australia's Dr Vitomir Kovanovic said teachers needed to embrace AI. He said: "You cannot stop it. The alternative is the Middle Ages – going to pen and paper." He added that universities needed to change with the times. He said: "It's like having a driving school, but teaching people how to ride horses."

1. **ARTIFICIAL INTELLIGENCE:** Students walk around the class and talk to other students about artificial intelligence. Change partners often and share your findings.

2. **CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?  
 artificial intelligence / creating waves / academia / assessments / digital tools / fool / challenges / calculators / quandary / essays / the Middle Ages / pens / paper / change

Have a chat about the topics you liked. Change topics and partners frequently.

3. **PEN AND PAPER:** Students A strongly believe all tests should be pen-an-paper tests; Students B strongly believe otherwise. Change partners again and talk about your conversations.

4. **A.I.:** How will A.I. change these areas? Complete this table with your partner(s). Change partners often and share what you wrote.

	Positives	How This Will Affect You
Education		
Shopping		

Travel		
Agriculture		
Hobbies		
Economies		

5. DIGITAL: Spend one minute writing down all of the different words you associate with the word "digital". Share your words with your partner(s) and talk about them.

Together, put the words into different categories.

6. TESTS: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

Speaking  
Spelling  
Vocabulary  
Reading  
Writing  
Presentation  
General knowledge

Vocabulary

Paragraph 1

- |                  |   |
|------------------|---|
| 1.ubiquity       | a. Doing something big and different to make people think, wonder, worry...               |
| 2.creating waves | b. Exist in large numbers or amounts.   |
| 3.landmark       | c. The practice of taking someone else's work or ideas and passing them off as one's own. |
| 4.abound         | d. An event or discovery marking an important stage or turning point in something.        |
| 5.authentic      | e. Escape or avoid someone or something.  |

- 6.evade f. The fact of appearing everywhere or of being very common.
- 7.plagiarism g. Of undisputed origin and not a copy; genuine.
- Paragraph 2
8. posing h. The condition of being honest and incorruptible.
9. integrity i. A company or technology that causes huge change in an industry or market by means of innovation.
- 10.disruptor j. Of one or more things available as another possibility or choice.
- 11.quandary k. Provided the stimulus for an event or process.
- 12.sparked l. A state of confusion or uncertainty over what to do in a difficult situation.
- 13.embrace m. Presenting or being a problem or danger.
- 14.alternative n. Accept a belief, theory, or change willingly and enthusiastically.

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

Australian universities have developed A.I. using sound waves. T / F

Three Australian universities want to support students with digital tools. T / F

The article says there are one of two AI text generators online. T / F

The article says chatboxes cannot outsmart anti-plagiarism tools. T / F

The last huge change in exams was using calculators in maths tests. T / F

It takes ChatGPT just minutes to create authentic-looking tests. T / F

A professor said it is possible to stop AI. T / F

A professor likened paper tests to driving schools teaching horse riding. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

ubiquity	genuine
landmark	other possibility
abounds	unmasking
authentic	constituting
detection	dilemma
posing	turning point
quandary	adopt
sparked	ever-presence
embrace	proliferates
alternative	prompted

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

of artificial intelligence	generators
adopted what seems like a landmark	with the times
The Internet abounds with AI text	anti-plagiarism tools
essays that look authentic enough	quandary for educators
evade detection by even the smartest of	huge challenges
Artificial Intelligence is posing	in our lives
The latest	fears
It has sparked	to embrace AI
Dr Vitomir Kovanovic said teachers	to fool examiners
needed	
universities needed to change	policy

Gap fill

Put these words into the spaces in the paragraph below.

*Albeit authentic ubiquity evade digital landmark banning generators*

The increasing (1) \_\_\_\_\_ of artificial intelligence in our lives is creating waves in academia. Three universities in Australia have adopted what seems like a (2) \_\_\_\_\_ policy. The three institutions are allowing students to use AI when taking assessments, (3) \_\_\_\_\_ under strict conditions. Professor Romy Lawson said: "Instead of (4) \_\_\_\_\_ students from using such programs, we aim to assist academic staff and students to use (5) \_\_\_\_\_ tools to support learning." The Internet abounds with AI text (6) \_\_\_\_\_. These can be used to create essays that look (7) \_\_\_\_\_ enough to fool examiners. The content created by these AI tools (8) \_\_\_\_\_ detection by even the smartest of anti-plagiarism tools.

