Test 1

НМТ · АНГЛІЙСЬКА МОВА · 32 ЗАВДАННЯ · 32 БАЛИ · ОРІЄНТОВНО 60 ХВИЛИН

Reading · розуміння прочитаного

TASKS 1–4 · ЗАВДАННЯ 1–22 · 22 БАЛИ

Task 1 (1–5)

Read the text below. Match the headings (A–H) to the paragraphs (1–5). There are three headings you do not need to use.

Прочитай текст. Добери заголовки (A–H) до абзаців (1–5). Три заголовки зайві.

Five Simple Ways to Sleep Better

1. _____

Your body has an inner clock, and it loves routine. If you go to bed at eleven on Monday and at two in the morning on Saturday, the clock gets confused. Try to wake up within the same hour every day, even on weekends. After two or three weeks you will notice that you get sleepy at about the same time each evening.

2. _____

Phones, tablets and laptops give off blue light, which tells your brain that it is still daytime. On top of that, a message from a friend or a funny video keeps your mind busy. Put your phone away at least half an hour before you go to sleep, and if you can, leave it charging in another room.

3. _____

A cup of coffee or an energy drink in the afternoon can stay in your body for up to eight hours. Cola and some teas contain caffeine too. If you have trouble falling asleep, have your last caffeinated drink before lunch and switch to water, milk or herbal tea later in the day.

4. _____

Exercise is one of the best natural sleeping pills. People who walk, cycle or play a sport during the day usually fall asleep faster and sleep more deeply. However, a hard workout late in the evening can wake you up instead, so try to finish training at least two hours before bed.

5. _____

Your bedroom should be cool, dark and quiet. Most experts say that a temperature of about 18 °C is ideal. Thick curtains help on light summer evenings, and earplugs can save you if your neighbors are noisy. Keep your bed for sleeping, not for doing homework or watching series.

A	Watch what you drink
B	Get moving, but not too late
C	Eat a big dinner

D	Keep a regular timetable
E	Turn your room into a sleep zone
F	Say goodnight to your screens
G	Take a nap after school
H	Read before bed

Task 2 (6–10)

Read the text below. For questions (6–10) choose the correct answer (A, B, C or D).
Прочитай текст. До кожного питання (6–10) вибери правильну відповідь (A, B, C або D).

The Garden on the Roof

When sixteen-year-old Maya Torres looked out of her classroom window in Chicago, she saw a flat gray roof covered with old leaves and broken chairs. “Everybody thought it was ugly,” she remembers. “I thought it was the biggest empty space in the whole school.”

Maya’s grandmother grew tomatoes and peppers on a tiny balcony, and Maya had spent every summer helping her. So when her biology teacher asked the class to suggest a project that would “make the school better,” Maya wrote two words on her paper: roof garden. Most of her classmates laughed. The principal did not laugh, but he did not say yes either. He was worried about safety and about the cost.

Maya spent the next two months preparing. She measured the roof, found out how much weight it could carry and talked to a local company that builds rooftop gardens. The company offered to check the roof for free. She also collected signatures from 240 students and 31 teachers. When she presented her plan again, she brought a budget, drawings and a list of volunteers. This time the principal agreed, on one condition: no student could go up on the roof without an adult.

The first season was not easy. A storm in May blew away half of the young plants, and in July nobody came to water the garden during a heat wave. “I almost gave up,” Maya says. “But then the cooking club asked if they could use our herbs, and suddenly people started to care.” By September the garden had produced more than 150 kilograms of vegetables. Some went to the school cafeteria, and the rest were given to a food bank in the neighborhood.

Today the roof garden has its own club with forty members and a timetable for watering, even during the summer vacation. Maya will graduate next year, but she is not worried about the future of the project. “The garden doesn’t belong to me,” she says. “It belongs to anyone who is willing to get their hands dirty.”

6. Why did Maya want to use the school roof?

- **A.** She thought the roof was dangerous.
- **B.** She saw it as a large unused area.
- **C.** Her teacher had suggested it.
- **D.** Her classmates asked her to do it.

7. How did the principal react to Maya's first idea?

- **A.** He laughed at it.
- **B.** He accepted it immediately.
- **C.** He had doubts about it.
- **D.** He asked her grandmother for help.

8. What did Maya do before presenting her plan again?

- **A.** She paid a company to repair the roof.
- **B.** She found volunteers to replace the teachers.
- **C.** She prepared detailed information and got support.
- **D.** She promised to work on the roof alone.

9. What changed the situation during the first season?

- **A.** The weather got better in July.
- **B.** Another group at school showed interest.
- **C.** The food bank sent volunteers.
- **D.** Maya found a new way to water the plants.

10. What does Maya say about the garden's future?

- **A.** She is sure it will continue without her.
- **B.** She wants to take it with her to college.
- **C.** She is afraid the club will close.
- **D.** She hopes the principal will take care of it.

Task 3 (11–16)

Read the texts below. Match the people (11–16) to the texts (A–H). There are two texts you do not need to use.

Прочитай тексти. Добери до кожної людини (11–16) відповідний текст (A–H). Два тексти зайві.

Six students are looking for a summer course. Read the course descriptions (A–H).

11. Daniel wants to improve his English, but he can only study online because he lives in a village far from the city.

12. Sofia loves animals and would like to spend the summer outdoors, helping with real work.

13. Max is interested in film. He wants to make his own short movie with other teenagers.

14. Anna can't afford an expensive course. She wants to learn something practical that will help her find a part-time job.

15. Leo is good at math and wants to know how computer games are made.

16. Kate wants to get fit and meet new people, but she does not like team sports.

A Lights, Camera, Action!
Two weeks in our studio for 14–18-year-olds. Write a script, film it in small groups and show your short film at our final festival. All equipment provided.

B Code Your First Game
Learn the basics of programming and build a simple 2D game from scratch. Some knowledge of algebra is helpful. Laptops provided, six afternoons.

C Farm Week
Join our team at Green Valley Farm. Feed the horses, look after the goats and help in the fields. Accommodation in tents. Bring boots!

D Barista Basics
A free three-day course run by the city library. Learn to make great coffee, serve customers and handle money. Certificate included, many local cafés hire our graduates.

E Speak Up!
Conversation classes with teachers from the US and Canada. Lessons take place in small video groups three evenings a week, so you can join from anywhere.

F Climb High
Indoor and outdoor climbing for beginners. You will train on your own level with a personal coach, and every Friday there is a group trip to the rocks.

G Photo Walks
Discover the city through your camera. Every morning we walk through a different neighborhood and learn how to take better pictures with a phone.