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ЧАСТЬ 1. РАБОТА С ВИДЕОФИЛЬМАМИ

I. HARRY POTTER & THE SORCERER STONE

Episode 1

Names

Prof. Albus Dumbledore; Prof. McGonagall; Rubeus Hagrid; Bristol; Muggles — non-magic folks; Harry Potter;	aunt Petunia; Dudley; uncle Vernon; Burma; Hogwarts School of Witchcraft and Wizardry; Dursley;
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Key words

1. rumors;
2. wise;
3. to trust smb with smth (e.g. with one's life);
4. little tyke;
5. to fall asleep;
6. the worst sort of Muggles imaginable;
7. to be better off (from *well off*);
8. to grow up away from smth;
9. zoo;
10. snake;
11. glass;
12. letterbox;
13. blasted;
14. bloody;
15. miserable;
16. prune (= a boring person who spoils everybody's life);
17. keeper of keys and Grounds at Hogwarts;
18. wizard;
19. to be thumping good at smth;
20. rubbish;
21. freak;
22. abnormal;
23. to blow up;
24. a car crash;
25. crack pot old fool;
26. to teach smb magic tricks;
27. to insult;
28. to appreciate

Good phrases to learn

16. I'm afraid so.
17. There, there Hagrid!
18. It's not really goodbye, after all.
19. Good luck!
20. Here he comes, birthday boy!
21. Try not to burn anything!
22. I don't care!
23. How's that, pumpkin?
24. I'm warning you now.
25. Any funny business — any at all — and you won't have any meals for a week!
26. Get in.
27. I never knew my parents, either.
28. It's all right, sweetheart.
29. I swear, I don't know!
30. Who'd be writing to you?
31. No more mail through this letterbox.
32. No post on Sunday.
33. Not one single bloody letter!
34. Get away from it!
35. Get off (or Let go of me!)
36. Daddy's gone mad, hasn't he?
37. Make a wish!
38. Dry up, Dursley, yeh great prune.
39. Blimey!
40. You knew all along and you never told me?
41. It's an outrage! It's a scandal!
42. I'd appreciate it if you didn't tell anyone about that.
43. Strictly speaking...
44. I'm not allowed to do magic.
45. We're a bit behind schedule.
46. Best be off, unless you'd rather stay, o' course.

Questions

1. Who appeared in the Private Drive first? Who did it secondly? When was it?
2. Who were they waiting for? What was that person bringing?
3. Why was the first person worried about? Did the second one worry too? Why?
4. Were there any problems for Hagrid to bring the little boy? Why? How did he call him?
5. Why was Prof. McGonagal against leaving Harry with his uncle and aunt? What did Dumbledore say about it?
6. What is uncle's and aunt's attitude to Harry? What about his cousin Dudley? What examples can you give to prove it?
7. What was special about that day? Was Dudley happy? Why? How did they solve the problem?
8. How can you characterize Dudley, his parents and relations in the family?
9. Where were they going to? What happened there?
10. What happened when Harry was looking through the letters next morning? What was the uncle's reaction?
11. What happened on Sunday? What decision did the uncle make?
12. What happened when they were sleeping in the house on the Rock? What kind of day was it for Harry? What did the visitor bring to Harry? What was special about that thing?
13. What was the visitor angry with at the Dursley's? What was Harry's reaction? Why did they do that?
14. Did Hagrid do anything he wasn't allowed? Why did he do that? What did he ask Harry for?

Episode 2 (Scene 5-9)

Names

Professor Quirrell, Diagon Alley, Nimbus 2000, Gringotts, Ollivanders, Weasley, Percy, George, Fred

Key words

- 1) to be equipped with;
- 2) standard size;
- 3) pewter cauldron;
- 4) toad;
- 5) to be on official business;
- 6) school supplies;
- 7) Defense Against the Dark Arts teacher;
- 8) a fearfully fascinating subject;
- 9) quill;
- 10) ink;
- 11) bits and bobs for doing wizardry;
- 12) racing broom;
- 13) wizard bank;
- 14) beast;
- 15) to make a withdrawal;
- 16) vault;
- 17) to leave smb smth;
- 18) to mention smth to smb;
- 19) wand;
- 20) curious;
- 21) phoenix;
- 22) tail feather;
- 23) reside

Good phrases

1. Bless my soul!
2. Welcome back!
3. At last!
4. Best/Better stay close.
5. It's about You-Know-What/You-Know-Which.
6. Stand back.
7. Why don't you do smth;
8. I've got one more thing to do.
9. Won't be long.
10. Here we are.
11. Well, give it a wave.
12. Apparently/Definitely not.
13. No matter.
14. I wonder...
15. After all...
16. Codswallop!
17. Think you're being funny, do you?
18. Honestly, you woman call yourself our mother!
19. I'm only joking!
20. Now, all you've got to do is + *bare infinitive*;

- 24) to be destined for;
- 25) scar;
- 26) follower
- 27) to stand up to smb;
- 28) to end up dead;
- 29) forehead
- 30) curse, evel ~, to be touched by ~;
- 31) reckon;
- 32) carry on;
- 33) to stump smb;
- 34) to be packed with smth/smb;
- 35) to walk straight at the wall;
- 36) at a bit of run

Questions

1. What must all students have according to the instruction?
2. Are these things possible to find in London?
3. What was Hagrid offered at the cafe? Did he take it? Why?
4. What was people's reaction when they recognized Harry?
5. Who didn't Hagrid expect to see in the cafe? What does he do? What is his reaction to Harry?
6. What is Harry's reaction to his being famous?
7. What is there in Diagon Alley according to Hagrid? What did Harry see at one of the windows?
8. What did Harry worry about on the matter of buying all necessary things? Where did Hagrid take Harry to solve the problem?
9. Who owned that place? How did Hagrid characterize them?
10. What was the procedure?
11. What were Harry's feelings when he entered his parents' vault?
12. Where else did they go after that? Did Hagrid explain anything to Harry about the matter?
13. Where did they go to buy a wand? Could Harry do that at once? What was curious about the situation?
14. How did Harry feel after that? How did Hagrid try to calm him down?
15. What story did Hagrid tell about Harry's parents?
16. What instructions did Hagrid give to Harry? What was the problem at the platforms? Was the station guard of any help?
17. Who helped Harry out of the situation?
18. What can you tell about the relations in that family?

Episode 3 (Scenes 10-14)

Names: Neville, Hermione Granger, Gryffindor, Hufflepuff, Ravenclaw, Slytherin, Crabbe, Goyle, Draco Malfoy, Dark Forest, Mr Filch, Sorting Hat, Professor Snape, Bloody Baron

1) Key words	43) to get lost
2) trolley	44) foolish wand-waving
3) lot = tray	45) silly incantations
4) Bertie Bott's every flavour beans	46) to appreciate
5) to mean	47) subtle science and exact art of potions

- 6) spinach
- 7) liver
- 8) tripe = cow's stomach
- 9) frog
- 10) spell
- 11) to hang around all day
- 12) to change into one's robes
- 13) dirt
- 14) to be sorted into the houses
- 15) triumph
- 16) rule breaking
- 17) to earn points, to lose points
- 18) to be awarded the house cup
- 19) momentarily
- 20) hand-me-down
- 21) wrong sort
- 22) ceiling
- 23) to be bewitched
- 24) a few start of term notices
- 25) to be strictly forbidden to smb
- 26) caretaker
- 27) to be out of bounds to smb
- 28) to die a most painful death
- 29) to come forth
- 30) courage
- 31) thirst to prove oneself
- 32) feast
- 33) nasty shock
- 34) potions
- 35) dismal
- 36) nearly headless
- 37) password
- 38) common room
- 39) dormitory
- 40) belongings
- 41) assessment
- 42) to transfigure smb into smb/smith

- 48) to possess predispositions
- 49) to bewitch the mind and ensnare the senses
- 50) to bottle fame, brew glory, and put a stopper in death
- 51) formidable abilities
- 52) feel confident enough to not pay attention
- 53) celebrity
- 54) powdered root of asphodel
- 55) an infusion of wormwood
- 56) bezoar
- 57) monkshood
- 58) wolfsbane
- 59) Remembrall
- 60) acknowledging
- 61) breach
- 62) in question
- 63) odd

Good phrases

1. Do you mind?
2. Everywhere else is full.
3. Not at all.
4. Wicked!
5. I'm all set.
6. That's rotten luck!
7. Pleasure = My pleasure.
8. By the way...
9. Hurry up!
10. Come on!
11. This way!
12. Don't be shy!
13. I can tell the wrong sort myself!
14. Follow me.
15. Will you wait along here please!
16. Let's see.
17. Your attention, please!
18. That was bloody brilliant!

Questions

1. How did Harry and Ron get acquainted?
2. Why did Harry buy the whole lot of candies?
3. What candies did they discuss? What did Ron tell Harry about it? What happened with one of them?
4. Who entered their compartment when Ron was trying to do magic? What did she say to the boys? Could she do magic herself? What did she tell the boys and Ron personally after that?
5. Who was meeting them on arrival? How did they get to Hogwarts?
6. Who met them at the staircase? What were the children told about their studies?
7. Who approached Harry? What did they do?
8. Why did the conflict with Ron start? What did the boy tell Ron?

9. What did the boy tell Harry after that? What was Harry's reaction?
10. What did Professor Dumbledore announce?
11. Describe the Sorting Ceremony.
12. What did they have after the Ceremony?
13. What were the children talking about at table?
14. Where did they go after it? What was the problem there?
15. Was it easy to get into the common room? How did Harry feel before going to bed?
16. How did their first day of studies start?
17. Was the second class more successful for Harry?
18. What was in the Newspaper? What did Harry say to that?

Episode 4 (Scenes 15-16)

Key words

- 1) flying lesson;
- 2) broomstick, broom, to ride a broom, to knock smb off the broom;
- 3) to mount;
- 4) to grip smth tight;
- 5) to slide off the end;
- 6) blow the whistle;
- 7) to kick off from the ground hard;
- 8) steady;
- 9) hover;
- 10) lean forward slightly;
- 11) broken wrist;
- 12) take smb to the hospital wing;
- 13) to find oneself out of some place;
- 14) fat lump;
- 15) to give smth a squeeze;
- 16) to fall on one's fat arse;
- 17) roof;
- 18) seeker;
- 19) to be on the team;
- 20) beater;
- 21) to get bloodied up too bad;
- 22) rough, brutal;
- 23) vanish;
- 24) for good reason;
- 25) to be preoccupied with smth;
- 26) to come up with another clever idea;
- 27) to get expelled;
- 28) to sort out one's priorities

Good phrases:

1. With feeling!
2. Out of the way!
3. No way!
4. Bit beyond your reach?
5. Excuse me, could I borrow Wood for a moment, please?
6. Can't make any promises, of course.
7. What if I make a fool of myself?

8. It's in your blood.
9. It wasn't there by accident.
10. I'm telling you, it's spooky!

Names: Madam Hooch, Mister Longbottom, Quidditch, Oliver Wood

Questions

1. What instructions did Madam Hooch give on a flying lesson?
2. What happened to Neville?
3. What did Malfoy do?
4. How did Harry react?
5. What did Prof McGonagall do when she saw Harry?
6. What was special about Harry's participation?
7. What did Fred and George tell Harry about the game?
8. What was Harry worried about? What did Hermione say to that? What was Ron's comment on that?
9. What happened on their way back? What did they start running?
10. Could they manage to escape? Where did they end up?
11. What was Hermione's suggestion about the thing inside?
12. What did Ron mean when he said to Hermione: «She needs to sort out her priorities»?

Episode 5 (Scenes 17-21)

Key words

- 1) chaser;
- 2) beater;
- 3) keeper;
- 4) seeker;
- 5) handle smth;
- 6) hoop;
- 7) rudimentary skills;
- 8) troll, fully-grown mountain troll;
- 9) dungeon;
- 10) boogers;
- 11) to be disappointed with;
- 12) serious lack of judgment;
- 13) for sheer dumb luck;
- 14) mate;
- 15) to limp;
- 16) to be scared;
- 17) to be worth smth/doing smth;
- 18) to score;
- 19) to take possession of smth (to take possession of the ball);
- 20) to keep eye contact;
- 21) blink;
- 22) to meddle in smth;
- 23) to possess, possession, to leave smth in one's possession

Names: Quaffle, Bludger, Golden Snitch, Nicholas Flamel, Restricted Section, Invisibility Cloak

Phrases

1. You'd make a fair Beater!
2. Nasty little buggers!
3. Splendid!
4. She's a nightmare!
5. Stay alert!
6. Hey, pea brain!
7. Explain yourselves, both of you!
8. Leave it to me!

Questions

1. What did Wood explain to Harry about Quidditch (players, balls, Harry's job in the game)?
2. What did the students do at Prof. Flitwick class? What did Ron and Hermione argue about? What was the result?
3. What was Hermione doing after that?
4. What happened at Halloween stormy night? Why didn't Harry and Ron go to the dormitory with other students?
5. What happened in the girls' bathroom?
6. What was the teachers' reaction?
7. What was Harry's suggestion about Prof. Snape's role in the troll story? Why did he come to such a conclusion?
8. What mail did Harry receive? Who was it from?
9. How did Quidditch go on?
10. What happened to Harry during the game? What did Hermione think about the reason? What did she do?
11. How did the game end?
12. Who did the three friends tell about the incident? Did he agree with the friends' suggestion?
13. What were Hermione's arguments?
14. What name did Hagrid open to the friends? Did he want to do that?
15. What were the friends' plans for Christmas? What advice did Hermione give to Harry and Ron?
16. What presents did Harry and Ron receive? What was special about Harry's second present?

Episode 6 (Scenes 22-27)

Key words

- | | |
|---|--------------------------------|
| 1) to hide | 18) to protect; |
| 2) enemy; | 19) dragon; |
| 3) to have a little chat; | 20) stranger; |
| 4) mirror; | 21) to get rid of smth/smb; |
| 5) head boy; | 22) to receive detention; |
| 6) Quidditch cup, Quidditch captain; | 23) honorable intentions; |
| 7) to discover the delights of smth; | 24) unicorn, to slay a ~; |
| 8) to give smb a clue; | 25) to be hurt bad by someone; |
| 9) the deepest, and most desperate desires of our hearts; | 26) beast; |
| 10) neither knowledge or truth; | 27) coward; |
| 11) to go mad; | 28) to be scared; |
| 12) to dwell on dreams; | 29) cursed life; |
| 13) a bit of light reading; | 30) to be up to smth; |
| 14) substance with astonishing powers; | 31) to sneak out; |
| 15) immortal; | 32) to snore; |
| | 33) harp; |

- 16) pure;
- 17) to steal;

- 34) paw
- 35) chessboard, pawn, bishop, castle, knight, queen, king, check (n, v) (to check the king), checkmate

Good Phrases

- 1. What do you mean?
- 2. It's time to decide where your loyalties lie.
- 3. Bloody hell!
- 4. It does not do to dwell on dreams and forget to live.
- 5. How could I be so stupid?
- 6. I don't wish to be rude, but...
- 7. It's for your own good.

Names: Trap Room, the Sorcerer's Stone, Elixir of Life, Norbert, Devil's Snare

Questions

- 1. What happened in the restricted section?
- 2. What did Harry see in the mirror of Erised? What did he do after that?
- 3. What did Ron see in the Mirror?
- 4. What did Dumbledore tell Harry about the Mirror?
- 5. What did Hermione discover about Nikolas Flamel? What was her conclusion about what the dog was guarding?
- 6. Who did Hermione, Ron, and Harry try to tell about it? Did he believe them?
- 7. Why didn't Hagrid want to let the friends in? What happened? How did Hagrid get it? Who saw it?
- 8. What happened on their way back? What was the punishment?
- 9. Where did they have to go? What was Malfoy's reaction?
- 10. What happened in the Dark Forest? Who helped Harry?
- 11. What conclusion did the friends come to after the detention?
- 12. Why did Harry feel bad the day after the detention?
- 13. What did Hagrid tell a stranger? What did it mean?
- 14. Where did the friends run to after? What did it turn out? What did they decide to do?
- 15. What happened in the Trap Room?
- 16. What happened under the Trap Room?
- 17. What saved Harry according to Prof. Dumbledore?

THE GROUNDHOG DAY

Key words

- 1) gang wars;
- 2) overpriced real estate;
- 3) moisture;
- 4) high altitude;
- 5) to bundle up warm;
- 6) shadow;
- 7) in a row;
- 8) festivities;
- 9) to keep one's fingers crossed;
- 10) blood sausage;
- 11) van;
- 12) incredible footage;
- 13) swallow;
- 14) to wrinkle up one's nose;
- 15) moron = idiot;
- 16) miserable;
- 17) fleabag – cheap (and seedy) hotel;
- 18) bed-and-breakfast;
- 19) trait;
- 20) to keep the talent happy;
- 21) pelvic tilt = тазовый наклон;
- 22) within reason;
- 23) Prima donnas!
- 24) blizzard – snowstorm;
- 25) chapped lips;
- 26) to make a chitchat;
- 27) to check out;
- 28) departure;
- 29) to be sure as heck-fire = to be very sure (heck = hell);
- 30) whistling belly button trick;
- 31) to get the shingles real bad == to get into a very big trouble;
- 32) to charge the opportunity like a bull;
- 33) to live and die by actuarial tables;
- 34) a big crap shoot = terrible nonsense;
- 35) a giant leech;
- 36) insurance;
- 37) to predict;
- 38) cute;
- 39) prognosticator, weatherman, meteorologist;
- 40) emergency;
- 41) celebrity;
- 42) to give a slap on the face;
- 43) drunk;
- 44) weird = very strange;
- 45) to wreck one's brain;
- 46) to make up smth. in one's mind;
- 47) to come up with something;
- 48) to be stuck in one day;
- 49) to handle smth.;
- 50) flapjacks;
- 51) love handles
- 52) doggy bag;
- 53) humble = modest, shy; supportive; funny; courageous; sensitive; gentle;
- 54) broadcasting;
- 55) assassin;
- 56) to worship;
- 57) rat;
- 58) hypocrites;
- 59) to kidnap;
- 60) versatile;
- 61) curse;
- 62) to ice sculpt;
- 63) errand;
- 64) little brat;
- 65) to be a real find, to be a bargain;
- 66) bachelors' party

Good phrases

1. I think he will swirl first
2. Let me handle this.
3. Too early for flapjacks?
4. It's inspiring in a way.
5. What makes you so special?
6. Everybody worries about something.
7. It's getting too personal. I don't think I'm ready to share it with you.

Geographic names: Elko, Nevada; California; the Rockies; the Great Plains; Pittsburgh; Altoona; Punxsutawney; WPBH – one of the American television companies

Questions

1. Does Phil enjoy his profession? What does he think about his own abilities? Is he satisfied with his position? What facts prove that?
2. Is Phil enthusiastic about going to the Groundhog Festival? Why?
3. What is his attitude to people; a)colleagues; b)people in general (hostess in the hotel, his school associate Ned Ryerson)?
4. What is colleagues attitude to Phil?
5. What is Phil's attitude to himself?
6. What happened to Phil in Punxsutawney?
7. Why did Phil start enjoying his situation?
8. Describe his affair with Nancy. What is his attitude to women in general?
9. What is Phil's attitude to Rita? What was he doing to attract Rita? Was he sincere?
10. Why did Rita say that she would never love someone like Phil?
11. Why did Phil start feeling depressed? How did he start to behave?
12. Why did he stop his attempts of suicide?
13. Did his attitude to Rita change? How?
14. How did his behavior and attitude to people change? Give examples.
15. What skills did Phil acquire living in same day?
16. How can you describe his feelings towards the old man?
17. What was the list of Phil's good deeds?
18. Why was Phil made live in the same day? Why did his life return to normal cycle? How deep are the changes in Phil?

Working Girl

Characters and proper names

Tess McGill, Mr. Turkle, Mr. Lutz, Katherine Parker, Jack Trainer, the Ritz Carlton (hotel), Mergers and Acquisitions, Trask Industries, Dewey-Stone

Key words

- 1) speech class;
- 2) emerging market seminar – seminar devoted to the questions of markets of developing countries;
- 3) surprise party;
- 4) plaque removing mouthwash – жидкость, уничтожающая зубной налет;
- 5) glob – капля;
- 6) spit out – выплевывать;
- 7) the straight shot короче говоря;
- 8) to turn smb. down – отказать кому-л.;
- 9) a set up;
- 10) pimp – сводник, сутенер;
- 11) the rest is up to you – остальное зависит от тебя;
- 12) extension – параллельный телефон, добавочный номер;
- 13) arbitrage;
- 14) suite [swit] – номер в гостинице;
- 15) on a bonus basis – в качестве награды/премии/подарка;
- 16) to get carried away – увлечься;
- 17) tiny = small;
- 18) to get a degree with honors – получить диплом с отличием;
- 19) to sing smb praises;
- 20) transfer – перевод (на др. место);
- 21) cool off – остынь, успокойся;
- 22) aisle – проход, пролет (в помещении);
- 23) bunny – плюшевый кролик;
- 24) no kidding – серьезно;
- 25) to be light = to be on a diet;
- 26) tender = payment;
- 27) to be in an underwater position = to be in a difficult situation/predicament;
- 28) grounds = basic rules;
- 29) accommodating = ready to adapt;
- 30) impeccable – безукоризненный;
- 31) terrific = fantastic, cool;
- 32) rethink = reconsider;
- 33) input = contribution;
- 34) two-way street;
- 35) to make oneself clear;
- 36) to throw a cocktail thing;
- 37) to jot smth. down == to make brief notes;
- 38) caterer == поставщик продуктов;
- 39) bartender = barman;
- 40) liquor store – винный магазин;
- 41) dumplings – яблоки, запеченные в тесте;
- 42) titbit = tasty/delicious thing;
- 43) to sneak out of some place – ускользнуть;
- 44) chasing-around-the-desk crap;
- 45) buckle == пряжка;
- 46) to pop the question – делать предложение (о женитьбе);
- 47) to be dead set on smth. = to firmly insist on smth;
- 48) to keep plugging = to continue sharing and cooperating;
- 49) opening = no appointments;
- 50) to snatch – стащить;
- 51) soothing – успокоительное;
- 52) an open bar = bar with free drinks;
- 53) ace = professional;
- 54) a nightcap – стаканчик спиртного на ночь;
- 55) herb tea;
- 56) of high profile = very popular;
- 57) surplus in cash;
- 58) underwear;
- 59) to be a dead meat = to get problems;
- 60) to hit smb. high – «ударить» наверняка;
- 61) to talk sweet = to be polite;
- 62) to be raw = to feel terrible;
- 63) to nail two birds with one stone;
- 64) bidding war – борьба между конкурентами с целью перебить цену за компанию, выставленную на продажу
- 65) to wise up.