Put these words into the spaces in the paragraph below.

*Horses quandary alternative sparked times posing embrace authentic*

Artificial Intelligence is (9) \_\_\_\_\_ huge challenges to exam integrity. It is the biggest disruptor since calculators were allowed into maths tests. The latest (10) \_\_\_\_\_ for educators comes from a language processing chatbox called ChatGPT. This can produce highly (11) \_\_\_\_\_ human-like content on any subject in seconds. It has (12) \_\_\_\_\_ fears that students will use it to write essays. The University of South Australia's Dr Vitomir Kovanovic said teachers needed to (13) \_\_\_\_\_ AI. He said: "You cannot stop it. The (14) \_\_\_\_\_ is the Middle Ages - going to pen and paper." He added that universities needed to change with the (15) \_\_\_\_\_. He said: "It's like having a driving school, but teaching people how to ride (16) \_\_\_\_\_."

Comprehension questions

What does the article say A.I. is creating in academia?

How many universities are allowing AI in assessments?



Under what kind of conditions will exams be taken using AI?

Who does the article say AI text generators can fool?

What does the article say AI tools can outsmart?

What is artificial intelligence posing huge challenges for?

What was the last big disruptor in exams?

How long does it take ChatGPT to create authentic-looking texts?

Where did a professor say we would return to if we didn't accept AI?

Who did a professor say needed to change with the times?

## **Test Paper 2**

### **Variant 5**

Teachers and schools try many things to stop students cheating in exams. However, it is difficult to stop all students from cheating. Modern technology has given students new and novel ways to cheat. A college in the Philippines has adopted a low-tech way of making sure students keep their eyes only on their paper and not on those of students' around them. The Bicol University College of Engineering is getting students to wear anti-cheating hats during tests. The hats prevent students from being able to see around them and peeking at others' papers. They can focus only on their own test paper. Students are happy with the idea because they get to design and make their own hat. Photos of the anti-cheating hats have gone viral on social media. Students have come up with all kinds of weird and wonderful creations. They have used cardboard boxes, egg cartons, coat hangers and other recycled materials to create their hats. A professor said the hats were a "fun way" to make sure there was "integrity and honesty" in her tests. She added that the hats had been "really effective" in keeping students focused. The professor said: "I'm proud of my students because their engineering mid-term exams can be full of pressure and be stressful, yet they managed to add some colour and fun." Many students finished their tests early and no one was caught cheating.

1. EXAMS: Students walk around the class and talk to other students about exams. Change partners often and share your findings.
2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?  
 teachers / schools / cheating / exams / modern technology / low-tech / design / focus  
 going viral / social media / weird / creations / integrity / honesty / proud / pressure  
 Have a chat about the topics you liked. Change topics and partners frequently.
3. THROWN OUT: Students A strongly believe students who cheat in exams should be thrown out of school; Students B strongly believe students can give a second chance. Change partners again and talk about your conversations.
4. CHEATING: How bad are these examples of cheating? What should happen to the person who cheats? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Bad?	What Should Happen to the Cheat?
Cheating...		
in exams		
on a husband / wife		
a business partner		
in a sport		
on a diet		
on a job application		

5. HAT: Spend one minute writing down all of the different words you associate with the word "hat". Share your words with your partner(s) and talk about them. Together, put the words into different categories.
6. TESTS: Rank these with your partner. Put the worst things about tests at the top. Change partners often and share your rankings.

Failing  
Taking them  
Grades  
Stress  
Studying for them  
Waiting for the results  
Writing  
The chair you sit on

## Vocabulary

### Paragraph 1

- |           |  |
|-----------|--|
| 1.modern  | a. Chose to take up or follow an idea, method, or course of action.                                  |
| 2.novel   | b. Pay particular attention to.  |
| 3.adopted | c. About or using the most up-to-date techniques, ideas, or equipment.                               |
| 4.prevent | d. Interestingly new or unusual.   |
| 5.peeking | e. Stop something from happening.  |
| 6.focus   | f. Looking quickly (and secretly) at something.  |
| 7.design  | g. Decide upon the look of a building, clothes, or other object, by making a detailed drawing of it. |

### Paragraph 2

- |              |   |
|--------------|---|
| 8. go viral  | h. Used again.  |
| 9. weird     | i. When an image, video, piece of information, etc. spreads quickly and widely from one Internet user to another. |
| 10.cardboard | j. A shaped piece of wood, plastic, or metal with a hook at the top to put shirts, trousers, etc. on.             |

- |                 |  |
|-----------------|--|
| 11.coat hangers | k. Successful in producing a desired or intended result. |
| 12.recycled     | l. Strange.  |
| 13.effective    | m. Stress.   |
| 14.pressure     | n. Thick paper used to make boxes.                       |

1. TRUE / FALSE: Read the headline. Guess if 1-8 below are true (T) or false (F).

Students had to read a new novel in a technology test. T / F

A college is using a low-tech way to stop students cheating. T / F

The hats stop students poking at other students' test papers. T / F

Students were unhappy because they had to make their own hats. T / F

Photos of the tests went viral on social media. T / F

Some students used coat hangers to make their anti-cheating hats. T / F

A professor said the hats weren't so effective. T / F

No students were caught cheating in the engineering tests. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1. try
2. stop
3. way
4. peeking
5. focus
6. come up with
7. weird
8. effective
9. proud
- 10.pressure
- a. pleased
- b. method
- c. thought of
- d. prevent
- e. successful

- f. looking
- g. attempt
- h. stress
- i. strange
- j. concentrate

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1. schools try many things
  2. a low-tech
  3. students keep their eyes only
  4. peeking
  5. Students are happy with
  6. Photos of the anti-cheating hats have
  7. cardboard
  8. coat
  9. make sure there was integrity
  10. no one was caught
- a. on their paper
  - b. hangers
  - c. the idea
  - d. at others' papers
  - e. gone viral on social media
  - f. cheating
  - g. to stop students cheating
  - h. and honesty
  - i. way of making sure
  - j. boxes

Gap fill

Put these words into the spaces in the paragraph below.

*Eyes difficult prevent novel around idea things focus*

Teachers and schools try many (1) \_\_\_\_\_ to stop students cheating in exams. However, it is (2) \_\_\_\_\_ to stop all students from cheating. Modern technology has given students new and (3) \_\_\_\_\_ ways to cheat. A college in the Philippines has adopted a low-tech way of making sure students keep their (4) \_\_\_\_\_ only on their paper and not on those of students' (5) \_\_\_\_\_ them. The Bicol University College of

Engineering is getting students to wear anti-cheating hats during tests. The hats (6) \_\_\_\_\_ students from being able to see around them and peeking at others' papers. They can (7) \_\_\_\_\_ only on their own test paper. Students are happy with the (8) \_\_\_\_\_ because they get to design and make their own hat.

Put these words into the spaces in the paragraph below.

*Integrity viral effective recycled caught boxes pressure proud*

Photos of the anti-cheating hats have gone (9) \_\_\_\_\_ on social media. Students have come up with all kinds of weird and wonderful creations. They have used cardboard (10) \_\_\_\_\_, egg cartons, coat hangers and other (11) \_\_\_\_\_ materials to create their hats. A professor said the hats were a "fun way" to make sure there was "(12) \_\_\_\_\_ and honesty" in her tests. She added that the hats had been "really (13) \_\_\_\_\_" in keeping students focused. The professor said: "I'm (14) \_\_\_\_\_ of my students because their engineering mid-term exams can be full of (15) \_\_\_\_\_ and be stressful, yet they managed to add some colour and fun." Many students finished their tests early and no one was (16) \_\_\_\_\_ cheating.

Comprehension questions

What does the article say about the technology in the anti-cheating hats?

What do the students wearing the hats study?

What do the hats prevent students from looking at?

What do the hats mean students can focus on?

How do students feel about making their own anti-cheating hat?

What has gone viral on social media?

What kinds of boxes have students used in making their hats?

How well did the professor say the hats worked?

How does a professor feel about her students?

How many students were caught cheating while wearing the hats?

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Дата

Підпис

Викладач



Навчальне видання

МЕТОДИЧНІ ВКАЗІВКИ

до практичних та самостійних занять з дисципліни

«ІНОЗЕМНА МОВА (АНГЛІЙСЬКА)»

(для здобувачів освітнього рівня «бакалавр» спеціальності

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