Phrases

1. Everything happens first time
2. Never burn bridges.
3. Shoot! -- Давай, выкладывай!
4. Only then do we get what we deserve.
5. You make it happen.
6. There's a lightbulb over my head.
7. Don't f... up! – Не напортачь!
8. Shoot me.
9. Coffee? Tea? Me?
10. The earth moved. The Angels wept.
11. She is dead meat if she doesn't show up.
12. May your life together be long and happy and may the road always rise up to meet you!

Questions

1. What is Tess? How does she try to be suitable for promotion? Why did they turn her down in the entrance program?
2. What good news did Tess's bosses Mr. Turkle and Mr. Lutz bring to her? What came out of the situation?
3. What did Tess do to Mr. Lutz in return? What were the consequences? Was it the first incident with Tess's bosses? Do you approve or disapprove Tess's behavior?
4. What did Mick present for Tess's birthday? Was Tess happy? Why?
5. Did Tess like her new boss? Why?
6. Which grounds did Katherine explain to Tess?
7. What was Tess's idea about cocktail party?
8. What did Katherine mean saying "Never burn bridges. Today a junior prick, tomorrow's senior partner"?
9. What idea did Tess have about Trask Industries? Does Katherine take Tess's idea seriously?
10. Does Mick share Tess's changes and her excitement about them?
11. Where was Katherine going to go? What for? Which preparations did she make?
12. What did Katherine mean saying "You make it happen"?
13. What did she tell Tess about the results of her inquiry on Tess's idea about Trask Industries?
14. What happened to Katherine in the mountains? Which instructions did she give to Tess?
15. What did Tess find out listening to Katherine's answering machine and checking her computer?
16. What unpleasant surprise was waiting for her at home? What was Mick's reaction? What was Tess's reaction?
17. What did Tess call Trask Industries for? What made her do it? Can you suggest a better decision?
18. Why did Tess want to go to the closing party of the Minadine-Dalton merger?
19. Why did Tess choose the black dress for the party? Why did she start feeling bad? Why did she have her hair cut?
20. How did Tess get acquainted with Jack Trainer? Why didn't he tell her that he was Jack Trainer? What did they toast to? What does it mean?
21. Why did Tess ask Jack to meet her outside after she hadn't allowed him to go with her?
22. Why did Jack bring her to his apartment? How did Jack behave? Do you imagine Mick behaving like that under the same circumstances?
23. What were Tess's feeling the other day?
24. How did Tess behave the next day during the meeting?

25. Why were the gentlemen against Tess's idea at first? Which arguments did she give to support her idea? Was she sure that they would accept her idea?
26. What was Tess's behavior when she saw Jack Trainer? What news did he bring to her?
27. Did Tess agree to date with Jack? How did she explain it to Jack?
28. What were Mick's feelings about their breakup with Tess? Why did he propose to her? What did she answer? Why? What was Mick's reaction? Why?
29. Why did Jack and Tess go to Trask's daughter's wedding party? Was it proper to have done it?
30. Who was another woman Jack was dating? Did those relations have future? Why?
31. How did Katherine find out about Tess's secret activity? What was her reaction and her actions in response?
32. Why didn't Tess fight for her idea at the round table? How did it happen that the truth was revealed?
33. Has anything in Tess's position improved? Would Tess ever get that successful if it were not for Jack Trainer? Why?

Essays

1. No one knows where big ideas can come from (3d person narrative)
2. Women making big career steps (for and against essay)
3. Describing a cocktail party.
4. Describing two wedding parties (Cynthia's and Trask's daughter's)
5. Tess McGill – the woman of the year (article)
6. Getting promotion is no easy matter (opinion essay)
7. Love and marriage is no mergers and acquisitions (opinion essay).
8. Big bosses stop at nothing stealing ideas even from their secretaries (article)

FELLOWSHIP OF THE RING

GLOSSARY

Geographic Names

Middle-earth, Mordor, Gondor, Misty Mountains, Mount Doom, Shire, Hobbiton, Bag End, Isengard, Bree, the inn “Pancing Pony”, Bucklebury Ferry (the name of the bridge)

Names of creatures

Hobbits, Elves, Dwarfs, Orcs, Goblins, trolls, the Nazgul, Gollum.

Key-words

Scene 1-5

1) to forge – выковывать;	31) flame – пламя;
2) malice – злоба, злобность;	32) savory nature – странный вид;
3) immortal – бессмертный;	33) to teem with – кишеть;
4) fair – честный;	34) cracked – выживший из ума;
5) miners and craftsmen – рудокопы и искусные мастера;	35) to sweet-talk – любезничать;
6) slope – склон (горы);	36) cave – пещера;
7) to fade – исчезать, умирать, вянуть (о растениях);	37) to endure – остаться жить;
8) uproar – шум, гам;	38) to yearn – тосковать, томиться;
9) folk – зд. создание = creature;	39) torture – пытать;
10) afters – второе и третье блюда;	40) endless screams and inane babble – бесконечные крики и бессвязное бормотание;
11) confounded relatives – надоедливые родственники;	41) to tempt – искушать;
12) blockheaded – болван;	42) confound you – попался;
13) stretched – натянутый;	43) to eavesdrop – подслушивать;
14) to scrape over – размазанный тонким слоем;	44) to pierce – пронизывать;
15) spit – вертел;	45) to account for – объяснять;
16) to argue the withertos and whyfors – горячо обсуждать;	46) disguised – переодетый, замаскированный;
17) ale – эль;	47) contend (with) – бороться;
18) out of charity – из сострадания;	48) will – воля, willingly – по своей воле;
19) to deserve – заслуживать;	49) to abandon the reason for madness – променять благоразумие на безумие;
20) to put smth off – откладывать что-л.;	50) detour – обход;
21) to regret – сожалеть;	51) void – пустота;
22) to announce – объявлять;	52) trinket – побрякушка; безделушка
23) to part with – расставаться;	53) Ring wraiths – духи кольца;
24) riddle – загадка (ребус);	54) to have the wits – быть находчивым, сообразительным;
25) possessions – собственность;	55) to summon – собирать (армию);
26) heirloom – фамильная ценность;	56) to launch the assault – наносить удар;
27) renowned – знаменитый, известный;	57) to ensnare – поймать в ловушку;
28) to give a little nudge – слегка подтолкнуть;	58) contented – удовлетворенный, довольный
29) Conjuror of cheap tricks – «дешевый трюкач»;	

30) marking – пометки, надписи

Scene 6-8

- 1) foul – грязный, скверный, неприличный;
- 2) to count on smth. – рассчитывать на что-л.;
- 3) mortal – смертный;
- 4) to rip smth. down – вырывать;
- 5) to stab – вонзать, пронзать;
- 6) to heal – лечить;
- 7) troll – тролль;
- 8) to embrace – принимать, включать
- 9) to bend smth./smb. to one's will – подчинять к-л ч-л воле;
- 10) to deserve – заслуживать;
- 11) to mend – лечить, чинить;
- 12) extraordinary resilience – необыкновенно сильное сопротивление;
- 13) treachery – вероломство, предательство;
- 14) to breed an army – создавать армию;
- 15) cavern – пещера

- 16) conceal – прятать;
- 17) peril – опасность, риск;
- 18) to look to smb. – рассчитывать на кого-л.;
- 19) to cast into the fire – бросить в огонь;
- 20) scattered – разбросанный, разрозненный;
- 21) leaderless – без лидера/вождя;
- 22) reclaim – возвращать, требовать обратно;
- 23) throne – трон;
- 24) exile – изгнание;
- 25) shards – осколки, обломки;
- 26) forsake – бросать, оставлять;
- 27) immortal – бессмертный;
- 28) to stray into a dream – блуждать в мечтах;

Geographic Names

the Wild, Revendell, Middle-Earth, Mount Doom, the tower of Amon Sul, Mirkwood, Lake Town, the Lonely Mountain

Scene 9-13

- 1) to linger – сохраняться;
- 2) bane – проклятие;
- 3) wield – обладать, иметь;
- 4) allegiance – преданность, верность;
- 5) chasm – пропасть;
- 6) barren waste land – бесплодная пустыня;
- 7) riddled – полный, изобилующий;
- 8) fume – дым;
- 9) folly – глупый, безрассудный;
- 10) sword – меч;
- 11) bow – лук;
- 12) ax – топор;
- 13) to summon smb. to – вызывать кого-л. куда-л.;
- 14) sack – мешок;
- 15) rule out – препятствовать;
- 16) wield – владеть;
- 17) blessing – благословение;
- 18) a wisp of cloud – тучка;
- 19) crebain = crows;
- 20) delve – копать, рыть;

- 33) spear – копье;
- 34) to skewer – пронзать;
- 35) boar – кабан, вепрь;
- 36) foe – враг;
- 37) toss – подбрасывать;
- 38) to lean – наклониться;
- 39) wielder – обладатель, владелец;
- 40) to avail – помогать;
- 41) sorceress – колдунья, чародейка;
- 42) spell – заклинание;
- 43) ensnare – попасть/заманить в ловушку;
- 44) hawk – ястреб, сокол;
- 45) courtesy – вежливость, courteous – вежливый;
- 46) in vain – напрасно;
- 47) realm – область, место проживания;
- 48) peril – опасность, риск;
- 49) to mingle – смешивать(ся);
- 50) spike – штырь;
- 51) banner – знамя;
- 52) trumpet – труба;

21) to mirror – отражать;	53) dawn – рассвет, заря;
22) malt beer – пиво из солода;	54) treacherous -- предательский, вероломный;
23) ripe meat – хорошо приготовленное мясо;	55) diminish – уменьшать(ся), ослаблять;
24) dungeons – тюрьма;	56) mutilate – уродовать;
25) set loose – освободить;	57) to clad – облачать;
26) rid – избавлять;	58) garb – одеяние;
27) blade – клинок, кинжал, меч;	59) bow – лук;
28) to glow – светиться;	60) kin – род;
29) feather – перо;	61) dagger – кинжал;
30) scales – чешуя;	62) festering – отравляющий, ядовитый;
31) quest – поиски;	63) marshland – болота
32) oath – клятва, присяга	

Questions

Scene 1-5

1. What is the history of the Ring of Power? What are its qualities?
 2. What are the characteristic features of Hobbits?
 3. What is the reason of Gandalf's coming to the Shire? How are the preparations being made?
 4. What worries Frodo in Bilbo's behavior?
 5. What is Hobbits' attitude to Gandalf? Why was Gandalf labeled "the disturber of peace"?
 6. What are the relations between Bilbo and Gandalf? Frodo and Gandalf? Bilbo and Frodo?
 7. Why does Bilbo want to leave? Why isn't he taking Frodo with him?
 8. Why does Gandalf insist that Bilbo should leave the ring behind? Is it easy for Bilbo?
- What shows it?
9. What are Frodo's feelings about Bilbo's leaving?
 10. Why does Gandalf leave quickly after the festivities? What information did he find out?
 11. Why does Frodo beg Gandalf to take the Ring? Why does Gandalf refuse?
 12. Why does Frodo have to leave the Shire with the Ring? Who is hunting him? What is Gandalf's plan?
 13. How did it happen that three other Hobbits accompany Frodo in his undertaking?
 14. How does Sam feel about leaving the Shire? Why? What about Merry and Pippin?
 15. Why does Gandalf leave Sam and Frodo in this dangerous situation?
 16. What happens to Gandalf in Isengard?
 17. Was the way to the inn "The Prancing Pony" easy?
 18. Why were the Hobbits at a loss when they arrived to the inn?
 19. How did they get acquainted with Strider?
 20. Did Strider help the Hobbits? How? What might have happened if he hadn't helped?

Scene 6-8

1. Did Sam, Merry and Pip understand the seriousness of the situation they had gotten into? Which examples prove it? What were the consequences of their careless actions?
2. How did Sam, Merry and Pip behave during the fight with the Nazguls? What about Frodo?
3. Why was Frodo's wound so dangerous? Could Frodo's companions cure him? What did Strider decide to do?

4. What was Arwen doing in the forest? What did Strider and Arwen argue about? Why did Strider allow her to bring Frodo to Rivendell?
5. Was Arwen's way back to Rivendell easy? How can you characterize her behavior in this situation?
6. What helped Arwen to save Frodo in a critical situation when he was about to die?
7. Why didn't Gandalf tell Frodo about the reason of not meeting them in the "Prancing Pony"?
8. Why did Sam start packing his things quickly? Did Frodo want to leave that fast?
9. Why did Elrond refuse to keep the Ring in Rivendell? What does Elrond think of the Race of Men?
10. How can you explain Boromir's behavior?
11. What gift did Arwen suggest to Strider? How did she persuade him to take it? Do you agree with her arguments?

Scene 9-13

1. What is Boromir's behavior during the Council? How does he take the news about Strider's position?
2. What can you say about the relations between Dwarves and Elves? Give the example proving it.
3. Who saves the situation at the Council?
4. What do we know about Strider's mother from Elrond?
5. What was Bilbo's behavior when he saw the Ring?
6. How many times did they have to change their way to Mordor? Why?
7. What unpleasant surprises were waiting for them in Moria?
8. What were everybody's feelings about Gandalf's death? What can you say about their behavior?
9. Why didn't the Elves want to let the Fellowship pass through their forest? Why did they agree at last?
10. What reception and farewell were the Fellowship given?
11. What can you say about Boromir's behavior?
12. Describe the clash between Boromir and Frodo.
13. Why did Frodo decide to leave alone?
14. Did Boromir's behavior change? Why? What about his attitude to Aragorn?
15. Describe the relations between Frodo and Sam. What can you say about Sam's character

VOCABULARY EXERCISES

Scenes 1-5

1. Match the words:

to feel disappointed or distressed about sth.	to eavesdrop
to abound, to be full of sth.	Regret
to listen secretly to other people's conversations	Riddle
exempt from death: lasting forever	Heirloom
a puzzling problem or question which requires clever solution	to torture

a family possession handed down from generation to generation	to teem with
to feel a strong craving, deep desire, a wistful feeling	Immortal
to conceal the appearance or character in order to prevent recognition	to tempt
to lure, to encourage a foolish or wrong course of action.	to disguise
to make someone suffer physically	to yearn

2. Rephrase the sentence using synonyms for the italicized words:

1. He is *dyeing*; I can't do anything with it.
2. I am a dwarf, not *a fool* hobbit.
3. Bilbo's longevity was *a puzzle* for all the hobbits.
4. Telling her that she was attractive and intelligent, he tried *to pay* Arwen *a compliment*.
5. The Ring *is longing for* its Master
6. How long have you been *listening secretly to* our talk?
7. How can you on earth *explain* your complete disappearance?
8. Saruman summons enormous army, which is difficult *to fight with*.
9. Elves are *famous for* their magic and immortality.
10. We shouldn't *delay* our departure; the Black Riders are chasing us.
11. We are *quick-witted* to deal with this problem.
12. Bilbo *declared* that he was going to leave the Shire.
13. The Council *was heartily discussing* the fate of the Ring.
14. The keeper of the inn said about the folk of *curious nature* trespassing the lands.
15. We should use the effect of unexpectedness and *to attack*.
16. Frodo and Sam *felt sorry* that they would never see Shire again.
17. Hobbits are curious *creatures*, you never know what to expect from them.

3. Rephrase the sentences using opposites for the italicized words:

1. Saruman turned out to be *a dishonest* wizard.
2. My confounded relatives want to live *in peace and quietness*.
3. *Kindness or pity* is a characteristic feature of Sauron.
4. This Ring might be *very precious* but is dangerous for its possessor.
- 5 The Ring, by its power made Gollum *quite normal*.
6. The enemy is powerful; we should *give up*.
7. The gatekeeper was *very impolite*; he could have been one of the servants of Sauron.
8. We should *go straight* to Rivendell. Is this way hard and dangerous?

9. The matter is urgent; you should *get down* to business *at once*.
10. Arwen decided to sacrifice her immortality; Aragorn *was unworthy of* it.
11. The kindness of Elves' hearts could *harm your health*.
12. *The devotion* of the members of the Fellowship of the Ring might be decisive in your fight with the Enemy.

Scenes 6-8

Match the words:

actions that are not loyal to someone who trusts you	to conceal
the ability to quickly become strong, healthy, happy, after a difficult situation, illness etc.	Troll
to keep from disclosure, sight or knowledge; to hide	to forsake
to be worthy of or entitled to	extraordinary resilience
a creature who lives underground to be spread around, to be separated, to be distributed in different directions	to deserve peril
the chair on which a king or queen sits	to be scattered
a situation when someone is forced to leave his/her country and live in another country, usually for political reasons	Throne
a source of danger	to count on sth.
to expect someone to do or something to happen	Exile

2. Rephrase the sentences using synonyms for the italicized words:

1. *Accept* the power of the ring or die.
2. This is beyond my skill *to cure*.
3. The evil cannot *be hidden* by the power of Elves.
4. In the *caves* of Isengard Saruman has crossed Orcs with Goblin men.
5. One of the black Riders *pierced* Frodo with his knife.
6. I think the servant of the enemy would look fairer and *have dirtier thoughts*.
7. Saruman is going *to summon an army* that can move in sunlight and cover great distances at speed.
8. *The dwarfs* shouldn't *be trusted on*, they only care about their business.
9. Saruman has betrayed us but his *perfidy* runs much deeper.
10. Aragorn is no longer an heir: he has chosen *banishment*.
11. *This threat* belongs to all Middle-Earth; we must decide now how to act.
12. Arwen bounds herself to Aragorn, *sacrificing* the immortal life if her people.
13. Aragorn as a future king *is*, by all means, *worthy of* the allegiance of his people.
14. To have come so far still bearing The Ring the Hobbit has shown *great resistance to* its evil.
15. Men are *uncoordinated*, divided and leaderless.
16. These are *the fragments* left from the blade that cut the Ring from Sauron's hand.
17. There is one who could unite them, one who could *return* the throne of Gondor.

3. Rephrase the sentences using antonyms for the italicized words:

1. If Elves were *immortal*, they wouldn't be so powerful.

2. The race of Men in the whole Middle-Earth is *united* by the feeling of danger.
3. I *can be realistic* when I'm with you.
4. Our trip will be *safe*; there are no spices of Saruman anywhere.
5. The Fellowship of the Ring should *refuse* the help of a friend.
- 6.; *Devotion* is his second nature. – Does he stick to his word?
7. The mission is very important, you, Frodo *can rely only on yourself*.
8. Trolls are *fair* folk. - Their hearts are spoiled by thoughts of treasure and riches, aren't they?
9. The fact that you possess the Ring *should be revealed*.
10. The Ring *would allow Frodo to act as he wishes*.
11. The race of Men *is governed by a powerful leader* now.
12. Aragorn *is welcome* to Gondor.

Scenes 9-13

1. Match the words:

a prayer or wish for harm to come to someone or something	Blade
a very deep crack in the earth's surface	quest
one of the light, hollow-shafted structures that form the covering of birds	mutilate
an area of low ground that is soft and wet	oath
a pointed short-edged weapon, which is used for stabbing	Scales
a bass instrument that you blow into, that consists of a long bent metal tube that is wide at one end	Spell
a weapon with a long shaft and a sharply pointed head	trumpet
magic, or the special words or ceremonies used in making it happen	bane
a flat plate which covers certain animals, especially fish and reptiles	Chasm
a solemn promise in the name of God or on Bible that a person will speak only the truth	Hawk
a bird with a short, hooked bill and strong claws for seizing small prey	Feather
to maim or cripple; to make imperfect	marshland
a search, pursuit; an expedition to find something	Dagger

2. Paraphrase the sentences using synonyms for the italicized words:

1. It is *careless* to simply walk into Mordor.
2. Why is this *small cloud* moving so fast against the wind?
3. That knight was strong and brave but couldn't escape the *jail* if Barad-dur.
4. This is the *dwelling place* of the most ancient folk in the world.
5. Even the air is *poisoning* in the land of Mordor.
6. Festering, stinking *bogs* are as far as the eye can see.
7. I'm the servant of the secret fire, the *possessor* of the flame of Anor.
8. The dark fire didn't *help* the servant of Udun.
9. This *enemy* of the ancient world is beyond any of you.
10. They say the world has grown *full of danger* and in all lands love is now mingled with grief.

11. A great *witch* lives in these woods.
12. They will have a queen as terrible as the dawn, as *traitorous* as the sea.
13. It *reflects* only starlight and moonlight.
14. The dwarfs *dug* their caves too greedily and too deeply.
15. We will enjoy the hospitality of dwarfs, malt bear and *well-cooked* meat.
16. We must be moving; we cannot *delay*.

3. Change the sentences using opposites for the italicized words:

1. The strength of the Fellowship of the Ring *is growing* day by day.
2. One can simply walk into Mordor, it's a *fertile* land, and the air is *fresh and clean*.
3. There will be a lot of creatures *to rule you out* all over your thorny way.
4. Do you really think that Aragorn, the son of Arathorn, deserves your *rude and treacherous behavior*?
5. The only thing I can foresee is that your mission will be *safe and protected*.
6. The day has been hard; we should stop and have a rest till the *sunset*.
7. What are you talking about, that fair lady *doesn't possess any magic skills*.
8. Frodo carries a heavy burden, the Ring, and nobody can say for sure that his mission will be *successful*.
9. Orcs were Elves once; they were taken by the Dark powers and *perfected*.
10. The men *were not allowed to* the Secret Council.
11. They went to their quest, *cursed* by all their friends.

CREATIVE TASKS

I. Comment upon the following sayings:

Scenes 1-5

- It's none of our concern what goes on beyond our borders. Keep your nose out of trouble and no trouble will come to you.
- The hearts of men are easily corrupted.
- I'm old ... I feel thin. Sort of stretched like butter scraped over too much bread.
- For five hundred years it poisoned his mind.

Scenes 6-8

- I think the servant of the enemy would look fairer and feel fouler.
- That would never fully heal. He will carry it the rest of his life.
- Men? Men are weak.

Scenes 9-13

- Many that live deserve death. Someone that died, deserve life. Don't be too eager to deal out death and judgments. Everyone wise cannot see all ends.
- You will be the fellowship of the ring.
- Evil will be drawn to you outside the Fellowship, and I fear from within.

II. Conversations

Dramatize the following situations:

Scenes 1-5

1. Gandalf and Bilbo are discussing life in the Shire, the celebration's procedure, Bilbo's plans for the future.

2. Frodo and Gandalf are discussing what to do with the Ring that Bilbo has left to Frodo.
3. Gandalf and Saruman who has betrayed the Secret Council and become the servant of the Enemy.
4. Frodo and the Strider are speaking about the recent events.

Scenes 6-8

- 1.; Frodo is telling Bilbo about the events happened on their way to Rivendell.
2. Elrond and Gandalf are deciding how to unite the power of all men, dwarfs and elves against the Enemy.
3. Aragorn and Boromir are discussing the events that happened 300 hundred years ago when Isildur took the Ring.

Scenes 9-13

1. Elrond, Gandalf, Boromir, Aragorn, Legolas, Frodo and Gimli are discussing how to destroy the Ring.
2. Frodo and Galadriel; Frodo is asking about the destiny of the quest, Galadriel is giving the alternatives.
3. Boromir and Frodo; after all the events Frodo is in despair, Boromir persuades Frodo to give him the Ring.

III. Role retellings

Retell the scenes as:

- Frodo
- Aragorn
- Sam
- Gandalf
- Arwen
- Elrond
- Merry
- Pippin
- Bilbo

VIDEO TEST

1. The sky was bright...
 - a. to the left of the tower
 - b. to the right of the tower
 - c. on both sides of the tower
 - d. nowhere
2. The first of the companions to approach the tower was ...
 - a. Frodo
 - b. Samwise Gamgee
 - c. Peregrin Took and Merry
 - d. Aragorn
3. Aragorn gave the Hobbits ... to defend themselves
 - 1) bows
 - 2) hammers
 - 3) knives
 - 4) swords
4. The vegetables the Hobbits were baking were ...

- a. tomatoes
 - b. potatoes
 - c. mushrooms
 - d. onions
5. Frodo put the fire out using ...
- a. water
 - b. hands
 - c. feet
 - d. sand
6. Hobbits were waiting for the Ring Wraiths ...
- a. hiding behind the stones
 - b. lying on the ground
 - c. standing in a circle
 - d. having run to different directions
7. ... Ring Wraiths were attacking Hobbits in the Tower.
- a. 12
 - b. 7
 - c. 5
 - d. 3
8. The first person to attack the Ring Wraiths was...
- a. Merry
 - b. Frodo
 - c. Sam
 - d. Peregrin Took
9. Being face to face with the Wraiths Frodo...
- a. attacked them
 - b. ran away
 - c. began begging for mercy
 - d. dropped the knife and fell on the ground
10. Being afraid of the Wraiths Frodo ...
- a. put the Ring on his finger
 - b. gave the Ring to Nazgul
 - c. threw the Ring away
 - d. gave the Ring to Sam
11. Because of the power of the Ring Frodo saw ...
- a. black figures of the wraiths and white of Aragorn
 - b. white figures of the wraiths and black of Aragorn
 - c. black figures of the wraiths and Aragorn
 - d. white figures of the wraiths and Aragorn
12. The Nazgul pierced Frodo ...
- a. in the head
 - b. in the leg
 - c. in the back
 - d. in the shoulder
13. Nazgul didn't take the Ring from Frodo because ...
- a. they couldn't see Frodo
 - b. Aragorn attacked them
 - c. the Hobbits attacked them
 - d. Frodo ran away
14. Aragorn was able to get rid of Nazgul using the ...

- a. sward
 - b. head
 - c. fire
 - d. daggers
15. Gandalf being in the Tower saw ... and sent a message with it.
- a. a butterfly
 - b. a bird
 - c. a fly
 - d. a bee
47. Round the Tower Orcs were ...
- a. digging the ground
 - b. eating
 - c. rooting out trees
 - d. planting trees
- 17) Inside the Tower Orcs were ...
- a. searching for treasures
 - b. forging swords
 - c. painting the walls
 - d. washing the floor
18. The new-born Uruk-Hai ...
- a. killed the Orc who helped him to appear
 - b. thanked the Orc who helped him to appear
 - c. started fighting with Saruman
 - d. ran away from the Tower
19. To heal Frodo his friends were searching for ...
- a. special mushroom
 - b. special animal
 - c. wizard
 - d. special plant
20. When Arwen saw Aragorn ...
- a. she started hugging him
 - b. put the knife to his neck
 - c. began crying
 - d. closed Aragorn's eyes with her hands

ЧАСТЬ 2. ДОМАШНЕЕ ЧТЕНИЕ

Winston Groom «Forrest Gump»

A Guideline to teachers and students

1. Make sure you have studied the following Abbreviations used for classifying the vocabulary units and spelling peculiarities:

sl = slang;
R, !R = rude, very rude;
AE = Americanism;
CS = colloquial style;
SM = spelling mistakes;
SPM = spelling and pronunciation mistakes;
GM = Grammar mistake;
SAEP = Southern American English peculiarities

2. Pay attention to the following spelling peculiarities:

bein, stayin, awnin etc. = being, staying, awning etc (CS);
sposed = supposed (CS);
an = and (CS);
ain't = are not, am not, is not, have not (CS);
ole, hole, foun etc = old, hold, found etc (CS);
winder, fellers etc. = window, fellows etc. (SPM);
thow, thowed = throw, threw (SPM, GM);
kilt = killed (SM, GM);
wadn't, bidness = wasn't, business (SAEP);
axed = asked (SPM);
splain = explain (CS);
outta = out of (CS);
grap = grab (SM, CS);
bout = about (CS);
tho = though (SM);
lef = left (CS);
po = poor (SAEP);
figer = figure (SM);
git = get (SAEP);
sambwiches = sandwiches (CS);
smush = smash (SPM);
jus = just (CS);
srimp = shrimp (SPM);
dunno = don't know (CS)

3. Look at the context to manage the translation task (Task 1). Be politically correct while translating rude (R) and very rude (!R) vocabulary units! Make use of the explanations given to each vocabulary unit.

4. Use the vocabulary units to answer the questions (Task 2). Use standard pronunciation and grammar in your answers. Use politically correct substitutes for rude and very rude vocabulary units in your answers!

Chapter 1

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them.

Vocabulary units

- 1) being an idiot is no box of chocolates = there is nothing good in being an idiot;
- 2) lose patience;
- 3) treat somebody shabby = have a very bad attitude to somebody;
- 4) the afflicted, an imbecile, a moron, a halfwit, a retard, a nut, a goon, a dummy = different names for mentally deficient people;
- 5) complain (v), complaint (n);
- 6) recon (v) = judge to be probable;
- 7) so to speak = as if it were really so;
- 8) IQ = a measure of a person's intelligence as indicated by an intelligence test;
- 9) drool (v) = let saliva drivel from the mouth;
- 10) folks = people;
- 11) a bunch of = some amount of;
- 12) shrubs = bushes;
- 13) wheelbarrow;
- 14) raise Cain = make scandal;
- 15) damn;
- 16) dumb-sounding = sounding stupid;
- 17) wad (v), wad and unwad = pack, pack and unpack;
- 18) give somebody a credit for = think what somebody deserves;
- 19) hangman = an executioner who hangs the condemned person;
- 20) noose, to throw the noose around one's neck;
- 21) jerk up (v) = move abruptly;
- 22) longshoreman = a laborer who loads and unloads vessels in a port;
- 23) crane (n) = a large machine for lifting and moving heavy objects;
- 24) squash somebody flat as a pancake;
- 25) parlor = a room in a private house or establishment where people can sit and talk and relax;
- 26) shades, pull the shade = curtains or jalousie;
- 27) fix somebody a pitcher of lemonade;
- 28) talk about nothing in particular;
- 29) tease (v) = annoy persistently;
- 30) hit somebody in the back with a stick;
- 31) chase (v) = go after with the intent to catch;
- 32) welt (n), to raise some fearful welt = scar, to leave a terrible scar on the skin;
- 33) squirrel;
- 34) climb (v), climb the oak tree;
- 35) fuss at (v) = shout at;
- 36) weird = strange;
- 37) stall (n) = small area set off by walls used for toilet e.g. at schools;
- 38) tie up the shoes;
- 39) slobber food;
- 40) get wild;
- 41) yell and holler = scream and shout;
- 42) conduct (v) = manage;

- 43) stroll (v) = walk leisurely and with no apparent aim, ~ down the street;
- 44) commence (v) = begin;
- 45) hug (n) = a hearty squeeze of somebody, give somebody a big old hug;
- 46) fist (n) = a hand with the fingers clenched in the palm;
- 47) principal (n) = the educator who has executive authority for a school;
- 48) stain (n) = a soiled or discolored appearance;
- 49) baggy pants = a garment extending from the waist to the knee or ankle, covering each leg separately that is loose on a person;
- 50) nod one's head;
- 51) figure out on one's own;
- 52) coach = someone in charge of training an athlete or a team;
- 53) locker room = a room where you can change clothes and which contains lockers for the temporary storage of your clothing and personal possessions;
- 54) pad = layers of cloth fastened together to protect e.g. rugby players from injuries;
- 55) plastic helmet;
- 56) get squished in;
- 57) sneakers = tennis shoes;
- 58) jockstrap = a support for the genitals worn by men engaging in strenuous exercise;
- 59) hurt one's feelings;
- 60) on account of = because of;
- 61) blow a whistle;
- 62) make somebody leap out of one's skin;
- 63) get disgusted;
- 64) defense;
- 65) grab, tackle (v) = take hold of so as to seize or restrain or stop the motion;
- 66) To make a long story short;
- 67) nasty = bad, dirty;
- 68) make up one's mind = decide;
- 69) go ahead = continue;
- 70) Guess who should be in my homeroom but Jenny Curran = Suppose who appeared/came in my homeroom? It was Jenny Curran.
- 71) I dare not mention = I don't have enough courage to talk about it.
- 72) keep somebody from doing something;
- 73) invisible (adj) = impossible to see;
- 74) make wisecracks about somebody;
- 75) pour (v) = cause some liquid to run;
- 76) lap (n) = the upper side of the thighs of a seated person;
- 77) bleachers = an outdoor grandstand without a roof;
- 78) quarterback, halfback;
- 79) goalpost;
- 80) drag somebody down;
- 81) slap somebody on the back
- 82) if I lay a hand on ... = if I dare even touch ...;

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. How does Forest classify his life in general? How do folks treat mentally deficient people?

2. What did he mean saying that he was a halfwit? Do idiots always correspond to people's opinion about them?
3. What example did Forest give to show that he was slow but brighter than folks thought?
4. Who was he named after? What was that person famous for?
5. What joke did the gun store crack on Forest when he was twelve? Why did he do that? What were the consequences?
6. What is known about Forest's father?
7. What was Forest's mother's attitude to him? What did they used to do together when he was little?
8. What was other children's attitude to Forest?
9. Why did Forest's mother send him to public school? What was Forest doing there? What was other children's attitude to him? Who was the exception? What happened to Forest the next year?
10. What fellows were there in the new school? Did Forest really belong it?
11. What was Forest's life like in that school?
12. What events got Forest out of that school? What was his classmates reaction to his leaving?
13. How did the principal of the new school look like? What did they want Forest to do?
14. How was Forest equipped? What tow difficulties did they have while dressing Forest up?
15. Was Forest good at football at first? What variants did Coach Fellers try with him? Why did they go wrong?
16. What were Forest's classes like compared to the nut school?
17. What «class» did he like most of all? What was not easy about it? How was it settled?
18. What surprise was waiting for Forest in his homeroom class? How did she look like?
19. What incident happened in the cafeteria? How useful was it for Forest's football career?
20. What was other goons' opinion about Forest as a player?
21. What other incident did Forest have in the cafeteria? What were the consequences? What was the mother's reaction?
22. How did that incident influence Forest's football career?

Chapter 2

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) a switch up the railroad tracks;
- 2) zipper (n) = a fastener for locking together two toothed edges by means of a sliding tab, zip/unzip = close with a zipper / open the zipper of;
- 3) rip something apart = tear violently;
- 4) rival (n) = opponent, competitor;
- 5) clap (v);
- 6) stage (n);
- 7) make a speech;
- 8) janitor (n) = someone employed to clean and maintain a building;
- 9) we want to be getting out of there before the turn of the century = we want to get out of there as soon as possible;
- 10) hush up (v);
- 11) low mumbling;
- 12) glare at (v);

- 13) bucket (n);
- 14) you sure got a way with words = you surely are a good speaker (manage words well);
- 15) eventful;
- 16) scrapbook;
- 17) treasure something like a goldbrick;
- 18) chew up (v);
- 19) be in awe of somebody / something;
- 20) screwy questions;
- 21) roll one's eyes;
- 22) score (n) = a number or letter indicating quality of a student's performance;
- 23) look sour;
- 24) accomplish;
- 25) draft board = a board to select personnel for involuntary military service, to report to the local !~ = to come to the local ~;
- 26) loony scene;
- 27) look bewildered;
- 28) That's it! = No more of that!
- 29) Commotion;
- 30) huddle (n);
- 31) temporarily deferred;
- 32) divinity = soft creamy candy made with egg whites;
- 33) an entirely new outlook for the future;
- 34) to put it mildly;
- 35) grin (v) = to draw back the lips and reveal the teeth, in a smile;
- 36) tear (v) = separate or cause to separate abruptly;
- 37) flail about wild-like;
- 38) aisle (n);
- 39) shriek and wail (v) = scream and shout;
- 40) escort (v);
- 41) jab one's fingers onto a pad = do dactyloscopy;
- 42) throw somebody in jail;
- 43) courthouse (n);
- 44) moustache (n);
- 45) shrug one's shoulders;
- 46) lean forward;
- 47) peer (v) at;
- 48) daub at one's eyes with the handkerchief;
- 49) scratch one's chin;
- 50) peculiar (adj);
- 51) straighten somebody out;
- 52) scot free = free of charge.

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. Where did All State Football Banquet take place?
2. What was wrong with Forest in the bus?
3. Could they solve the problem when they arrived? What did the Coach decide to do?
4. What happened during the Ceremony?

5. What package did Forest get? How did he treat the present? What happened to it later?
6. Who did Forest talk to in the Principal's office? What did the person suggest?
7. Why couldn't they realize that?
8. What was Forest's graduation day like? How did Forest feel?
9. Why was Forest's mother bawling and crying?
10. What happened during the medical examination?
11. What was there at the second examination? What was its result? What were the mother's feelings about it?
12. What experience did he have with Miss French? What were his feelings after that?
13. What question did he ask his mother after the experience? What did the mother do?
14. Where did Jenny and Forest go? What happened there?
15. What was the result of the incident?
16. What circumstances helped Forest out of the situation?
17. What image of the mother did Forest get during his life?

Chapter 3

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) simpleton (n);
- 2) mean business = say something everybody really believes, e.g. This man means business.
- 3) stack into the bus like flapjacks, stack (n);
- 4) intolerable (adj);
- 5) brick (n) = rectangular block of clay baked by the sun or in a kiln used as a building or paving material, ~ building;
- 6) dorm (n) = dormitory = a college or university building containing living quarters for students;
- 7) be torn off the hinges;
- 8) be bashed in;
- 9) be busted out;
- 10) fly (n);
- 11) hum and buzz (v);
- 12) and all (sl) = and things like that;
- 13) one-pump gasoline station;
- 14) get on fine = be in good relations;
- 15) have about as much brain as an eggplant;
- 16) to drop down and give somebody some pushes;
- 17) with the wild look on the face;
- 18) with the eyes all bugged out;
- 19) light-socket (n);
- 20) pounce (v) on = move down on as if in an attack;
- 21) cave (v) in = break down;
- 22) jar (n) = a vessel (usually cylindrical) with a wide mouth and without handles;
- 23) scowl (v) = frown with displeasure;
- 24) hornet = large stinging paper wasp;
- 25) lap = movement once around a course;
- 26) bounce off = spring back;

- 27) heave (v) something out of = throw with great effort;
- 28) goofball (n) = a man who is a stupid incompetent fool;
- 29) rifle (n) = a shoulder firearm with a long barrel and a rifled bore;
- 30) fraternity = a social club for male undergraduates, sorority = a social club for female undergraduates;
- 31) cussword (n);
- 32) drain grate;
- 33) get a flat tire;
- 34) lug nut = a small (usually square or hexagonal) metal block with internal screw thread to be fitted onto a bolt to fix the lug;
- 35) accidentally = not intentionally;
- 36) cot = a small bed that folds up for storage or transport;
- 37) enroll in something = register formally as a participant or member;
- 38) stern = strict;
- 39) mouth organ = harmonica = a small rectangular free-reed instrument having a row of free reeds set back in air holes and played by blowing into the desired hole.

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. What was August like in Alabama? How did everybody feel?
2. What were the living conditions in the «Ape Dorm»?
3. What happened when one of the goons commented on Forest's brains?
4. How did Forest's first meeting with Curtis go on?
5. What cassettes did they send to Forest? What was he supposed to do with them? Did he do that? Why?
6. Was Coach Bryant angry about the cassettes? What wasn't he really pleased with?
7. What bad things did the goons do on campus? What was the punishment?
8. How did Forest feel being on campus?
9. Why was it problematic for Forest to understand Curtis? What was the main idea of everything that he was saying? Was Curtis too hard on Forest?
10. What happened to Curtis's car? What did he do? What did Forest advise? What was Curtis's reaction? What were the consequences for Forest?
11. What classes did Forest have? Which ones seemed most difficult at first?
12. What turned out with Intermediate Light?
13. What turned out with the English class?
14. Did Forest feel good after their first successful game? Why?
15. How did Forest get harmonica?
16. What surprise was waiting for Forest late in the afternoon?

Chapter 4

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) navel = scar where the umbilical cord was attached;
- 2) give somebody goosebumps;

- 3) get all slicked up (sl) = get dressed up and tidied for some special occasion;
- 4) hair tonic;
- 5) shaving lotion;
- 6) bull fiddle = largest and lowest member of the violin family;
- 7) pluck (v) with the fingers = pull the strings lightly but sharply;
- 8) banjo (n) = a stringed instrument of the guitar family that has long neck and circular body;
- 9) cheer (v) = show approval or good wishes by shouting;
- 10) screw (v) somebody = have sexual intercourse with somebody;
- 11) assignment (n) = task;
- 12) turd (n, !R) = a very bad person;
- 13) guidance counselor = some who gives advice about problems and is responsible for a person;
- 14) be excused form classes = get the permission to miss classes;
- 15) bong somebody on the kneecaps;
- 16) rubber hammer;
- 17) a whole bunch of crap = much nonsense;
- 18) savant (n) = someone who has been admitted to membership in a scholarly field;
- 19) cross-eyed = with eyes turned inward toward the nose;
- 20) holdup man = an armed robber;
- 21) exhaust poison;
- 22) molest (v) = harass or assault sexually;
- 23) snatch (v) = grab;
- 24) undefeated (adj) = victorious;
- 25) corn shucker = a person who can do nothing but shuck corn;
- 26) consternation (n) = fear;
- 27) let somebody down = fail somebody;
- 28) jackoff/jerkoff (n, !R) = really bad man preoccupied with sex;
- 29) dangle (v) = hang freely;
- 30) be faked out = be made fool of;
- 31) ankle (n) = gliding joint between the distal ends of the tibia and fibula and the proximal end of the talus;
- 32) nod (v) one's head;
- 33) haul (v) = draw slowly or heavily;
- 34) pat (v) on = hit lightly expressing approval;
- 35) huddle (n) = a disorganized and densely packed crowd;
- 36) gouge (v) = force with the thumb;
- 37) stomp (v) = walk heavily.

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. What «secret weapon» did Coach Bryant invent?
2. How were Forest's relations with Bubba developing?
3. What was harmonica's music for Forest?
4. How did Forest look next Friday? What did Bubba give to him? What was going on on the stage?
5. What happened during the concert? What was everybody's reaction? What was happening after that for a while? Why did it end?
6. What became wrong with the English class?
7. What were the consequences of that?
8. What happened during his second visit to the Medical Center? What did Dr Mills call Forest?

9. Was Forest's visit to a food store successful?
10. What happened between Forest, Jenny and banjo man?
11. How did Forest get the explanation of what was happening between Jenny and banjo man?
What were Forest's feelings?
12. How were they doing in the first part of the game with Nebraska? Why?
13. How was the rest of the game developing?
14. How come that they lost the game? (Was it Forest's fault?)
15. What were Forest's feelings about it? Why?

Chapter 5

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) bleak (adj) = offering little or no hope;
- 2) flunk (v) = fail to get a passing grade, ~ out of school = be expelled from school;
- 3) remedial English = intended to improve knowledge of English;
- 4) mystify (v) somebody = have no answer;
- 5) out of bounds;
- 6) acquire a taste for something = start liking something;
- 7) body brace = elastic straps that hold trousers up;
- 8) bash (v) down = hit hard;
- 9) bus depot = bus station;
- 10) nasty (adj) = offensive or even malicious;
- 11) bowel (n) = guts;
- 12) precede (v) with = move ahead in time or space;
- 13) crawl (v) around on one's belly;
- 14) relief (n);
- 15) be down at the rifle range;
- 16) Who cares!
- 17) pantry (n) = a small storeroom for storing foods or wines;
- 18) lieutenant (n) = a kind of military officer;
- 19) peel (v) = strip the skin off;
- 20) mustard (n) = pungent powder or paste prepared from ground mustard seeds;
- 21) bubble (v) = form, produce, or emit bubbles;
- 22) disgruntled (adj) = in a state of dissatisfaction;
- 23) prison riot = a state of disorder involving group violence in prison;
- 24) rumble (v) = make a low noise;
- 25) be miraculously spared = not to suffer due to some unexplainable reason;
- 26) meat cleaver;
- 27) parade ground;
- 28) motorpool (n);
- 29) be up the creek = get in trouble;
- 30) geek (n) = idiot;
- 31) be confined = be placed under arrest or restraint;
- 32) scrub out the latrine;
- 33) exaggeration (n);
- 34) rice paddies;
- 35) plow (v);

- 36) humongous (adj) = large;
- 37) hover (v) over;
- 38) outskirts;
- 39) shanty (n) = hut;
- 40) huddled (adj);
- 41) beggar (n);
- 42) truce (n);
- 43) shallow pit;
- 44) squirt somebody with water;
- 45) incoming (n) = attack;
- 46) hose (n) = a flexible pipe for conveying a liquid or gas;
- 47) mangled up = damaged;
- 48) baler (n);
- 49) repulsive (adj) = disgusting;
- 50) shell (v) = use explosives on;
- 51) mortar (n) = a muzzle-loading high-angle gun with a short barrel that fires shells at high elevations for a short range.

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. What sad news did Coach Bryant bring? What couldn't he understand?
2. What was Forest's reaction? What were his thoughts about it?
3. What kind things did Coach Bryant say to Forest?
4. What farewell did the team do for Forest? What did Bubba do for him?
5. Why was Forest's mother crying and bawling when he arrived? What talk did she have with the Sergeant?
6. What were Forest's impressions about people in the Army, living conditions and food? What were the soldiers doing mostly? What was a relief for Forest?
7. How did Forest get to the kitchen? What was he going to cook? What recipe did he get?
8. What did somebody advise to cook the meal in? What did Forest get for that purpose?
9. What was the result and the consequences of that cooking?
10. Who telephoned Forest next fall? What happened to him? What did he ask Forest to do? Was Forest able to do that? Why?
11. How was the game with the Mississippi team going?
12. What happened to Forest and others a month later? What were they said about the mission?
13. How were they transported? What did Forest like about the trip?
14. What made Forest sad in Pleiku?
15. What did Fort Benning look like? What was the atmosphere there? Why?
16. What happened when they were washing themselves? How long did it last? Where were they hiding? Did they get any food?
17. What was their mission after?
18. What was the situation on the battlefield?
19. What was Forest's task?
20. Who did Forest meet there? How come that he ended up there?
21. What news about Jenny and Curtis did he tell Forest?

Chapter 6

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) saddle (n) = a pass or ridge that slopes gently between two peaks;
- 2) ridge (n) = a long narrow natural elevation;
- 3) ammo (n) = projectiles to be fired from a gun;
- 4) slope (n) = an elevated geological formation, down the ~;
- 5) scramble (v) = to move hurriedly;
- 6) growl (v) = to utter or emit low dull rumbling sounds;
- 7) squat (v), hunker down = sit on one's heels;
- 8) hand grenade = a small explosive bomb thrown by hand;
- 9) pull the pin = take out a holder attached to the hand grenade;
- 10) lob (v) = propel in a high arc;
- 11) chattering (n) = making a rapid repetitive noise resembling speech;
- 12) wipe (v) out = make disappear;
- 13) overrun (v) = seize the position of and defeat;
- 14) busload (n) of = a lot of;
- 15) armed to the teeth = having all kinds of weapons;
- 16) fresh belt = new belt of ammo;
- 17) squeeze the trigger;
- 18) squirm (v) over to = to move in a twisting or contorted motion;
- 19) flour sack;
- 20) be scared out of one's wits = be frightened very much;
- 21) fix somebody up = give treatment so that a person would function in a normal way again;
- 22) to sound real eerie;
- 23) pralines (n) = kind of candy;
- 24) sleet;
- 25) hail;
- 26) anthill (n) = a mound of earth made by ants as they dig their nest;
- 27) catch somebody with the pants down = catch somebody when they do not expect it and are absolutely unprepared
- 28) platoon.

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. Where was the location of Forest's group? What was so bad about it?
2. What were the sergeant's instructions?
3. How did the operation begin?
4. What did Forest suggest? Did Doyle agree? What did he do instead?
5. How did Charlie Company's moving to the saddle start?
6. Why was Bones — the machine gunner — extremely nervous? What did they get to do?
7. What happened when they were moving out?
8. What did Forest do with Doyle? Was that easy?
9. How did he get through? What was everybody's reaction?
10. What were the Commander and Forest talking about?
11. What were Forest and Bubba doing that night?

12. What were Sergeant Kranz and Forest talking about?
13. What task did Forest get from Sergeant Kranz? What did Bubba suggest? What was the decision?
14. What were they doing after? What was the plan?
15. How were the things in the jungle? (Be politically correct in your answer)
16. What was he writing about to his mom? Did he write to anybody else? Did he get any answer?
17. What plan did Bubba and Forest get? What were the details?
18. What was the weather like? What were they doing mostly? What was the result?
19. How did the battle go on?
20. What happened to Bubba? What did he ask Forrest to do?
21. How was the night after that?
22. Did they get any help at last?
23. What were Forest's feelings about Bubba? What did Forest ask Sergeant Kranz to do?

Chapter 7

***Task 1:** Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them*

Vocabulary units

- 1) wooden plank floors;
- 2) to be swept clean;
- 3) torture chamber;
- 4) smart;
- 5) to wage war;
- 6) swamp, marshes;
- 7) intensive care ward;
- 8) natural laws that govern the universe;
- 9) gist;
- 10) outlook on things;
- 11) to make sense, nothing making any sense;
- 12) to stick to;
- 13) rhinoceros;
- 14) to wander over;
- 15) to pounce on smb;
- 16) jabber away at smb.;
- 17) wire nets;
- 18) high tide;
- 19) Headquarters;
- 20) shrimps, baby~;
- 21) teensy slimy things;
- 22) muckity-mucks = snob-rude guys;
- 23) Congressional Medal of Honor;
- 24) extreme heroism;
- 25) to bust one's britches;
- 26) punctured lungs;
- 27) severe intestine;
- 28) spinal separation;
- 29) truncated leg;

- 30) third degree burns;
- 31) trash;
- 32) envelope;
- 33) maim;
- 34) to be made to do something;
- 35) to make one's stomach turn flip-flops;
- 36) lieutenant-colonel;
- 37) tailor-made uniform sewn up for smb.;
- 38) paddle;
- 39) humidity;
- 40) to be on the verge of something / doing something;
- 41) to seize the moment;
- 42) glowing sparkle of curiosity;
- 43) to burn deep in one's mind;
- 44) snag;
- 45) to have a big heart;
- 46) pal.

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. What did Forrest like about the hospital?
2. What kind of people were there? What was the place like at night?
3. Were all the wounded howling and crying?
4. Was Dan an ordinary soldier? Why (not)?
5. Was Forrest getting any better? What about Dan? What was Forrest trying to do for Dan?
6. What was Dan's philosophy? How did it help Forrest?
7. What entertainment did Forrest find in the hospital?
8. What did Forrest buy in the gook shop? What did he do with it? What was he thinking about?
9. What did Forrest ask a little gook at the fish market for? What was the result? Did Forrest thank the gook? What did Forrest decide?
10. What news did the guys from the Headquarters tell Forrest? What was Forrest's reaction?
11. Where was Dan gone? What injuries of Dan did the nurse mention? What were Forrest's worries about it?
12. What news did he get from his mama? How did it happen?
13. What other letters did Forrest receive? What was his reaction?
14. What was Jenny doing that time?
15. What did lieutenant colonel promise Forrest?
16. Who did Forrest play ping-pong with last night before leaving? What was the result?
17. What did the nurse bring to Forrest the morning he was leaving? What was in the letter?
18. What did Forrest ask Colonel Gooch? Why? What was the answer? Put it into a politically correct form, please.

Chapter 8

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) to drum up new enlistment;
- 2) to sell bonds;
- 3) to be given «the royal treatment»;
- 4) brass band;
- 5) to commence;
- 6) to chant at somebody;
- 7) all hell break loose;
- 8) to wear a beard (mustache);
- 9) to act dignified;
- 10) to outnumber a thousand to one (10 to 4 etc);
- 11) to boot weapons;
- 12) M.P. = military police;
- 13) to lug things around;
- 14) to get squared up;
- 15) to pin the medal on somebody;
- 16) spit;
- 17) filthy;
- 18) ape;
- 19) lawn;
- 20) to listen up keen;
- 21) to starve;
- 22) to clap;
- 23) to growl;
- 24) to hustle away to;
- 25) Armed Forces;
- 26) to get muddled up;
- 27) P.F.C. = Private First Class;
- 28) to lean forward;
- 29) to scribble in the notebook;
- 30) pronto;
- 31) weird nutty little laugh;
- 32) to assign to (reassign, be assigned, reassigned);
- 33) to shovel coal into the boilers;
- 34) tournament;
- 35) to sign somebody up;
- 36) paddle;
- 37) to put all sorts of spin on the ball;
- 38) to get one's ass whipped;
- 39) wheelchair;
- 40) bandage, to put on ~; to take off ~;
- 41) Einstein's theory of relativity;
- 42) You never cease to amaze me!
- 43) to be at stake, the future of the human race might be at stake;

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. How would people treat Forrest according to colonel Gooch? What was the Army's plan for Forrest?
2. What reception were they given at the airport? What did Forrest do? How could they escape from the airport?
3. Did Forrest like Washington? Why? What unpleasant thing happened there?
4. What was it like in the White House?
5. How come that Forrest Gump and the President spent time together? What were they doing?
6. How did the meeting end? What consequences did it have?
7. What was the colonel's idea about the recruitment tour? Was it successful?
8. Where did they send Forrest after the incident? What kind of job did Forrest get?
9. What event changed the situation?
10. Was Forrest winning the game at the beginning in Washington? Who influenced the outcome of the game? What were they talking about after the game?
11. What were Forrest's perspectives after the game? What were his feelings about it?

Chapter 9

Keywords

- 1) neat;
- 2) turd;
- 2) hog, to have got the table manners of a hog;
- 3) to jabber back at somebody;
- 4) a wad;
- 5) to hop mad;
- 6) lapel;
- 7) to wade on;
- 8) to dawn on/upon somebody;
- 10) to bump into;
- 11) to float;
- 12) to haul somebody up;
- 13) to carry somebody on the shoulders;
- 14) to screw up;
- 15) Your stupidity has turned into an advantage;
- 16) envoy;
- 17) to reopen foreign relations with somebody;
- 18) to choke

Questions

1. What was Forrest's first impression of China? Why?
2. What did Mr Wilkins look like? What was his attitude to Forrest?
3. Did Forrest find Chinese table manners easy? What was his comment on it?
4. What is Forrest's Pekin Duck story? What was its effect on the American mission?
5. What was Chairman Mao's story in the river? What was Forrest's role in it?
6. What was Wilkins's first reaction to that? Did it change?
7. Did Forrest screw up again in this last talk with Mao?
8. What is the story with the Chinese little boy? What was Wilkins's reaction?
9. What happened in the airplane? Was it an accident?

10. Did Forrest continue working for the Steam Heat Company back in the US?
11. Did Forrest go straight home?

Chapter 10

Keywords

- 1) like geeks at a sideshow;
- 2) to plug something in;
- 3) spangles;
- 4) telephone switchboard;
- 5) to bang on the piano;
- 6) to swat;
- 7) to cave in;
- 8) chromatic stop;
- 9) throwing-out-offense;
- 10) a bunch of freaks;
- 11) to turn out to be a fairy;
- 12) to split up with somebody, to take up with somebody;
- 13) shoplifting;
- 14) to pull oneself together;
- 15) dustmop;
- 16) the Pope;
- 17) pallet;
- 18) surplus store;
- 19) overalls and a lumber jacket;
- 20) to change into (into some clothes);
- 21) to pipe up;
- 22) to squat;
- 23) the object of scorn and mockery;
- 24) the custom of nobility;
- 25) court jester, jokester;
- 26) the royalty;
- 27) double entendre;
- 28) revelation;
- 29) the greater meaning of the foolishness;
- 30) to make an ass out of somebody;
- 31) principal character;
- 32) enlightenment;
- 33) to disguise;
- 34) a string of gripes;
- 35) to gawk up at somebody;
- 36) britches

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. Where was Forrest waiting for Jennie? What did the place look like? What did the people look like?
2. What preparations did the band make? What was their music like to Forrest?

3. What did Jennie look like? How did she behave? How did it all look like together with the band?
4. Did Forrest stay to the end of the music? What were the consequences? What did he start doing? What happened next?
5. What did Jennie tell Forrest about quitting the university?
6. Was Jennie's private life successful? What examples does she give?
7. Did the band have any perspectives as far as their career?
8. How did Jennie's boyfriend look like? What did he keep doing all the time? Did their relations last long?
9. What was Forrest's story with Dr Quackenbush (Doctor's project and Forrest's involvement)?
10. How come that Jennie and Forrest made love? What did she say after? Why did she say so? What did Forrest answer?

Chapter 11

Keywords

- 1) heath;
- 2) marsh;
- 3) shack, hovel;
- 4) to be disguised up as;
- 5) stooge;
- 6) to rig up;
- 7) gunnysack;
- 8) colander, to wear a ~ on one's head;
- 9) wig;
- 10) diaper;
- 11) cape, to make somebody a cape out of a tablecloth;
- 12) charity;
- 13) foul;
- 14) fiend;
- 15) vex;
- 16) torch;
- 17) shrubs;
- 18) to break one's fall;
- 19) smoldering;
- 20) to grovel;
- 21) to bawl;
- 22) to wring one's hands;
- 23) lice;
- 24) bald;
- 25) temptations;
- 26) duffel bag;
- 27) bozo;
- 28) to give the finger to somebody;
- 29) to keel over;
- 30) to tear gas bust open;
- 31) billy sticks;
- 32) to be handcuffed;

- 33) to haul off to jail;
- 34) assault;
- 35) to conk;
- 36) to mix up with a bunch of tuity-fruities;
- 37) mental hospital

Questions

1. What kind of thing did they have to play for Prof. Quackenbush? What were the characters? What was Forrest's role?
2. Where did the action take place? What was the weather like?
3. What things did they use to arrange the scenery? What were their costumes made of?
4. How did the fire start?
5. What were the people doing during the fire?
6. How did Forrest escape? Where did he go?
7. How was Jenny and Forrest's music career developing?
8. What new experience did Forrest have? How was he involved in that? What were the effects?
9. What was Jenny's reaction to that? What idea did Jenny suggest to help it out of that?
10. What happened the last night of their concerts? What were the consequences?
11. Where did they find Jenny after that? What was she doing? What did Forrest decide to do? What was the situation like there?
12. What happened to Jenny? What did Forrest do to make her forgive him? Did it work?
13. What did Jenny talk Forrest into? How did she explain it? Why did Forrest agree?
14. What happened at the demonstration? What were the consequences?

Chapter 12

Keywords

- 1) loony bin;
- 2) to poison;
- 3) rape;
- 5) to report to;
- 6) ink blots;
- 7) to bong somebody on the knee with a rubber hammer;
- 8) fist;
- 9) to get somebody chained to the seat hand and foot;
- 10) to see to something;
- 11) slammer;
- 12) top secret;
- 13) to capture;
- 14) how come...;
- 15) cyclotron;
- 16) to cram one's mind with;

- 17) equations;
- 18) coaxial coordinates, cosine, spheroid trigonometry, Boolean algebra, antilogarithm, Fourier analysis, quadrant, matrix math;
- 19) computation;
- 20) to face a jail sentence;
- 21) to be scant half to death;
- 22) to leak to the press;
- 23) alien;
- 23) to lift off;
- 24) to foam and hiss and steam;
- 25) to moan and bitch

Questions

1. How did Forrest characterize the mental hospital? What kind of people were there (What did they do?)?
2. How did the ink blots test go on?
3. What were the results of Forrest's math tests?
4. What decision was made by the doctors about Forrest? How was their flight?
5. What did they offer Forrest at the NASA? Did Forrest agree at first? How did the doctors make him agree?
6. Who was planned on the crew? What was peculiar about the situation?
7. How was the preparation going on?
8. What was Forrest's mother's reaction?
9. Was the information about the flight supposed to get in press? What was the reaction of the press?
10. What troubles had they faced before they were gone at last?

Chapter 13

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) to be squashed under something;
- 2) to unbuckle the seatbelts;
- 3) sour-looking and glum;
- 4) to rummage through something;
- 5) you would be singing a different tune;
- 6) to be made laughing-stocks;
- 7) to keep strapped;
- 8) to catch a wink or two of sleep;
- 9) to crab about something;
- 10) jackoff;
- 11) to put on the make up;
- 12) granola bar;
- 13) dreamboat;
- 14) to fling;
- 15) to clack the jaws together;
- 16) to soothe somebody;
- 17) to contend with;
- 18) to perk up;

- 19) to heave something into something;
- 20) glob;
- 21) to rip out wires from control panel;
- 22) miner stabilization trouble;
- 23) to manually insert something;
- 24) starboard computer;
- 25) gist;
- 26) South Pole;
- 27) to get scorching hot;
- 28) to pull the parachute lever;
- 29) blob;
- 30) to be a grease spot left;
- 31) to go dead, radio has gone dead;
- 32) to look back at;
- 33) flay out;
- 34) shields and spears

Questions

1. What was Forrest's impression about the flight? How did the things around look like?
2. What was wrong with the ape? What was Houston ground control's reaction? What was Major Fitch's reaction to that?
3. Did Forrest feel bad during all the flight? Why? What did he wish?
4. How did Major Fitch behave during the flight?
5. What was the ape doing? What did Forrest do to calm it down? What were the consequences?
6. What was suspicious about the ape's behavior? What did it do when Forrest was gone for a while? What reason did Forrest suspect?
7. What did the ape do when the natural process was over? What was Major Fitch's reaction?
8. What did the ape do after that? What were the consequences? How did the ground control classify them?
9. What instruction did the ground control give? What did Forrest try to do? Why?
10. How was the situation developing? Did they inform the ground control about their exact location? Why?
11. What happened when they landed at last?

Chapter 14

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) bounce;
- 2) to peek out of the window;
- 3) tribe of natives;
- 4) the fiercest-looking folks imaginable;
- 5) to scowl;
- 6) to figure out;
- 7) spook;
- 8) coon;
- 9) to startle, startled;
- 10) to keel over in a dead faint;

- 11) sputter and spit;
- 12) bow and scrape;
- 13) multi-orbital pre-planetary sub-gravitational inter-spheroid space-flight training mission;
- 14) to gape at;
- 15) guerrilla warfare against;
- 16) boon;
- 17) to chant;
- 18) to mean somebody no harm;
- 19) trouble lay ahead;
- 20) hut;
- 21) cauldron;
- 22) bleak outlook;
- 23) to squawk;
- 24) to get real heated up;
- 25) to have a particular affection for;
- 26) to treat with dignity;
- 27) allied nation;
- 28) to set free this instant;
- 29) the sole property;
- 30) to frown;
- 31) ignominious;
- 32) to stumble on the idea;
- 33) to turn something to one's advantage;
- 34) fertile soil;
- 35) predicament;
- 36) stale economy;
- 37) viable

Questions

1. Who did the crew see when they peeked out of the window? What did they look like?
2. What did they do to the ship? What was the crew's reaction?
3. Who got the door open? What was the natives' reaction?
4. Who handled the communication problem? What can you say about his appearance, education, position in the tribe?
5. What questions were asked about the ape?
6. Where was the crew taken? Were they declared prisoners?
7. What did Forrest want to say about his education? What did he say? What was Big Sam's reaction?
8. Did they get any supper? Why?
9. Did the crew have any chance to sleep that night? Why?
10. What news did Big Sam bring to them? What was the crew's reaction?
11. Could the crew do what Major Fritch wanted? Why?
12. How did Big Sam and the tribe plan to make use of the crew?

Chapter 15

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) a chess set;
- 2) moves (n);
- 3) make up one's mind;
- 4) shrug one's shoulders;
- 5) send somebody into a rage;
- 6) beckon (v) over;
- 7) grin ear-to-ear;
- 8) paddle (v, n), oar (n);
- 9) hog-tied;
- 10) embarrassing;
- 11) get grouchy;
- 12) to be lonesome for somebody;
- 13) to sow and harvest, crop;
- 14) bale, bale after bale;
- 15) to make a fortune;
- 16) to auction off something;
- 17) beads;
- 18) trinkets;
- 19) booze, a case or two of ~;
- 20) barge;
- 21) to hold a big hoedown;
- 22) to ward off evil spirits;
- 23) tickle;
- 24) to get somebody in check;
- 25) to sneak out;
- 26) to outsmart somebody;
- 27) to console oneself by something;
- 28) to encounter smth / smb;
- 29) despicable savage;
- 30) vile;
- 31) jiggaboo;
- 32) haul;
- 33) hoist up;
- 34) snares set;
- 35) to truss up;
- 36) Don't mention it

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. What was Forest's attitude to the work they were doing in the tribe?
2. What did Forest manage about the ape?
3. What did Big Sam teach Forest? What was the result?
4. What happened to Major Fritch? What did she ask Forest for?
5. Who was Forest's best friend during that time? How were they communicating?
6. What did Forest learn about that friend?
7. What was Sue's romantic story? How did it end?

8. What happened to Sue after that? What were the consequences?
9. What was Big Sam's plan about the harvest and spending money?
10. What did they have after the last crop? What was going on there?
11. Describe their last chess game. What was wrong with the situation?
12. What was the team's plan to get out? Did it work?
13. How did they escape from the cannibals? Was it a real escape?

Chapter 16

Task 1: Give the Russian for the following vocabulary units basing on their meaning in the Chapter. Write down the translation of the sentences containing them

Vocabulary units

- 1) pole (n) = a long (usually round) rod of wood or metal or plastic;
- 2) crappola (n) = nonsense;
- 3) clearing (n) = a tract of land with few or no trees in the middle of a wooded area;
- 4) dust (v) oneself off;
- 5) play the spears;
- 6) clog dance = a dance performed while wearing footwear usually with wooden soles; has heavy stamping steps;
- 7) puzzled (adj) = filled with bewilderment, at a loss to understand;
- 8) with the pygmies in hot pursuit = with the pygmies chasing somebody and being about to catch;
- 9) bow (n) = curved piece of resilient wood with taut cord to propel arrows;
- 10) arrow (n) = a projectile with a straight thin shaft and an arrowhead on one end and stabilizing vanes on the other; intended to be shot from a bow;
- 11) dart (n) = a small narrow pointed missile that is thrown or shot;
- 12) bush jacket = a loose fitting jacket; resembles a shirt with four patch pockets and a belt;
- 13) pith helmet = a light-weight hat worn in tropical countries for protection from the sun;
- 14) stick out one's hand;
- 15) strand (v), be stranded;
- 16) I got other weenies to roast = I have a lot of other things to do;
- 17) slicked back hair;
- 18) puffy little cheeks;
- 19) ordeal (n);
- 20) crook (n);
- 21) fiddle (v) with.

Task 2: Answer the following question using the vocabulary units of the Chapter or their politically correct substitutes

Questions

1. How did the pygmies settlement look like? Who was the tribe headed by?
2. What did they do to the Ape and why?
3. What questions were the team asked? What were the answers?
4. How did they manage to run away? Could they escape without help?
5. Who rescued them? How did they look like? What was their explanation of the delay?
6. What did Major Fritch do? How did she explain her decision?

7. What about Sue? How did Forest and Sue part?
8. Where did the NASA guys fly Forest to? Who did he expect to meet there? Did the expectations come true?
9. How did the new president look like?
10. Was the President kind and polite? What did he offer to Forest?
11. Did the government give Forest enough money to live on? What did Forest have to do?

Chapter 17

Vocabulary

- 1) on account of = on the reason of (because of)
- 2) awning (n) = a canopy made of canvas to shelter people or things from rain or sun
- 3) soak (v) = get wet;
- 4) grate;
- 5) squint up at somebody;
- 6) half bald-headed = having no hair on the half of the head;
- 7) bloodshot eyes;
- 8) sue somebody for divorce on grounds of incompatibility;
- 9) bum (n) = a person who doesn't work anywhere and doesn't want to do anything;
- 10) disability pension;
- 11) suffer a loss;
- 12) go by, to let the tide carry somebody = to live the life without struggling, just obeying the circumstances;
- 13) drunkard (n) = a person having a lot of problems with alcohol;
- 14) vagrant (n) = wanderer who has no established residence or visible means of support;
- 15) gleam (v);
- 16) flophouse (n);
- 17) sermon (n);
- 18) break up (v);
- 19) be eaten up by expenses;
- 20) thumb a ride;
- 21) stow (v);
- 22) slug down (v);
- 23) loiter (v);
- 24) re-treads (n)

Questions

1. How did Forest spend the dollar he was lent? What did he find out?
2. What were Forest's feelings about those events?
3. What happened to Forest in the rain? (Who did he meet? Did they recognize each other at first?)
4. What was Dan's story?
5. What were Dan's feelings about the war in Vietnam and the medals he had? How did he classify himself?
6. What was Forest's plan? What about Dan? What was the real reason of Forest's decision to take Dan with him?
7. Where did they spend that night?
8. What phone calls did Forest make? What did he find out?
9. How did they get to Indianapolis?

10. Where did Jenny work? Could he see her when he came to that place? How did Forest manage to see Jenny?

CHAPTER 18

Vocabulary

- 1) reunion (n);
- 2) be off work;
- 3) tavern (n);
- 4) bouquet (n);
- 5) bet (v) on somebody / something;
- 6) whack (n);
- 7) bozo (n) = a man who is a stupid incompetent fool;
- 8) grunt and strain;
- 9) smash one's arm down;
- 10) whip (v) somebody = beat somebody, win over somebody;
- 11) have a go at = try;
- 12) life has not been a bowl of cherries = life has been difficult;
- 13) develop a long police record;
- 14) flush the toilets;
- 15) give somebody up for dead;
- 16) hold national contest;
- 17) What of it?
- 18) piss-ant stuff (sl, !R) = a thing that is not worth even mentioning;
- 19) rassling, arm rassling, rassler (AE) = wrestling, arm wrestling, wrestler;
- 20) holds and ropes = techniques in rassling;
- 21) make everybody a pile of money = earn very much money for everybody;
- 22) nest egg = a fund of money put by as a reserve;
- 23) half-nelson, airplane spin, the Boston crab, the pile driver, hammerlocks, the belly flop = different kinds of hold and ropes in rassling;
- 24) referee;
- 25) commotion;
- 26) moose;
- 27) dunce = a stupid person, idiot;
- 28) gimmick = trick, wangle;
- 29) hollowed-out watermelon;
- 30) outfit = a set of clothing.

Questions

1. How did Forest describe his reunion with Jenny?
2. What were they doing in tavern? Why was Dan excited about what had happened there?
3. What was Jenny's life without Forest? Could she fall in love with anyone?
4. How did Jenny help Dan?
5. How did Jenny's apartment look like?
6. Could the guy get his \$5 back from Forest? How was Forest's «business» going on?
7. What offer did Forest get? How did the guy look like? Did Forest agree at once? Did he have any bad feeling about it?
8. How was Forest's study going on?
9. What idea did Mike have about Forest's image? Did Dan like it? What about Forest? What was Jenny's reaction on it?
10. Was Forest the only wrestler who looked odd?

CHAPTER 19

Vocabulary

- 1) lose one's temper;
- 2) snatch off (v);
- 3) ram (v); to ram into the ring post;
- 4) Collard green leaves;
- 5) stagger around (v);
- 6) wind up (v);
- 7) aisle [ail] (n);
- 8) make faces;
- 9) good clean match;
- 10) gouge eyes;
- 11) hit below the belt;
- 12) fiercely;
- 13) eel;
- 14) catcall (v);
- 15) shin;
- 16) stick out the tongue;
- 17) disgraceful;
- 18) awkward;
- 19) all sore and skint up;
- 20) snout (n);
- 21) mesh wire;
- 22) rowboat;
- 23) accomplish (v);
- 24) creek;
- 25) screwball;
- 26) be known far and wide.

Questions

1. What instructions did Mike give Forrest about the Turd?
2. How was the fight of the Animal with the Vegetable going on?
3. What was the Turd doing during the fight?
4. Was it easy for Forrest to follow Mike's instructions? Why?/Why not?
5. How did the fight end?
6. What were they bargaining about on their way to Indianapolis? What was the result?
7. How was Forrest's career in rastling developing?
8. What did Forrest and Dan plan about the shrimp business?
9. Did Forrest want to quit rastling? Why?/Why not?
10. What did Jenny insist on? What were her reasons?

Chapter 20

Vocabulary units

- 1) bout (n);
- 2) blow the horn;
- 3) dishonest;
- 4) smackeros = dollars (sl);
- 5) high-faluting = arrogant;
- 6) midget = a human being of a naturally small size;

- 7) contender;
- 8) mortar-board hat = a square hat worn by college graduates;
- 9) scold (v);
- 10) bound off (v);
- 11) slingshot;
- 12) pounce (v);
- 13) ruler;
- 14) whop;
- 15) gouge out (v);
- 16) be dizzy;
- 17) yarn (n), a ball of ~;
- 18) saunter over (v).

Questions

1. What was the last deal Forrest took in rassing (rivals, terms of the deal)?
2. What was Dan's plan?
3. What was Jenny's reaction?
4. Why did they need Jenny to come? What way out did they find when she refused?
5. How did the Professor look like and behave?
6. What dirty tricks did the Professor use in round 1 and round 2?
7. What was the outcome of the fight?
8. What unpleasant surprise was waiting for Forrest at home? What was his reaction?

Chapter 21

Vocabulary units

- 1) apparent (adj);
- 2) freak (v) out on somebody;
- 3) tag (v) along ;
- 4) You got other fish to fry = You got other winnies to roast = You got other important things to do;
- 5) lap (n);
- 6) get one's curiosity up;
- 7) mob (n);
- 8) shriveled up (adj);
- 9) grumpy-looking (adj);
- 10) spat (n);
- 11) bow tie;
- 12) dawn (v) on;
- 13) bishop, pawn, rook — chess pieces;
- 14) to sit on a tack;
- 15) put somebody in a fix;
- 16) shrewd observation, to make a ~;
- 17) motion (v) for somebody to do something;
- 18) dangle a gambit;
- 19) gand master, former international ~;
- 20) annihilate (v);
- 21) total fluke;
- 22) the brightest unrecognized talent;
- 23) be under arrest, ~ for loitering;

- 24) spring out of jail;
- 25) enter somebody in the championship;
- 26) split money;
- 27) immensely;
- 28) It wouldn't hurt to try;
- 29) hone (v) down the game.

Questions

1. What did Dan suggest about the money? Did Forrest agree?
2. Why did they split apart?
3. Where did Forrest's curiosity get him to in Nashville?
4. Why didn't Forrest play with everybody else?
5. Why did a little old man catch Forrest's attention?
6. What was the man's first reaction to Forrest's interference?
7. Why did his reaction change?
8. How did he classify Forrest's moves?
9. What offer did Mr Tribble make to Forrest? Did Forrest agree at once? Why?/Why not?
10. What happened to Forrest when he left the hotel? How did he get out?
11. What deal did Mr Tribble and Forrest have?
12. What happened to Mr Tribble and Forrest in Disney Land? What was Forrest's reaction? What was Mr Tribble's reaction?
13. What can you tell about the behavior of the movie maker and his manner of speaking?

Chapter 22

Vocabulary units

to sign up for

- 1) to throw a tantrum;
- 2) to set up an appointment;
- 3) to be all smiles;
- 4) scales;
- 5) blob
- 6) webbed feet and hands;
- 7) You could have knocked me with the feather!
- 8) to look mad as a hornet;
- 9) to stink;
- 10) to take a leak;
- 11) oaf;
- 12) to screech;
- 13) to wiz by;
- 14) butt-naked in broad daylight;
- 15) to be violated;
- 16) to honk;
- 17) racks

Questions

1. How was the tournament going on? How much time did it take? What was one youngster's reaction? What were Forrest's feelings about the tournament?
2. What was waiting for him in the hotel? What question did Mr. Felder ask about Forrest? What was the final decision?

3. What part was Forrest supposed to play? How was he dressed? What did the scenery look like?
4. Who was Forrest's partner? How did Forrest feel about it?
5. What was Forrest to do according to the plot?
6. How did Raquel behave? What was the movie-maker's reaction to that?
7. What problem did Forrest have? How did he solve it?
8. What consequences did it have (Raquel's reaction and consequences for the scene)?
9. What happened to Raquel because of the bushes in the jungle? What decision did they make?
10. Who did they meet in the jungle? What was everybody's reaction?
11. Where did they end up after the jungle? What was everybody's reaction?
12. What happened in the shop?

Chapter 23

Keywords

- 1) to corral
- 2) carloads of cops
- 3) suspicious
- 4) be in a picture, make pictures
- 5) purebread
- 6) to get a couple of shots of smb
- 7) bail smb out
- 8) platoon of lawyers
- 9) have a conference
- 10) to pose a problem
- 11) to sneak up
- 12) tuxedo
- 13) muckity-mucks
- 14) get the white team
- 15) The Noah's Ark Trap
- 16) to menace
- 17) to utilize
- 18) in a desperation move:
- 19) to be somewhat frustrated
- 20) to twist fingers
- 21) to stop ass cold
- 22) stalemate
- 23) bait
- 24) tomb
- 25) involuntary
- 26) stomping
- 27) bizarre
- 28) grubstake
- 29) deduct expense
- 30) crate
- 31) loony tune

Questions

1. Who arrived to arrest Forrest and Co?
2. What was the cops reaction when Raquel told who she was?

3. What was the cops reaction when Forrest told that they'd been in a picture?
4. What was the end of the shopping story?
5. Why did they have a conference? What was the decision?
6. Who was Forrest's rival in the match? What did he look like? How did he look at Forrest?
7. What techniques did they use while playing?
8. What original techniques did Forrest use? Where did he get them? Did they work?
9. What brought victory to him?
10. What was the opponent's and the judge's reaction? What were Mr. Tribble's counter arguments?
11. How did the argument end suddenly? What did Forrest and Mr. Tribble do? Why?
12. Did Mr. Tribble decide not to continue to promote Forrest because Forrest was a bad player?
13. What did he do for Forrest?
14. What was Forrest dreaming about in the train?

Chapter 24

- 1) to snooze
- 2) depot
- 3) wharf
- 4) to get smb squared away
- 5) pants presser
- 6) dry-cleaning store
- 7) to sweat over
- 8) low-down polecat
- 9) to chuck smb for smb
- 10) steam press
- 11) to manhandle smb
- 12) This is the last straw!
- 13) quilts
- 14) to dial to spin
- 15) rinse cycle
- 16) to have got off on the right foot
- 17) to tide smb over
- 18) to get oneself established
- 19) billy goat = male goat
- 20) frogs
- 21) crickets
- 22) molasses
- 23) slew
- 24) caulk up
- 25) duckboards
- 26) bayous
- 27) cottonseed
- 28) bait

Questions

1. Were there many people at the Mobile station when Forrest and Sue arrived? Where did they spent the night?
2. Where did they go to first? What did they see there? How did Forrest feel?
3. How did Forrest find his mama?
4. What was the mother's reaction when she saw Forrest? What happened with her protestant?

5. What incident happened while she was talking to Forrest? What were the consequences for her?
6. What was Forrest reaction? What was the ... reaction?
7. Did Forrest stay with his mama? Where did he go? How was he accepted there?
8. What happened in the yard while Forrest's and Bubba's dad were talking?
9. Did Bubba's father like Forrest's idea? What place did he show to Forrest? Did Forrest like it? Why?
10. How did they arrange their business? Were there any chances for success?
11. What were Forrest's plans for the future?

Translation task

Chapters 1-4

1. Возможно, он накинул петлю на шею, потому что пытался испугать Фореста.
2. Нельзя терять терпение, когда работаете с детьми.
3. Я не смогу посадить такую кучу кустов.
4. Тачку следует положить в подвал, когда ты закончишь.
5. Должно быть этот идиот все еще комкает и расправляет свой доллар.
6. а) Сначала Форест не умел ловить футбольный мяч. б) Форесту не удалось поймать футбольный мяч.
7. Не следовало им так гнузно к нему относиться. Теперь он им мстит.
8. Я был вынужден поднять скандал, потому что никто меня не слушал.
9. Возможно, они уже три часа его терроризируют.
10. На следующий день Форест должен был прийти в медицинский центр.
11. Каждый раз, когда дверь закрыта, она вынуждена бродить по улице.
12. Не нужно было так кричать и визжать. Все и так все поняли.
13. Не нужно свистеть в свисток. Все знают, когда начинать.
14. Короче говоря, вам не позволят гоняться за ним.
15. Наверное, это ранило его чувства.
16. И кто, вы думаете, появился — мой бывший одноклассник. Он подошел ко мне и по-дружески обнял меня.
17. Вам запрещено продавать винтовки.
18. Вчера в 6 вечера я должен был прийти на встречу братства.
19. Прекратите пялиться на меня.
20. Когда он был молодым, он не мог произносить речей.
21. Возможно, он не ответит на все заковыристые вопросы.

Chapter 10

1. Почему они вели себя как идиоты в цирке?
2. Почему не работает телевизор? — Он не включен в сеть.
3. Прекратите громыхать на пианино и ударять по электрогитаре, иначе обрушится крыша.
4. Из чего сделаны эти блестяшки,
5. Недавно сломался телефонный коммутатор.
6. В те времена за пьянство выкидывали вон.
7. С кем она опять начала встречаться?
8. Не волнуйся, она скоро порвет с этой кучкой уродов.
9. Королевские шуты действительно были дураками?
10. Где ты купил этот комбинезон и ужасный мешковатый/просторный пиджак? — В дискаунтере.
11. Всю жизнь он был объектом презрения и насмешек.
12. Главным героем был уборщик, который убил своего боса.

Chapter 11

1. Где продаются такие парики?
2. Как использовался этот душлаг? Он весь черный.
3. Его падение было смягчено кустами.
4. Горело три факела, поэтому мы все хорошо видели.
5. У меня было искушение послать его куда подальше.
6. Почему он лысый? — Из-за вшей.
7. Как только он совершил нападение, его отправили в психушку.
8. Что в твоём рюкзаке?
9. Это узорчатое полотно будет использоваться для изготовления одежды?
10. Мешковина тлела.
11. Почему на него надели наручники?
12. Меня бросят в тюрьму?
13. Боже мой! У них полицейские дубинки! — Это потому, что кто-то дал по башке премьер-министру.
14. Это благодаря милосердию людей, которые позволили ему жить в пустующей лачуге.

Chapter 12

1. Она спросила, хочет ли он провести 5 лет в тюрьме за изнасилование.
2. Нам не сообщили, что приматов перепутали.
3. Как случилось, что вы оказались прикованы к сидению за руки и за ноги?
4. Я сказал, что присмотрю за этим.
5. Это совершенно секретно, но они все равно забили мне этим голову.
6. Он спросил, какие вычисления следует сделать.
7. В школе у меня всегда были проблемы с уравнениями.
8. Он сказа, что его тошнит, потому что он целый день провел в центрифуге.
9. Мы не узнали, кому грозит тюремный приговор.
10. Информация об инопланетянах не просочилась в прессу.
11. Прекрати стенать и стервозничать.
12. Явитесь в офис психиатра немедленно.
13. Она показывала мне чернильные кляксы, а я ей — кулаки.
14. Он оказался в сумасшедшем доме, потому что отравил соседей и гонялся за женой с мясницким топором.

Chapters 15-16

1. Кто там крадется? — Не знаю, сказал я и пожал плечами.
2. Его шахматы потерялись, и это повергло его в ярость.
3. Если мы продадим хлопок на аукционе, то мы заработаем кучу денег?
4. Они решили купить бусы, безделушки и 3 ящика спиртного.
5. Этот глупый праздник с танцами не отогнал злых духов.
6. Форрест скучал по Джени, пока он сеял и собирал урожай в племени.
7. Урожай был собран кипа за кипой и погружен на баржу.
8. Если бы ты смог меня перехитрить, я бы не поставил тебе шах.
9. У него рот до ушей после их встречи. Это так унижительно.
10. Прекрати ворчать. Просто стукни его веслом и свяжи по ногам.
11. Вы можете утешить себя тем, что они подлые презренные дикари.
12. Когда я столкнулся с ними, они были связаны и подняты на дерево.
13. Спасибо, что вытащил нас из западни/силков. — Не стоит благодарности.

14. Прекрати возиться с этим идиотом. Нам есть, чем заняться.
15. Почему вы спасли их так поздно? — Мы задержались. Нам пришлось купить охотничьи куртки и круглые шляпы перед тем, как идти в джунгли.
16. Они были озадачены. Они бежали в лес, а индейцы дышали им в затылок / наступали им на пятки.
17. Он отряхнулся, протянул руку и представился.
18. Они стреляли из луков и духовых трубок. В нас летели стрелы и дротики.

Chapter 17

1. Должно быть, он все еще косится на нее.
2. Возможно, они промокли.
3. Я могу найти тебе какой-нибудь тент/навес. — Не нужно, спасибо.
4. Вы не сможете подать на развод по причине несходства характеров.
5. Он просто должен был оказаться наполовину лысым стариком с глазами, налитыми кровью.
6. Я должен буду найти этого бродягу и пьяницу и поговорить с ним.
7. Они должны были пойти в ночлежку в 10 вечера, но планы изменились.
8. Возможно, этот бездельник все еще получает пенсию по инвалидности.
9. Он был не в состоянии плыть по течению.
10. Невозможно, чтобы ее глаза так светились.
11. Вам нельзя будет слушать проповедь.
12. Вам нельзя заходить в секцию ремонта шин.
13. Возможно, мы проголосуем на дороге.
14. Наверное, весь доход был съеден расходами.
15. Не следует копаться/мешкать на улице.
16. Не следовало глотать столько вина.
17. Не нужно было складывать все в тележку.

Chapter 18

1. Кто не смыл туалет?
2. Прекрати ворчать и тужиться.
3. Мы поставили на него 5 раз по 25 долларов за каждую ставку.
4. Он 7 раз выходил против Форреста и каждый раз был побит.
5. Моя жизнь — не малина. — Да, вы создаете себе длинный список правонарушений.
6. После 5 лет ожидания она отчаялась увидеть его в живых.
7. На следующей неделе мы проводим местное первенство по армреслингу. — Ну и что? Я не участвую в этой мышинной возне.
8. Изучение этих захватов и удержаний поможет тебе заработать для всех кучу денег.
9. Арбитр что-то кричал, но мы ничего не слышали в этой суматохе.
10. Что такой лось как ты делает в моей маленькой аккуратной таверне?
11. Джени была против того, чтобы Форрест выглядел как болван, поэтому уловка не сработала.
12. Полый внутри арбуз — часть моего прикида. — Правда? И турнепс вместо защитной ракушки?

Chapter 19

1. Вероятно, он вышел из себя.
2. Он сорвал с себя медаль.
3. Не следовало вколачивать его в ограждение ринга.

4. Он сказал, что обожает зеленые листья кудрявой капусты.
5. Прекрати шататься по рингу. Мы закругляемся.
6. Мне нужна хорошая честная игра: глаза не выколупывать, ниже пояса не бить.
7. Они свирепо смотрели на нас и освистывали.
8. Я был вынужден ударить его в голень.
9. Он был скользкий как угорь и все время высовывал язык.
10. Какой стыд! Убери отсюда свою физиономию.
11. Странно. Он был весь избит и без гроша в кармане.
12. Он сказал, что купил металлическую сетку и гребную лодку для креветочного бизнеса.
13. Эта куча сумасбродов широко известна.
14. Мы сидели около маленького ручья. Я рассказывал ей о том, что завершил.

Chapters 20-21

1. Он сказал, что схватка была запланирована в Лос Анджелесе.
2. Она уже дважды посигналила из машины.
3. С двадцатью штуками баксов все становятся напыщенными.
4. Мы все еще слышали, как она критиковала их бесчестное поведение.
5. Он отскочил от веревок ограждения ринга как мячик из рогатки.
6. Он пожаловался, что его побили линейкой.
7. Почему на тебе эта жуткая шляпа выпускника колледжа?
8. Мой противник грозил пальцем и ругался.
9. Лилипуты медленно прогуливались по рингу держа в руках клубки пряжи.
10. Способы, с которыми они двигали пешки, слоны и ладьи, возбудили в нем любопытство.
11. У нее кружилась голова, потому что она села на кнопку.
12. Прекрати тащиться за мной. У тебя есть чем заняться.
13. Он — ярчайший нераскрытый талант. — Да нет же! Его победа — чистая случайность.
14. Я не смогу побить его в шахматах. — Мудрое наблюдение, но попытка не пытка.

Chapters 22-23

1. Он устроил истерику, потому что мама не назначила встречу с адвокатом.
2. Посмотри, у него чешуя, перепончатые руки и ноги!
3. Что мне делать с этой кучей резиновой одежды? Она воняет.
4. Прекрати визжать и дико орать, дурень!
5. Машины средь бела дня как по волшебству проскакивали мимо полицейского поста.
6. Она сказала, что над ней не совершалось насилия, и положила вешалку обратно.
7. Ракель Уэлш была освобождена на поруки до того, как прибыл взвод ее адвокатов.
8. Приехали три машины битком забитые копами и загнали нас в угол.
9. Это бы не выглядело подозрительным, если бы мы снимали кино.
10. Я бы хотел сделать пару снимков, но не вас, клоуны, а этого чистокровного орангутанга.
11. Прекрати пялиться на меня! Я надел фрак, чтобы впечатлить этих «шишек».
12. Я подумал, что на семейном совете никто не будет угрожать мне, но я все равно расстроюсь и буду опять заламывать руки.
13. Этот кудрявый скрипач представляет собой проблему.
14. Ты играешь белыми. Какую технику будешь использовать?
15. В отчаянном движении он вырвался из патовой ситуации.

16. Нам не удастся тайно провести наверх собаку. -- Но вы могли хотя бы попытаться.
17. Было так тихо и темно, как в могиле, что он невольно задрожал.
18. Люстра тресется. Кто это топает наверху?
19. Это было такое загадочное и рискованное предприятие, что я боялся всех подвести.
20. Он вызвал такси, посадил собаку в клетку и поехал на железнодорожный вокзал.
21. Это твой аванс после вычета расходов.
22. А теперь вы поднимете руку и помашете ей до свидания.

Chapter 24-25

1. Пока он гулял по станции, бомж дремал на скамейке.
2. Он вышел из брошенного здания и отправился на причал.
3. а) Он всегда ест овсянку на завтрак, не так ли?
б) Интересно, почему она не ест овсянку на завтрак?
в) Он спросил, почему она не ест овсянку на завтрак?
г) Он спросил, не ест ли она овсянку на завтрак?
4. Он удивился, что вместо его дома одна сорная трава.
5. Я считаю, что это следует делать старосте группы.
6. Я зашел в химчистку. Гладильщик потел над парой брюк.
7. Она объявила, что этот бесчестный подлец бросил ее ради молоденькой девушки.
8. Когда он увидел боса, грубо тащившего его мать, это стало последней каплей.
9. Это не было поджегом. Она просто оставила утюг на штанах.
10. Когда он вошел, то поставил машинку на режим центрифуги, а когда уходил — она переходила в режим ополаскивания.
11. Он сказал, что удачно начал свой первый день на работе.
12. Он дал матери \$2500, чтобы помочь преодолеть затруднения и обустроиться.
13. а) Я видел, что он бросал в козла палки.
б) Я видел, что он бросал в козла палки.
14. Над болотом поднимался туман и было неясно, день сейчас или ночь. Я не слышал ни сверчков, ни лягушек.
15. В заводи и дельте маленькой речи мы нашли много досок, чтобы законопатить наши старые гребные лодки.
16. Мы использовали семена хлопка как приманку.
17. 36-литровая корзина жутко протекала.
18. Мы перевернулись, потому что перевозили слишком много креветок.
19. Он был вынужден написать отказ, потому что в далеком прошлом сидел «на травке».
20. Он не хотел чинить снасти, поэтому остался тренером юношеской команды.
21. Они получили 2 млн. без вычета расходов, но служба, ведающая доходами населения, убила их налогами.
22. Вчера мы должны были копать сливные каналы.
23. Она ничего не знала о том, что он приставал к молодым девушкам, и о других его секретах.
24. Нация оскорблена, доминирует беззаконие, свирепствует жадность и алчность, мор уносит тысячи людей.
25. Она разрыдалась, когда услышала, что ее сына назвали Солью Земли.
26. Это означало неизбежное разочарование.
27. Все говорят об избавлении от ярма, но я на это не куплюсь.
28. Он легко победил на выборах несмотря на свою «полосатую» карьеру и то, что он побывал в приюте для умственно отсталых.
29. Эта поговорка дня засела у меня в мозгу.
30. Он встал на рассвете и поплыл в Ла Пуш.

Chapter 26

1. Где они сошли с автобуса?
2. Я не знаю, как я упал с карниза.
3. У него в карманах было полно мелочи: четвертаков, десяти- и пятицентовиков.
4. Сю смекнула и начала подходить к прохожим с жестяной кружкой.
5. Я выглянул из окна. Лило как из ведра.
6. Они соорудили стойку, подходящую для человека с тележкой.
7. Совместная работа объединяет и помогает строить характер.
8. У тебя холодные и мокрые ступни. Ты что провела ночь в ночлежке как беспризорница?
9. Они весь прошлый год продавали черепицу для крыши, а потом пропили все деньги за три дня.
10. Согласно заголовку статьи, торжество, посвященное открытию памятника, состоится через 2 дня.
11. Прекрати дурачиться. Лучше прочитай отрывок из стихотворения.
12. Настоящий астронавт должен уметь делать стойку на руках.
13. Этот ребенок очень умный. Он учится только на «отлично».
14. Принеси мне, пожалуйста, пару книг.
15. По-крайней мере она не ведет разгульную жизнь.

Lexical tests

Главы 8-9

Вариант 1

1. инвалидное кресло
2. быть на карте/на кону
3. Ты никогда не пересташь удивлять меня.
4. военная полиция (аббревиатура)
5. писать/царапать в блокноте
6. странный ненормальный смешок
7. взвод (e.g. солдат)
8. превзойти числом — сто против пяти
9. крутить мяч всеми способами
10. вести себя достойно
11. заряжать оружие
12. бормотать в ответ
13. лацкан
14. все испортить
15. возобновить международные отношения
16. припадок/приступ удушья

Вариант 2

1. вселенная
2. вооруженные силы
3. теория относительности Эйнштейна
4. рядовой первого класса (аббревиатура)
5. бросать уголь в топку
6. собирать новых призывников
7. выгребать/убирать
8. повесить медаль на кого-либо
9. И тут разверзся ад.
10. привести себя в порядок
11. получить «королевский» прием
12. сходить с ума
13. мерзавец
14. осенить / прийти в голову
15. Ты ведешь себя за столом как свинья.
16. бормотать в ответ кому-либо

Глава 10

Вариант 1

1. блески
2. главный герой
3. ударять
4. кучка уродов

Вариант 2

1. уборщик
2. просторный мешковатый пиджак
3. гроыхать
4. идиоты в цирке

5. порвать с кем-либо
6. объект презрения и насмешек
7. шут
8. включать в сеть
9. признак знатности
10. озарение/просветление
11. обрушиться
12. переодеться во что-либо
13. поток колкостей/гадостей
14. маска

5. начать встречаться с кем-либо
6. проступок, за кот. исключают/увольняют
7. телефонный коммутатор
8. ограбление магазина
9. взять себя в руки
10. откровение/раскрытие
11. королевская семья
12. священник
13. двойное назначение
14. пялиться на кого-либо

Глава 11

Вариант 1

1. факел
2. мешковина
3. вши
4. дуршлаг
5. кусты
6. нападение
7. психушка
8. лачуга
9. смягчить падение
10. оказаться в наручниках
11. мерзкий
12. болото
13. ползать
14. полицейская дубинка

Вариант 2

1. парик
2. дать по башке
3. тлеть
4. лысый
5. узорчатое полотно
6. рюкзак
7. милосердие
8. искушение
9. послать куда подальше
10. бросить в тюрьму
11. раздражать
12. степь / пустошь, на которой растет вереск
13. кричать/реветь
14. любитель рок-н-рола

Глава 12

Вариант 1

1. кулаки
2. вычисления
3. мясницкий топор
4. сумасшедший дом
5. инопланетяне
6. быть прикованным к сидения за руки и за ноги
7. Как так вышло?
8. грозить с тюремным приговором
9. явиться куда-либо
10. косинус
11. шипеть
12. координаты, совпадающие осями

Вариант 2

1. уравнения
2. тюрьма
3. просочиться в прессу
4. чернильные кляксы
5. отравить
6. забивать голову чем-либо
7. совершенно секретно
8. стенать и стервозничать
9. присмотреть за
10. центрифуга
11. пениться
12. преобразование Фурье

Глава 13

Вариант 1

1. успокоить
2. потянуть рычаг парашута
3. бортовой компьютер
4. щиты и копыя
5. затихнуть/замолчать
6. отстегнуть привязные ремни
7. оживиться / задрать нос
8. установить в ручную
9. выдирать/вырывать
10. Южный полюс
11. Вы запели бы по-другому
12. путаница/неразбериха

Вариант 2

1. смириться
2. небольшие проблемы со стабилизацией
3. сделать макияж
4. делаться жутко горячим
5. раздражаться
6. кислого и хмурого вида
7. швырять
8. стать мокрым местом
9. оглянуться
10. на скорости 100 миль в час
11. делаться посмешищем
12. корабль мечты

Глава 14

Вариант 1

1. постыдное поражение/положение
2. отсталая экономика
3. жизнеспособный
4. котел
5. иметь особое пристрастие
6. партизанская война против
7. привидение
8. суровая/безрадостная перспектива
9. наткнуться на идею
10. хмуриться
11. относиться с достоинством
12. поразить
13. хижина
14. в глубоком обмороке

Вариант 2

1. затруднение
2. плодородная земля
3. хмурый
4. добряк
5. немедленно отпустить
6. люди самого свирепого вида, который только можно себе представить
7. брызгать слюной
8. не желать причинить зла
9. частная собственность
10. монотонно петь
11. союзная нация
12. удар
13. сообразить
14. выглянуть (e.g. из окна)

Главы 15-16

Вариант 1

1. скучать
2. столкнуться с
3. лук
4. дротик
5. озадаченный
6. унизительно
7. повергнуть в ярость
8. преследуемый кем-либо
9. утешиться
10. охотничья куртка
11. Мне и так есть, чем заняться.

Вариант 2

1. возиться с
2. духовая трубка
3. стрела
4. перехитрить
5. весло
6. подлый презренный дикарь
7. быть связанным по ногам
8. поставить кому-либо шах
9. круглая шляпа для джунглей
10. заработать кучу денег
11. кипа за кипой

12. красться
13. протянуть руку
14. связать
15. Не стоит благодарности.
16. силки/ловушка/западня
17. продать хлопок на аукционе
18. спиртное

12. отряхнуться
13. поднять
14. урожай
15. рот до ушей
16. пожать плечами
17. праздник с народными танцами
18. бусы и безделушки

Главы 17-18

Вариант 1

1. бродяга
2. ночлежка
3. навес/тент
4. светиться
5. быть съеденным расходами
6. плыть по течению
7. подать на развод по причине несходства характеров
8. коситься
9. пенсия по инвалидности
10. прикид
11. болван
12. суматоха
13. мышьяная возня
14. защитная ракушка
15. создавать длинный список правонарушений
16. ворчать и тужиться
17. национальное первенство
18. ставка/попытка/удар
19. выходить против

Вариант 2

1. бездельник
2. пьяница
3. проповедь
4. копать/мешкать
5. ремонт шин
6. проголосовать на дороге
7. наполовину лысый с глазами, налитыми кровью
8. промокнуть
9. уловка
10. складывать
11. лось
12. орбитр
13. полый внутри арбуз
14. заработать для всех кучу денег
15. смывать туалет
16. захваты и удержания
17. отчаяться увидеть в живых
18. делать ставку на кого-либо
19. побить/победить

Глава 19

Вариант 1

1. кучка чокнутых
2. гребная лодка
3. угорь
4. освистать
5. выколупывать глаза
6. сорвать (одежду)
7. весь избитый и без гроша в кармане
8. закругляться/заканчивать
9. высунуть язык
10. ручей/бухта
11. постыдный
12. Мне нужна хорошая честная игра

Вариант 2

1. широкоизвестный
2. металлическая сетка
3. свирепо
4. голень
5. бить ниже пояса
6. рожа/физиономия
7. загадочный
8. бродить/шататься
9. выйти из себя
10. ограждение ринга
11. зеленые листья кудрявой капусты
12. вколачивать/вбивать

Главы 20-21

Вариант 1

1. рогатка
2. линейка
3. шляпа выпускника колледжа
4. лилипут
5. браниться
6. оттаскивать от
7. медленно прогуливаться
8. противник/соперник
9. очевидный
10. возбудить любопытство
11. пешка (шахматная фигура)
12. толпа
13. мудрое наблюдение
14. сесть на кнопку
15. попытка не пытка
16. ладья (шахматная фигура)

Вариант 2

1. баксы
2. битва/встреча/схватка
3. напыщенный
4. чувствовать головокружение
5. победить/побить
6. внезапно прыгнуть на
7. тащиться за / идти вслед за
8. пряжа
9. просигналить из машины
10. У тебя есть, чем заняться
11. слон
12. поделить деньги
13. полная случайность
14. загнать в угол / поставить в безвыходное положение
15. ярчайший нераскрытый талант
16. разозлиться на кого-либо

Главы 22-23

Вариант 1

1. кудрявые волосы
2. дурень
3. вызвать такси
4. патовая ситуация
5. вычесть расходы
6. сделать пару снимков
7. чистокровный
8. проскакивать как по волшебству
9. середь бела дня
10. рискованное предприятие
11. заламывать руки
12. битком набитые машины
13. плечики для одежды
14. вырваться
15. угрожать
16. поднять руку и помахать на прощанье
17. представлять собой проблему
18. загнать в угол
19. чешуя
20. визжать
21. освободить на поруки
22. куча

Вариант 2

1. скрипач
2. клетка (для животных)
3. небольшой аванс
4. могила
5. взвод адвокатов
6. в отчаянном движении
7. подозрительный
8. устроить истерику
9. подвергнуться насилию
10. загадочный/странный
11. назначить встречу
12. нечаянно
13. топать
14. подвести
15. использовать
16. играть белыми (в шахматах)
17. дать шанс / попытаться
18. тайно провести / пронести
19. перепончатый
20. дико орать
21. расстроиться
22. шишка / важная персона

Главы 24-25

Вариант 1

1. семена хлопка
2. грести
3. помочь преодолеть затруднения
4. поджег
5. удачно начать
6. овсянка
7. дремать
8. режим центрифуги
9. бесчестный подлец
10. чинить
11. «полосатая» карьера
12. убить налогами
13. болото
14. неизбежное
15. заводь
16. алчность
17. засесть в мозгу
18. юношеская команда
19. приманка
20. перевозить
21. служба, ведающая доходами населения
22. легко победить

Вариант 2

1. «соль земли»
2. сорная трава
3. обустроиться
4. приют
5. химчистка
6. причал
7. грубо тащить
8. режим ополаскивания
9. написать отказ
10. доминировать
11. избавление от ярма
12. подсесть на «травку»
13. сверчок
14. означать
15. мор
16. дельта
17. быть оскорбленным
18. без вычета расходов
19. законопатить
20. перевернуться
21. копать сливные каналы
22. бросить ради кого-либо

Глава 26

Вариант 1

1. пятицентовик
2. сойти с поезда
3. объединиться
4. жестянка
5. соорудить
6. прожевать подошвы
7. бродяга
8. мелочь / разменная монета
9. черепица для крыши
10. аккорд
11. дурачиться
12. делать стойку на руках
13. коляска для мотоцикла
14. очень умный

Вариант 2

1. десятицентовик
2. подойти к кому-либо
3. сообразить
4. карниз
5. лить как из ведра
6. тележка
7. заголовок
8. четвертак
9. ночлежка
10. отрывок (напр., из текста)
11. пропить деньги
12. учиться только на «отлично»
13. принести
14. вести разгульную жизнь

ЧАСТЬ 3. ЧИТАЕМ В АУДИТОРИИ

History of Wal-Mart

[Sam Walton](#), a businessman from Arkansas, began his retail career when he started work on June 3, 1940, at a [J. C. Penney](#) store in [Des Moines, Iowa](#) where he remained for 18 months. In 1945, he met [Butler Brothers](#), a regional [retailer](#) that owned a chain of [variety stores](#) called [Ben Franklin](#) and that offered him one in [Newport, Arkansas](#).

Walton was extremely successful in running the store in Newport, far exceeding expectations. However, when the lease came up for renewal, Walton could neither come to agreement on the existing store's lease renewal nor find a new location in Newport. Instead, he opened a new Ben Franklin franchise in [Bentonville, Arkansas](#), but called it "Walton's Five and Dime." There, he achieved higher sales volume by marking up slightly less than most competitors.

On July 2, 1962, Walton opened the first Wal-Mart Discount City store located at 719 Walnut Ave. in [Rogers, Arkansas](#). The building is now occupied by a hardware store and an antique mall. Within five years, the company expanded to 24 stores across [Arkansas](#) and reached \$12.6 million in sales. In 1968, it opened its first stores outside Arkansas, in [Sikeston, Missouri](#) and [Claremore, Oklahoma](#).

Incorporation and growth

The company was [incorporated](#) as *Wal-Mart Stores, Inc.* on October 31, 1969. In 1970, it opened its home office and first distribution center in [Bentonville, Arkansas](#). It had 38 stores operating with 1,500 employees and sales of \$44.2 million. It began trading stock as a [publicly held company](#) on October 1, 1970, and was soon listed on the [New York Stock Exchange](#). The first [stock split](#) occurred in May 1971 at a market price of \$47. By this time, Wal-Mart was operating in five states: Arkansas, Kansas, Louisiana, Missouri, and Oklahoma; it entered Tennessee in 1973 and Kentucky and Mississippi in 1974. As it moved into Texas in 1975, there were 125 stores with 7,500 employees and total sales of \$340.3 million.

In the 1980s, Walmart continued to grow rapidly, and by its 25th anniversary in 1987 there were 1,198 stores with sales of \$15.9 billion and 200,000 associates. This year also marked the completion of the company's satellite network, a \$24 million investment linking all operating units of the company with its Bentonville office via two-way voice and data transmission and one-way video communication. At the time, it was the largest private satellite network, allowing the corporate office to track inventory and sales and to instantly communicate to stores. In 1988, Sam Walton stepped down as CEO and was replaced by [David Glass](#). Walton remained as Chairman of the [Board](#), and the company also rearranged other people in senior positions.

In 1988, the first *Walmart Supercenter* opened in [Washington, Missouri](#).^[17] Thanks to its superstores, it surpassed [Toys "R" Us](#) in toy sales in the late 1990s.^[18] The company also opened overseas stores, entering South America in 1995 with stores in Argentina and Brazil; and Europe in 1999, buying [Asda](#) in the UK for \$10 billion.^[19]

In 1998, Walmart introduced the "[Neighborhood Market](#)" concept with three stores in [Arkansas](#).^[20] By 2005, estimates indicate that the company controlled about 20% of the retail grocery and consumables business.^[21]

In 2000, [H. Lee Scott](#) became President and CEO, and Walmart's sales increased to \$165 billion.^[22] In 2002, it was listed for the first time as America's largest corporation on the [Fortune 500](#) list, with revenues of \$219.8 billion and profits of \$6.7 billion. It has remained there every year, except for 2006.^{[23][24]}

In 2005, Walmart had \$312.4 billion in sales, more than 6,200 facilities around the world—including 3,800 stores in the United States and 2,800 elsewhere, employing more than 1.6 million

"associates" worldwide. Its U.S. presence grew so rapidly that only small pockets of the country remained further than 60 miles (100 km) from the nearest Wal-Mart.[25]

As Walmart grew rapidly into the world's largest corporation, many critics worried about the effect of its stores on local communities, particularly small towns with many "[mom and pop](#)" stores. There have been several studies on the economic impact of Walmart on small towns and local businesses, jobs, and taxpayers. In one, Kenneth Stone, a Professor of Economics at [Iowa State University](#), found that some small towns can lose almost half of their retail trade within ten years of a Wal-Mart store opening.[26] However, in another study, he compared the changes to what small town shops had faced in the past — including the development of the railroads, the advent of the Sears Roebuck catalog, as well as the arrival of shopping malls — and concluded that shop owners who adapt to changes in the retail market can thrive after Wal-Mart arrives.[26] A later study in collaboration with [Mississippi State University](#) showed that there are "both positive and negative impacts on existing stores in the area where the new supercenter locates." [27]

In the aftermath of [Hurricane Katrina](#) in September 2005, Walmart was able to use its logistical efficiency in organizing a rapid response to the disaster, donating \$20 million in cash, 1,500 truckloads of free merchandise, food for 100,000 meals, as well as the promise of a job for every one of its displaced workers.[28] An independent study by Steven Horwitz of [St. Lawrence University](#) found that Walmart, [The Home Depot](#) and [Lowe's](#) made use of their local knowledge about supply chains, infrastructure, decision makers and other resources to provide emergency supplies and reopen stores well before FEMA began its response.[29] While the company was overall lauded for its quick response – amidst the [criticisms](#) of the [Federal Emergency Management Agency](#) – several critics were nonetheless quick to point out that there still remain issues with the company's labor relations.[30]

Recent initiatives

In October 2005, Wal-Mart announced it would implement several environmental measures to increase [energy efficiency](#). The primary goals included spending \$500 million a year to increase fuel efficiency in Wal-Mart's truck fleet by 25% over three years and double it within ten, reduce [greenhouse gas](#) emissions by 20% in seven years, reduce energy use at stores by 30%, and cut solid waste from U.S. stores and Sam's Clubs by 25% in three years. CEO Lee Scott said that Wal-Mart's goal was to be a "good steward for the environment" and ultimately use only [renewable energy](#) sources and produce zero waste.[31] The company also designed three new experimental stores in [McKinney, Texas](#), [Aurora, Colorado](#), and [Las Vegas, Nevada](#). with [wind turbines](#), [photovoltaic](#) solar panels, [biofuel](#)-capable boilers, water-cooled refrigerators, and [xeriscape](#) gardens.[32] Despite much criticism of its environmental record, Wal-Mart took a few steps in what is viewed as a positive direction, which included becoming the biggest seller of organic milk and the biggest buyer of organic cotton in the world, as well as reducing packaging and energy costs.[33] Wal-Mart also spent nearly a year working with outside consultants to discover the company's total environmental impact and find where they could improve. They discovered, for example, that by eliminating excess packaging on their toy line Kid Connection, they could not only save \$2.4 million a year in shipping costs but also 3,800 trees and a million barrels of oil.[33] Walmart has also recently created its own [electric company](#) in Texas, *Texas Retail Energy*, and plans to supply its stores with cheap power purchased at wholesale prices. Through this new venture, the company expects to save \$15 million annually and also lays the groundwork and infrastructure to sell electricity to Texas consumers in the future.[34]

In March 2006, Walmart sought to appeal to a more affluent demographic. The company launched a new Supercenter concept in [Plano, Texas](#), intended to compete against stores seen as more upscale and appealing, such as [Target](#). [35][36] The new store has wood floors, wider aisles, a [sushi](#) bar, a coffee/sandwich shop with free [Wi-Fi Internet](#) access, and more expensive beers, wines, electronics,

and other goods. The exterior has a hunter green background behind the Wal-Mart letters, similar to Neighborhood Market by Walmarts, instead of the blue previously used at its supercenters.

On September 12, 2007, Walmart introduced new [advertising](#) with the [slogan](#), "Save Money Live Better," replacing the "Always Low Prices, Always" slogan, which it had used for the previous 19 years. [Global Insight](#), which conducted the research that supported the ads, found that Walmart's [price level](#) reduction resulted in savings for consumers of \$287 billion in 2006, which equated to \$957 per person or \$2,500 per [household](#) (up 7.3% from the 2004 savings estimate of \$2,329).[\[37\]](#)

On June 30, 2008, Walmart unveiled a new company logo, featuring the non-hyphenated name "Walmart" and in place of the star, a symbol that resembles a sunburst or flower. The new logo received mixed reviews from some design critics, who questioned whether the new logo was as bold as competitors, such as the [Target](#) bullseye or as instantly recognizable as the former company logo, which was used for 18 years.[\[38\]](#) The new logo made its debut on the company's [walmart.com](#) website on July 1, 2008. Walmart's U.S. locations were to update store logos in the fall of 2008, as part of an ongoing evolution of its overall brand.[\[39\]](#) Wal-Mart Canada started to adopt the logo for its stores in early 2009.

On March 20, 2009, Wal-Mart announced that it is paying a combined \$933.6 million in bonuses to every full and part time hourly worker of the company. An additional \$788.8 million in [profit sharing](#), [401\(k\)](#) contributions, and hundreds of millions of dollars in merchandise discounts and contributions to the employees' stock purchase plan is also included in this plan. While the economy at large was in an ongoing [recession](#), the largest retailer in the U.S. reported solid financial figures for the most recent fiscal year (ending January 31, 2009), with \$401.2 billion in net sales, a gain of 7.2% from the prior year. Income from continuing operations increased 3% to \$13.3 billion, and earnings per share rose 6% to \$3.35.[\[40\]](#)

On July 16, 2009, Wal-Mart announced plans to develop a worldwide sustainable product index.[\[41\]](#)

On February 22, 2010, the company confirming it was acquiring [video streaming](#) company [Vudu, Inc.](#) for an estimated \$100 million.[\[42\]](#)

Healthy foods initiative

In January, 2011, at the urging of [Michelle Obama](#) and her staff, Wal-Mart announced a program to improve the nutritional values of its store brands over the next five years, gradually reducing the amount of salt and sugar, and eliminating trans fat. Wal-Mart also promised to negotiate with suppliers such as [Kraft](#) with respect to nutritional issues. Reductions in the prices of whole foods and vegetables were also promised as well as efforts to open stores in low-income areas, "food deserts", where there are no supermarkets.

Wal-Mart discount stores

Walmart Discount Stores are [discount department stores](#) with size varying from 51,000 square feet (4,738.1 m²) to 224,000 square feet (20,810.3 m²), with an average store covering about 102,000 square feet (9,476.1 m²).[\[44\]](#) They carry [general merchandise](#) and a selection of [groceries](#). Many of these stores also have a garden center, a [pharmacy](#) [Tire & Lube](#) Express, optical center, [one-hour photo processing lab](#), [portrait](#) studio, a [bank](#) branch, a cell phone store and a [fast food](#) outlet. Some also have gasoline stations.[\[49\]](#)

Walmart Supercenter

Wal-Mart Supercenters are [hypermarkets](#) with size varying from 98,000 to 261,000 square feet (9,104.5 to 24,247.7 m²), with an average of about 197,000 square feet (18,301.9 m²).[\[44\]](#) These

stock everything a Wal-Mart Discount Store does, and also include a full-service [supermarket](#), including [meat](#) and [poultry](#), [baked goods](#), [delicatessen](#), [frozen foods](#), [dairy](#) products, [garden produce](#), and fresh [seafood](#). Many Wal-Mart Supercenters also have a garden center, [pet shop](#), [pharmacy](#), Tire & Lube Express, optical center, one-hour photo processing lab, portrait studio, and numerous alcove shops, such as cellular phone stores, hair and nail salons, video rental stores, local bank branches (newer locations have [Woodforest National Bank](#) branches), and [fast food](#) outlets — usually [Subway](#), but sometimes [Dunkin' Donuts](#), [McDonald's](#) or [Blimpie](#). Some also sell [gasoline](#) distributed by [Murphy Oil Corporation](#) (whose Wal-Mart stations are branded as "Murphy USA"), [Sunoco, Inc.](#) ("Optima"), or [Tesoro Corporation](#) ("Mirastar").^[49]

The first Supercenter opened in 1988 in [Washington, Missouri](#). A similar concept, [Hypermart USA](#), opened in [Garland, Texas](#) a year earlier. All of the Hypermart USA stores were later closed or converted into Supercenters.

As of October 2010, there were 2,843 Wal-Mart Supercenters in the United States.^[51] The largest Supercenter in the United States, covering 260,000 square feet (24,154.8 m²) and two floors, is located in [Crossgates Commons](#) in [Albany, New York](#).^[52]

Since the introduction of the new Wal-Mart logo in 2008, the company has been phasing out the "Supercenter" portion of the name on these stores, simply referring to these stores as "Walmart."

Neighborhood Market by Walmart

Neighborhood Markets by Walmart are [grocery stores](#) that average about 42,000 square feet (3,901.9 m²).^[44] They are used to fill the gap between Discount Store and Supercenters, offering a variety of products, which include full lines of [groceries](#), pharmaceuticals, health and beauty aids, photo developing services, and a limited selection of [general merchandise](#).

The first Neighborhood Market opened in 1998 in [Bentonville, Arkansas](#). As of October 2010, there were 181 of them in the United States.^[51]

Neighborhood Market by Walmart now has the same logo as Wal-Mart does. However, this change took place a few months after the new logo was introduced on June 30, 2008.

FOOD AND MEALS

TEXT 1

Healthy Eating Tips

Here are some tips for eating healthy at home, work, and elsewhere to help you get started. Try some of these ideas.

1. Start your day off right!

Eat breakfast! Breakfast is an important meal and having a good breakfast just helps give you the right start to your day.

Have a piece of toast with peanut butter, unsweetened cereal with low-fat milk, or a steamed bun with lean meat/vegetables.

Try livening up your cereal with some fruit like sliced banana or diced apple.

If you are in a big rush, take a piece of fruit to munch on during your commute.

2. Eat a variety of foods Our body requires over 40 nutrients for good health. No one food or food group can provide you with all the nutrients, so have a variety of food to ensure that you are getting what your body needs. Use the Healthy Diet Pyramid as a guide for what to eat and how much of each type of food.

3. Eat more fruits & vegetables Wouldn't it be easier to eat something if it was right in front of you? The next time you go grocery shopping, make sure you stock up on fruits & vegetables. Then keep bowls of fruit on the kitchen table or counter. Reach for a piece between or after meals. Don't forget to cook up those vegetables you had bought too!

4. Eat less fat & foods high in fat What can we say about **fried foods**? They taste great, but are not great for you. They're high in fat. Here is a few suggestions that will save your heart.

Deep-fry less often. Try grilling/barbequeing, baking, steaming or boiling your foods more often. Use oils sparingly in cooking or when flavouring foods. Choose less saturated oils, try olive and canola oils which are high in monounsaturated fats.

Watch those fast foods. Many of them are high in fat.

If you use butter and margarine, use them sparingly. Even better, switch to reduced-fat margarine or use a little jam/jelly on your bread, bagels, and other baked goods.

Use low-fat dairy products such as non-fat or Hi-Lo milk, reduced fat cheese, low-fat yogurt, or light ice cream. You'll still get the nutrients and taste but half the fat.

If you like to eat meat, you can help reduce fat by choosing the leanest cuts. If you are preparing it at home, trim all visible fat and drain the grease that cooks out of the meat. Also take the skin off chicken and substitute meat with bean curd, lentils or *dal* a couple of times each week.

5. Watch those snacks Why do we eat snacks? They taste great, they're easy, and they satisfy our sweet and salt cravings. And, let's face it, crunchy food is fun. However, some snack foods are high in fat & salt.

6. Eat everything in moderation. There is no "good" or "bad" food. As the American Dietetic Association suggest – All Foods Can Fit – as long as you have them in moderation. Too much of any food is bad; if you only eat vegetables and nothing else, that would be a problem too. And just because something is fat free or low fat does not mean you can eat as much as you want. Many low-fat or nonfat foods are also high in calories. Eat everything in moderation. Reduce, don't eliminate foods that are high in fat, sugar or salt.

7. Maintain a healthy body weight and feel good Being overweight increases your risk for a wide range of diseases including heart disease, diabetes and certain cancers. Excess body fat results when you eat more calories than you are using up. If you are very active, you can eat more. However, if your lifestyle is sedentary, you need to:

cut back on the amount of food eaten;
choose lower calorie items; and
increase your activity.

Calories come from all food - protein, fat, carbohydrate or alcohol - but fat have the most calories, followed by alcohol, then protein and carbohydrate. To maintain weight, cut back on calories and be more active.

8. Drink plenty of fluids Adults need to drink at least 1.5 litres or 6 cups of fluid a day! You need more if it is very hot or you are physically active. Plain tap water is obviously a good source of fluid but variety can be both pleasant and healthy. Choose also from unsweetened juices, lightly sweetened drinks, tea, broth, milk, etc. Coffee is not a good source of fluid as it acts as a diuretic (draws water from your body).

9. Get on the move As we have seen, too many calories and not enough activity can result in weight gain. Moderate physical activity helps burn off those extra calories. It is also good for the heart and circulatory system and for general health and well-being. So, make physical activity part of your daily routine. Use the stairs instead of the lift/elevator (up and down!). Park your car a little further. Go for a walk in your lunch break. You don't have to be an athlete to get on the move!

TEXT 2

Snack Attacks

Did You Know That...

Munching on just one carrot will meet your vitamin A needs for the entire day?

Preschoolers get nearly one third of their energy from snacks?

Snacking is on the rise: 75 percent of us eat at least one snack a day?

A planned snack can help prevent overeating?

Television watching tends to increase snacking--particularly on high-fat, high-calorie "goodies"?

Snacking can help or hurt a healthful diet. The difference depends on what you choose and how much you eat. Whether you like to munch, nibble, or simply quench the mid-afternoon "hunger," you can make snacking work for you. It just takes a little planning.

Benefits Of Snacking

Snacks can give you an energy boost to help fuel your body between meals. Your body uses up the carbohydrate stores in your liver (which help maintain a normal level of blood sugar) in 4 to 6 hours. You need food to replace them.

Many people can benefit from eating snacks. Growing children with tiny appetites may not be able to fulfill their energy needs with only three meals a day. Snacks can provide what may be missing from their meals.

Athletes of all ages have increased energy demands. They especially need energy in the form of carbohydrates, which help power exercising muscles. Snacks such as sandwiches, bread buns, pau, and fruit can help give athletes the additional energy they need.

Teenagers are well known for their snack attacks and for good reason. They also have high energy and nutrient needs to support their growing bodies. Carefully chosen snacks can help fuel their growth.

Carrying a baby places additional nutrient and energy demands on the mother. Selective snacking can help pregnant women meet their extra nutrition needs. Small, frequent snacks can be especially helpful for women who have morning sickness or who always feel full.

Older adults who can eat only small portions of food at a time may find it easier to maintain their health by eating snacks to supplement their meals.

Snacks can offer nutritional advantages, but they also can become liabilities, depending on the types and quantities of food they contain. Mindless nibbling can lead to trouble in the form of unwanted calories. Some snacks--such as potato chips, prawn crackers, chocolate, and sweets--can add a fat burden to the diet. And high-fat diets are clearly linked with such chronic diseases such as heart disease and cancer.

Removing The Guilt: Snacking Myths

Despite the benefits that snacking can offer, many people think of snacks as something extra they should not eat. Here are five myths worth challenging:

Myth - Snacks are fattening.

Fact - Eating a snack during a long stretch between meals can take the edge off hunger, which might lead to overeating otherwise. Of course, specific snack food choices will make a difference.

Myth - Snacks spoil your appetite for meals.

Fact - Eating a small amount of food--maybe an apple or half of a turkey sandwich--2 to 3 hours

before a meal will not spoil an appetite. But it may keep you from becoming ravenously hungry. By eating a snack, you can be more in control of your food choices and less inclined to overeat at your next meal.

Myth - Snacking causes cavities.

Fact - While snacks expose the teeth to food (and decay-producing bacteria) more often, choosing foods that are not sticky and brushing your teeth afterward help prevent cavities. Some foods such as cheese have been found to have properties that prevent cavity formation.

Myth - Snacking is the same as eating junk food.

Fact – Snacking does not have to equate junk food, choosing better alternatives can help fill in the gaps in meals to complete a healthful diet.

Myth - Healthful snacking means I can never eat potato chips again.

Fact - It's possible to eat fun foods and still follow a diet that is low in fat, but it requires a little planning. If you have a high fat snack, you need to balance that out with lower-fat choices at other meals.

One snack, one meal, or one day of eating cannot make or break your health. It is what you eat consistently over time that counts.

TEXT 3

Healthy Diet Pyramid

The following pages introduces you to The Healthy Diet Pyramid. The Pyramid illustrates the research-based food guidance system developed by Department of Nutrition, Ministry of Health.

The Pyramid is based on research on what foods Singaporeans eat, what nutrients are in these foods, and how to make the best food choices for you.

The Pyramid will help you choose what and how much to eat from each food group to get the nutrients you need and not too many calories, or too much fat, saturated fat, cholesterol, sugar, sodium, or alcohol.

Following the Pyramid will help you keep your intake of total fat and saturated fat low. A diet low in fat will reduce your chances of getting certain diseases and help you maintain a healthy weight.

This guide will also help you learn how to spot and control the sugars and salt in your diet, and make lower sugar and salt choices.

What is the Healthy Diet Pyramid? The Pyramid is an outline of what to eat each day. It is not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain or improve your weight.

The Pyramid also focuses on fat because most Singaporeans diets are too high in fat, especially saturated fat.

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A Balanced Diet - The Pyramid Way

Looking at the Pieces of the Pyramid

The Healthy Diet Pyramid emphasizes foods from the four major food groups shown in the three lower sections of the Pyramid. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group cannot replace those in another. No one food group is more important than another - for good health, you need them all.

The small tip of the Pyramid shows fats, oils, sugar and salt. These are foods such cooking oils, butter, margarine, sugars, sweet desserts, seasonings and sauces. These foods provide calories and little else nutritionally. Most people should use them sparingly.

On the next level of the Healthy Diet Pyramid are foods that come mostly from animals: Meat and Alternatives like beef, lamb, mutton, pork, poultry, fish, dry beans, eggs, milk, yogurt, cheese; nuts and seeds. These foods are for protein, calcium, iron, and zinc.

The third level includes foods that come from plants - Vegetables and Fruits. Most people need to eat more of these foods for the vitamins, minerals, and fibre they supply.

At the base of the Healthy Diet Pyramid are Rice and Alternatives like noodles, breads, cereals, chapati, and pasta - all foods from grains. Your daily meals should include largest number of servings of these foods each day.

TEXT 4

The Food Groups

RICE AND ALTERNATIVES GROUP Why are Rice and Alternatives foods important?

These foods provide complex carbohydrates (starches), which are important sources of energy, especially in low-fat diets.

They also provide vitamins, minerals, and fibre. The Healthy Diet Pyramid suggests 5 to 7 servings of these foods a day.

What counts as a serving?

- e. 2 slice of bread
- f. 2 ounce of ready-to-eat cereal
- g. 1 cup cooked cereal, rice, or noodles

Aren't starchy foods fattening?

No. It's what you add to these foods or cook with them that adds most of the calories. For example: margarine or butter on bread, oil in frying rice or noodles, and the extra fat used in making roti.

Here are some selection tips:

To get the fibre you need, choose several servings a day of foods made from whole grains, such as whole wheat bread and brown rice.

Choose most often foods that are made with little fat or sugars. These include plain rice, bread, chapati, noodles and pasta.

Baked goods made from flour, such as cakes, cookies, croissants, and pastries, count as part of this food group, but they are high in fat and sugars.

Go easy on the fat and sugars you add as spreads, seasonings, or toppings.

When frying rice and noodles or making roti, use only half the oil.

FRUIT GROUP

Why are fruits important?

Fruit and pure fruit juices provide important amounts of vitamins A and C and potassium. They are low in fat and sodium. The Healthy Diet Pyramid suggests 2 servings of fruits a day.

What counts as a serving?

- e. a medium apple, banana, or orange
- f. 1/2 cup of chopped, cooked, or canned fruit
- g. 3/4 cup of fruit juice

Here are some selection tips:

Choose fresh fruits, fruit juices and canned or dried fruit. Pass on fruit canned in heavy syrups and sweetened fruit juices unless you need the extra calories.

Eat whole fruits more often - they are higher in fibre than fruit juices.

Have citrus and yellow-orange flesh fruits such as oranges, grapefruit, papaya, and mango regularly. They are rich in vitamin C.

Count only 100 percent fruit juice as fruit. Punches, "ades", and most fruit drinks contain only a little juice and lots of added sugars. Grape and orange sodas do not count as fruit juice.

VEGETABLES GROUP

Why are vegetables important?

Vegetables provide vitamins, such as vitamins A and C, and folate, and minerals, such as iron and magnesium. They are naturally low in fat and also provide fibre. The Food Guide Pyramid suggests 2 servings of vegetables a day.

What counts as a serving?

- e. 1 cup of cooked leafy vegetables
- f. 1/2 cup of non-leafy vegetables, cooked or chopped raw
- g. 3/4 cup of vegetable juice

Here are some selection tips:

Different types of vegetables provide different nutrients. For variety eat:

- e. dark-green leafy vegetables (chye sim, spinach, kai lan, bak choy);
- f. deep-yellow vegetables (carrots, turnip, sweet potatoes);
- g. starchy vegetables (potatoes, yam, corn, peas);
- h. legumes (soya beans, lentils, dal, chickpeas);
- i. other vegetables (lettuce, tomatoes, onions, green beans)

Include dark-green leafy vegetables and legumes several times a week - they are especially good sources of vitamins and minerals. Legumes also provide protein and can be used in place of meat. Go easy on the fat you add to vegetables after or during cooking. Added spreads or toppings, such as butter, mayonnaise, and salad dressing, count as fat. Use low-fat salad dressing whenever possible.

MEATS & ALTERNATIVES GROUP

Why are Meat and Alternatives important?

Meat, poultry, and fish supply protein, B vitamins, iron, and zinc. The other foods in this group - dry beans, eggs, and nuts - are similar to meats in providing protein and most vitamins and minerals. The Healthy Diet Pyramid suggests 2 to 3 servings each day of foods from this group. The total amount of these servings should be the equivalent of 6 to 9 ounces of cooked lean meat, poultry, or fish per day or its equivalent.

What counts as a serving?

- e. Count 2-3 ounces of cooked lean meat, poultry, or fish as a serving. A 3-ounce piece of cooked meat is about the size of your palm, or the amount of meat on a small chicken leg.
- f. For other foods in this group, count 1/2 cup of cooked dry beans, 1/4 cup of nuts and seeds, or 2 tablespoons of peanut butter as 1/2 serving. 1 egg is equivalent to 1 ounce of meat (which is 1/3 serving).
- g. 1 cup of low-fat milk or soymilk and 1 small tub (200g) lite yoghurt is equivalent to 1/2 serving.

Counting to see if you have an equivalent of 5-9 ounces of cooked lean meat a day is tricky. Portions sizes vary with the type of food and meal. For example, 6 ounces might come from:

- e. 1 egg (count as 1 oz. of lean meat) for breakfast;
- f. 2 oz. of chicken in chicken rice at lunch; and
- g. 3 oz. steamed fish for dinner.

<i>Lean Choices</i>				
CHICKEN <i>Light & dark meat, without the skin</i>	FISH & SHELLFISH Most are low in fat; those canned in oil are higher	PORK Chunks/Chops : <i>Tenderloin</i> <i>Center Loin</i> <i>Ham</i>	BEEF Sliced/Steaks: <i>Round</i> <i>Loin</i> <i>Sirloin</i> <i>Chuck Arm</i>	LAMB Chunks/Chops: <i>Leg</i> <i>Loin</i> <i>Fore Shanks</i>

Here are some selection tips:

Choose lean meat, poultry without skin, fish, and dry beans and peas often. They are the lowest fat choices.

Prepare meats in low fat ways:

- e. Trim away all the fat you can see.

f. Broil, roast, or stew these foods, instead of frying them.

Go easy of egg yolk; they are high in cholesterol. Use only one yolk per person in egg dishes. Make larger portions by adding extra egg whites. Nuts and seeds are high in fat, so eat them in moderation.

Shopping mall

History

The first structure **resembling** what is considered to be a "shopping mall" in the present-day is located in The City of Damascus, the capital city of Syria. It is called Al-Hamidiyah Souqin old [Damascus](#) and **dates back to** the seventh century. [Isfahan's Grand Bazaar](#), which is largely covered, dates from the 10th century. The 10 kilometer long covered [Tehran's Grand Bazaar](#) also has a long history. The [Grand Bazaar of Istanbul](#) was built in the 15th century and is still one of the largest covered markets in the world, with more than 58 streets and 4,000 shops.

[Gostiny Dvor](#) in [St. Petersburg](#), which opened in 1785, may **be regarded as** one of the first **purposely-built mall-type shopping complexes**, as it consisted of more than 100 shops **covering an area of** over 53,000 [m²](#) (570,000 [sq ft](#)).

The [Oxford Covered Market](#) in [Oxford, England](#) opened in 1774 and still runs today.

The [Burlington Arcade](#) in London was opened in 1819. [The Arcade](#) in [Providence, Rhode Island](#) introduced the retail arcade concept to the [United States](#) in 1828. This was a **forerunner** of today's shopping mall [4] The [Galleria Vittorio Emanuele II](#) in [Milan, Italy](#) followed in the 1870s and is closer to large modern malls in **spaciousness**. Other large cities created arcades and shopping centres in the late 19th century and early 20th century, including the [Cleveland Arcade](#), [Dayton \(Ohio\) Arcade](#) and [Moscow's GUM](#), which opened in 1890. Early shopping centers designed for the automobile include [Market Square, Lake Forest, Illinois](#) (1916) and [Country Club Plaza, Kansas City, Missouri](#) (1924).

An early indoor mall **prototype** in the United States was the [Lake View Store](#) at [Morgan Park, Duluth, Minnesota](#), which was built in 1915 and held its **grand opening** on July 20, 1916. The architect was Dean and Dean from [Chicago](#) and the building contractor was George H. Lounsberry from Duluth. The building is two stories with a full **basement**, and shops **were originally located** on all three levels. All of the stores were located within the interior of the mall; some shops **were accessible from inside and out**.

In the mid-20th century, with the rise of the [suburb](#) and [automobile](#) culture in the United States, a new style of shopping centre was created away from [downtown](#). [5]

The "Sevens" shopping mall in [Düsseldorf, Germany](#).

Early examples

The Arcade of Cleveland was among the first indoor shopping arcades in the US and an **architectural triumph**. When the building opened in 1890, two sides of the arcade had 1,600 **panes of glass set in iron framing**.

An early shopping center in the United States was [Country Club Plaza](#), which opened in 1924 in [Kansas City, Missouri](#). Other important shopping centers built in the 1920s and early 1930s are the

Highland Park Village in [Dallas, Texas](#); River Oaks in [Houston, Texas](#); and Park and Shop in [Washington, D.C.](#)

The **suburban** shopping mall, as Americans -and the world- came to know it, **debuted** in King County (Seattle), Washington in April 1950. Originally known as Northgate Center (now as [Northgate Mall](#)), it was an **open-air complex** of eighty stores and services, **anchored by** a Seattle-based [The Bon Marche](#). This idea was quickly copied in several American cities, such as with [Lakewood Center](#) (1951), in Lakewood, California, Shoppers' World (1951), In Framingham, Massachusetts, Stonestown Center (now [Stonestown Galleria](#)) (1952) in San Francisco, California and [Northland Center](#) (1954), in Southfield, Michigan. Open-air-type malls were also built in Canada and Australia. Don Mills Convenience Centre (now [Shops at Don Mills](#)) opened in 1955, in Toronto, Ontario. Top Ryde Drive-In Shopping Centre (now [Top Ryde City](#)), started trading to the public in 1957, in the environs of Sydney, New South Wales.

The fully-enclosed shopping mall did not appear until the mid-1950s. The idea of a **regional-sized**, fully-enclosed shopping complex **was pioneered** in 1956 by the [Austrian](#)-born architect and American immigrant [Victor Gruen](#).^[6] This new generation of regional-sized shopping centers began with the Gruen-designed [Southdale Center](#), which opened in the [Twin Cities](#) suburb of [Edina, Minnesota, USA](#) in October 1956. For pioneering the soon-to-be **enormously** popular mall concept in this form, Gruen has been called the "most **influential** architect of the twentieth century".^[1]

The first retail complex to be promoted as a "mall," as it were, was Paramus, New Jersey's [The Outlets at Bergen Town Center](#). The center, which opened with an open-air-format in 1957, was enclosed in 1973. Aside from [Southdale Center](#), **significant** early enclosed shopping malls were [Harundale Mall](#) (1958), in Glen Burnie, Maryland, [Big Town Mall](#) (1959), in Mesquite, Texas, [Chris-Town Mall](#) (1961), in Phoenix, Arizona, and [Randhurst Center](#) (1962), in Mount Prospect, Illinois.

The early malls **moved retailing away from the dense**, commercial downtowns into the largely **residential suburbs**. This formula (enclosed space **with stores attached**, away from downtown, and accessible only by automobile) became a popular way to build retail across the world. Gruen himself came to **abhor** this effect of his new design; he decried the creation of enormous "**land wasting seas of parking**" and the spread of suburban **sprawl**.^{[1][7]}

In the [UK](#), [Chrisp Street Market](#) was the first **pedestrian** shopping area built with a road at the shop fronts. Developers such as [Alfred Taubman](#) of [Taubman Centers](#) **extended** the concept **further**, with **terrazzo tiles** at the [Mall at Short Hills](#) in [New Jersey](#), **indoor** fountains, and two levels allowing a shopper to make a **circuit** of all the stores.^[8] Taubman believed **carpeting** increased **friction, slowing down customers**, so it was **removed**.^[8] **Fading daylight** through glass panels **was supplemented by gradually increased electric lighting**, making it seem like the afternoon was lasting longer, which encouraged shoppers to **linger**.^{[9][10]}

[Ala Moana Center](#) in [Honolulu, Hawaii](#) is **currently** the largest open-air mall in the world and was the largest mall in the states when it was built in 1957. It is currently the sixteenth largest in the country. [The Outlets at Bergen Town Center](#), the oldest enclosed mall in New Jersey, opened in [Paramus](#) on November 14, 1957, with [Dave Garroway](#), host of [The Today Show](#), serving as master of ceremonies.^[11] The mall, located just outside [New York City](#), was planned in 1955 by [Allied Stores](#) to have 100 stores and 8,600 parking spaces in a 1,500,000 sq ft (139,000 m²) mall that would include a 300,000 sq ft (28,000 m²) Stern's store and two other 150,000 sq ft (14,000 m²) department stores as part of the design. **Allied's chairman B. Earl Puckett confidently announced** The **Outlets** at Bergen Town Center as the largest of ten proposed centers, stating that there were 25 cities that could support such centers and that no more than 50 malls of this type would ever be built **nationwide**.^{[12][13]}

Amusement park at the center of the [Mall of America](#) in [Bloomington, Minnesota](#), the largest shopping mall in the United States

Largest examples

The largest mall ever is [South China Mall](#) in [Dongguan](#), China with gross floor area of 892,000 m² (9,600,000 sq ft). The world's second-largest shopping mall is the [Golden Resources Mall](#) in [Beijing](#), China with gross floor area of 680,000 m² (7,300,000 sq ft). The [SM City North EDSA](#) in the [Philippines](#), which opened in November 1985, is the world's third-largest at 460,000 m² (5,000,000 sq ft) of gross floor area, and [SM Mall of Asia](#) in the [Philippines](#), opened in May 2006, is the world's fourth largest at 386,000 m² (4,150,000 sq ft) of gross floor area.

Previously, the title of the largest enclosed shopping mall was with the [West Edmonton Mall](#) in [Edmonton, Alberta, Canada](#) from 1986–2004. It is now the fifth largest mall.^[14] Two of the largest malls are in China, [South China Mall](#) and [Jin Yuan](#). [Dubai Mall](#) is the largest mall in Middle East, **currently ranked** seventh in the world. The current largest shopping centre in Europe is the [Dolce Vita Tejo](#) in [Lisbon, Portugal](#), while the largest in Australia is [Chadstone Shopping Centre](#) in [Melbourne](#).^[15]

One of the world's largest shopping complexes in one location is the two-mall **agglomeration** of the [Plaza at King of Prussia](#) and the [Court at King of Prussia](#) in the [Philadelphia](#) suburb of [King of Prussia, Pennsylvania, United States](#). The King of Prussia mall has the most shopping per square foot in the U.S.

The most visited shopping mall in the world and largest mall in the United States is the [Mall of America](#), located near the [Twin Cities](#) in [Bloomington, Minnesota](#). However, several Asian malls are advertised as having more visitors, including [Mal Taman Anggrek](#), [Kelapa Gading Mall](#) and [Pluit Village](#), all in [Jakarta-Indonesia](#), [Berjaya Times Square](#) in Malaysia and [SM Megamall](#) in the Philippines. The largest mall in [South Asia](#) is [Mantri Square](#) in [Bangalore, India](#).

Classes

In many cases, regional and super-regional malls exist as parts of large superstructures which often also include office space, **residential space**, amusement parks and so forth. This trend can be seen in the construction and design of many modern supermalls such as [Cevahir Mall](#) in [Turkey](#). The [International Council of Shopping Centers'](#) 1999 definitions^[16] **were not restricted to** shopping centers in any particular country, but **later editions** were made specific to the U.S. with a separate set for Europe.

Walmart

Vocabulary

1) retail, retailer, retailing; 2) a chain of variety stores; 3) to run the store; 4) far exceeding expectations; 5) lease; 6) franchise (n); 7) sales volume; 8) mark up (v, n); 9) competitors; 10) to incorporate; 11) to begin trading stock; 12) stock exchange; 13) publicly held company; 14) rapidly; 15) complete, completion; 16) satellite network; 17) to link all operating units via two-way voice and data transmission and one-way video communication; 18) to track inventory; 19) to instantly communicate to stores; 20) consumables business; 21) overseas stores; 22) trade; 23) thrive = flourish; 24) impact;	25) aftermath; 26) a rapid response to the disaster; 27) truckloads of free merchandise; 28) displaced workers; 29) supply chains, to provide emergency supplies; 30) to laud = to praise; 31) to increase fuel efficiency; 32) reduce greenhouse gas emissions; 33) cut solid waste; 34) renewable energy sources; 35) to produce waste; 36) wind turbines; 37) photovoltaic solar panels; 38) biofuel-capable boilers; 39) water-cooled refrigerators; 40) xeriscape gardens; 41) eliminating excess packaging; 42) shipping costs; 43) to appeal to a more affluent demographic; 44) pharmacy; 45) photo processing lab, photo developing services; 46) fill the gap between smth and smth; 47) health and beauty aids.
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Questions

1. How did Sam Walton's carrier begin? Characterize his managerial skills.
2. Why did he have to change the location of his first chain of stores? Did the situation change for the worse after that?
3. When did he open his first Walmart? How successful was he? What is in that area now?
4. How did the company develop up to 1975?
5. What new thing did they do in 1980s? What did it allow?
6. What important commercial event happened in 1990s?
7. How did Walmart develop in the 21st century?
8. What was the effect of it's development on small towns? What did the studies demonstrate?
9. What did Walmart do after Hurricane Katrina?
10. What were Walmart's environmental initiatives?
11. What was the initiative of 2006?
12. Has Walmart's slogan always remained the same?
13. What was Walmart healthy food initiative?
14. What can be found in Walmart discount stores?
15. What is Walmart's supercenter?

SPORTS

TEXT 1. OLYMPICS

Over 2,500 years ago the ancient Greeks began to stage a sporting contest every four years in the town of Olympia. The competition, which became known as The Olympic Games, attracted athletes from all over Greece to compete in events such as running, long jump, javelin and discus throwing, wrestling, boxing and chariot racing. The competition was for men only, and women were not even allowed to go and watch. Each competitor covered his body with olive oil to highlight his physique, and then competed in the nude. The event was not only a celebration of sporting ability, but also a celebration of the beauty of the human body. The Games were held until 389 A.D., after which they were outlawed by the Roman Emperor Theodosius I the Great. Some historians believe he saw the event as a pagan religious festival, and therefore as a threat to Christianity and Christian morality. The idea to revive the Olympic Games was suggested in the mid-nineteenth century, and by 1894 the International Olympic Committee (IOC) was formed. Then in 1896 the first modern Olympic Games were held in Athens, Greece. The modern version of the games involves two competitions; the Summer Olympics and the Winter Olympics. These are separate events which take place in different years and in different locations.

The world's greatest international sporting tournament is the Summer Olympic Games, also known as the Games of the Olympiad and the Summer Olympics. The International Olympic Committee (IOC) has staged the event every four years since 1896, except for 1916 (during the First World War) and 1940 and 1944 (during the Second World War).

The first Summer Olympics was held in Athens in 1896, and it featured nine sports for men only; athletics, cycling, fencing, gymnastics, shooting, swimming, tennis, weightlifting and wrestling. At the next Summer Olympics in Paris in 1900, the number of sports was increased to nineteen, with women's events in golf and tennis. Since then the number of sports has increased to twenty-eight, including aquatic sports (swimming, diving, water polo), archery, athletics (or "track and field"), badminton, basketball, boxing, canoeing (slalom and sprint), cycling (road, track, mountain, BMX), equestrian (dressage, jumping, eventing), fencing, field hockey, football, golf, gymnastics (artistic, rhythmic, trampoline), handball, judo, modern pentathlon, rowing, rugby, sailing, shooting, table tennis, taekwondo, tennis, triathlon, volleyball (indoor and beach), weightlifting and wrestling (freestyle and Greco-Roman)

The Winter Olympic Games, or the Winter Olympics, is the world's biggest tournament for winter sports or "sports practised on snow or ice" as defined in the Olympic Charter. Since 1924, the International Olympic Committee (IOC) has staged the event every four years except for 1940 and 1944 (during the Second World War). The Summer and Winter Olympics used to be held in the same year, but now they're held two years apart.

The first Winter Olympics was held in 1924 in Chamonix, France. It featured 258 athletes from 16 countries competing in skiing, skating, bobsleigh, curling and ice hockey events, but the only event in which women could compete was figure skating. In 1948 the IOC added three skiing events for women, and they've added many more events for women since then. The only event that's still limited to men is a skiing event called Nordic Combined.

The Winter Olympics now attracts around 3,000 athletes from around 90 countries. They compete for gold, silver and bronze medals in nearly 100 events in a wide range of winter sports.

Skating events include figure skating (5 events), Speed Skating (12) and Short Track Speed Skating (8). All these events are held on ice rinks, and competitors wear bladed boots called ice skates that allow them to move quickly and smoothly over the ice. In the figure skating events, competitors perform set moves like spins, jumps and lifts in choreographed programs set to music. In the speed skating events, skaters race on an oval track around the edge of an ice rink.

Skiing events include Alpine Skiing (10 events), Biathlon (11), Cross Country Skiing (12), Freestyle Skiing (10), Nordic Combined (3), Ski Jumping (4) and Snowboarding (10). They are held on snow-covered slopes or on flat, snow-covered plains. Competitors slide over the snow on long, narrow skis, and

use hand-held poles to push themselves along. In alpine skiing events, competitors ski as fast as they can down a steep, winding course. In freestyle events, competitors perform mid-air acrobatics while skiing along a specially-prepared course. In ski jumping events, competitors try to go as far as possible through the air after skiing off a ramp. In cross-country events, skiers race over long distances on snow-covered plains (up to 50 km). Nordic Combined events involve both cross-country skiing and ski jumping, while biathlon events combine cross-country skiing with rifle shooting. In snowboarding events, competitors race or perform acrobatic moves on a single wide ski that resembles a large skateboard.

Sledding events include Bobsleigh (3 events), Luge (4) and Skeleton (2). They are high-speed time trials in which competitors on sleds (also "sledges" or "sleighs") slide down a steep, curving ice track, with the competitor recording the quickest time winning. In bobsleigh, or bobsled, teams of two or four competitors sit one behind the other in partially-covered sleds. In luge, individual competitors sit on small, lightweight sleds, while in skeleton competitors lie face-down on small sleds.

The team sports of Curling (2 events) and ice hockey (2 events) are played on ice rinks. In curling, each team slides large polished stones across the ice towards a circular target. Points are scored by whichever team leaves one of their stones closest to the centre of the target. The team with the most points after ten "ends" is the winner. In ice hockey, players carry ice-hockey sticks and try to score by using them to hit a small, flat object called a "puck" into the opposing team's goal.

TEXT 2. PARAOLYMPICS

Summer Paraolympics

The Summer Paralympic Games, or the Summer Paralympics, is an international sporting tournament held every four years, shortly after the Summer Olympic Games. Thousands of athletes with a physical disability come from all over the world to compete. Some are missing one or more limbs, some have trouble controlling their muscles, and others might have a visual impairment. But they all come to represent their country with pride, and they all do their best to win a Paralympic Medal, either gold, silver or bronze.

Summer Paralympic Sports. In the first Summer Paralympic Games, held in Rome in 1960, 400 athletes from 23 countries competed in just eight paralympic sports. Since then the tournament has grown enormously. Now more than 4,000 athletes from over 150 countries compete in 20 sports. The current list of summer paralympic sports includes archery, athletics, basketball, boccia, cycling, equestrian, fencing, football, goalball, judo, powerlifting, rowing, rugby, sailing, shooting, swimming, table tennis, tennis and volleyball. Many involve the use of wheelchairs, such as basketball, boccia, fencing, rugby and tennis, while in others special equipment is used, such as the ball containing a bell that visually-impaired players of goalball listen to while they play.

Disability Categories and Impairment Levels. The Summer Paralympic Games are organized by the International Paralympic Committee (IPC). The IPC has established ten disability categories covering a wide range of mostly physical and visual impairments. The IPC has also established several levels of impairment within each disability category, from mild to severe. Events for each level of impairment are held, and this ensures that athletes compete against others with a similar disability and level of impairment.

Related Tournaments. There are several other international tournaments for athletes with disabilities, such as the Special Olympics World Summer Games for those with an intellectual disability, and the Summer Deaflympics for those with a hearing impairment. These tournaments aren't run by the International Olympic Committee, but the IOC and the IPC recognize them and allow them to use the term "Olympics".

Winter paraolympics

The Winter Paralympic Games, or the Winter Paralympics, is an international sporting tournament held shortly after the Winter Olympics. Every four years, thousands of athletes with a physical

disability come from all over the world to represent their country. Some are missing one or more limbs, some have difficulty using their muscles because of cerebral palsy or a spinal cord injury, and others might have a visual impairment. But whatever their disability might be, they compete with as much determination as any other athlete in their quest for gold, silver and bronze medals.

Winter Paralympic Sports. The Winter Paralympic Games were first held in Sweden in 1976, with 198 athletes from 16 countries competing in just two sports; alpine skiing and cross-country skiing. The tournament is much bigger nowadays, and it regularly attracts over 500 athletes from nearly 50 countries. They compete in over 70 events in five winter sports; alpine skiing, biathlon, cross-country skiing, ice sledge hockey and wheelchair curling. Many events involve the use of special equipment. For example, in ice sledge hockey (also known as "sled hockey") players who've lost their legs, or can't use them, sit on small, bladed sledges and use two short "sledge hockey sticks" to push themselves along and to pass the puck or shoot for goal. Two Swedish ice hockey players invented the game in the 1960's after becoming disabled, and it's now one of the most popular and exciting sports at the Winter Paralympics.

Disability Categories and Impairment Levels. The Winter Paralympics are organized by the International Paralympic Committee (IPC). The IPC has established ten disability categories that apply to both the Summer and Winter Paralympics. They cover a range of mostly physical and visual impairments. The IPC has also established several levels of impairment, from mild to severe, to ensure that athletes compete against others with a similar level of impairment.

Related Tournaments

Other winter-sport tournaments for athletes with disabilities include the Special Olympics World Winter Games for athletes with an intellectual disability, and the Winter Deaflympics for athletes with a hearing impairment. Each of these tournaments is also held once every four years.

IN THE GYM

Joining a gym can be pretty scary. It's like going to another country. The members can even speak a different language using phrases and words you've never heard before. As if just being at a new gym was not intimidating enough, now you have to speak to people and pretend you know what they are talking about?

Well, I'm here to tell ya, if you feel like an illegal alien in your gym, there are only a few words you need to learn before you will feel like a full-fledged gym citizen. Learning some of this gym slang will not only help you feel more comfortable, but it will help you learn how to maximize your workouts. Check it out! And if you have some words you'd like to add, post them in the comments below!

TRAINING TALK

Spot: When someone assists another person with an exercise. ie: "Can you spot me?" or "I need a spotter."

Rep: Short for repetitions. This is how many times you do a single exercise in a row. i.e.: "I did shoulder presses for 12 reps at that weight".

Set: 1 Set refers to a group of repetitions done without stopping. i.e.: "Do 3 sets of 15 reps"

Super Set: Refers to a combination of complimentary exercises done back to back in one "super set" with little to no rest. For instance, "I did a super set of shoulder presses and lateral raises"

Circuit: This is a series of different exercises that are performed back to back with little to no rest.

Pyramiding: Doing sets of downward or upward scaling of reps or weight. i.e 4 sets by 12-10-8-6, or 6-8-10-12.

Intervals: Interval training is when you train at a low intensity for a period of time, followed by a high intensity. (I love interval training! I use the GymBoss Interval Timer to boost my workouts)

Tabata: Tabata training is a highly effective style of interval training, doing an exercise for 20 seconds on and 10 seconds of rest for 8 rounds, which totals 4 minutes.

HIIT: High-intensity interval training is another form of interval training. The exercise strategy alternates periods of short intense exercise with less-intense recovery periods.

Resistance Training. Any exercise using resistance, like weight or elastic bands.

One Rep Max: The maximum amount of weight one can lift in a single repetition.

Negatives: Negative training is when the muscle lengthens during an exercise, called an eccentric contraction. For instance, on a bicep curl, the negative movement is when you are bringing the weight back down. Concentric contraction is what we think of when we flex our muscle, or shorten the muscle (like the beginning of a bicep curl). The negative movement is believed to be a crucial part of muscle development.

Recovery: Refers to rest between exercises. Short recovery is best for fat burn and conditioning, long recovery is best for power lifting and bulking.

DOMS: Delayed Onset Muscle Soreness is the pain and stiffness felt in muscles several hours to days after unaccustomed or strenuous exercise. The soreness is felt most strongly 24 to 72 hours after the exercise. To treat DOMS, increases blood flow to the muscle with low-intensity work, massage or hot baths. Increased water and protein can also help repair muscles. Staying still can make it worse.

Failure: When you cannot do one more rep. Reaching failure is believed to produce muscle growth.

Maximum Heart Rate: $220 - \text{your age}$. This is used when determining your training zone.

Target Heart Rate: A good target heart rate for vigorous training is 70-85% of your maximum heart rate. For example, for a 40yr old who wants to train at 75%, calculate $220 - 40 \times .75 = 135$. Or visit the Mayo Clinic's Target Heart Rate Calculator to get a cool graph.

Selectorized Machines: Also known as universal machines, refers to weight machines where you can easily "select" a weight by inserting a pin in the weight stack. Machines are very safe and effective because they isolate the appropriate body part and leave little room for error.

Bar: A long straight bar (typically 45lbs) used to put plate weights, used traditionally for squatting and bench press.

Curl Bar: The curved bar, known as the EZ Curl or preach curl bar, typically used for bicep curls, can normally weighs 25lbs.

Collar: This is the attachment that secures the plate weights on a barbell or curl bar so the weight doesn't slip off.

Free Weights: Typically refers to dumbbells & barbells. Free weight exercises require more balance and engage more muscles than working out on machines. Free weights are more challenging to use, but highly recommended and offer a gym goer more versatility.

Cardio: Short for Cardiovascular exercise, normally refers to a fat burning workout on a treadmill, elliptical, bike or aerobic class, although real cardiovascular exercise is designed primarily to work the heart and lungs.

BODY TALK

Pecs: Short for pectoral muscles (chest).

Lats: Short for latissimus dorsi (back).

Traps: Short for trapezius muscles, which span across the neck, shoulders and upper back. It's the muscles you typically think of when you ask someone to rub your shoulders.

Delts: Shoulders. You can work the front, middle and rear delts.

Tris: Triceps (the back part of the upper arm). This is the part women hate to giggle when they wave.

Bis: Biceps (the front part of the upper arm). People often use language like, "bis and tris" for short, when talking about the body parts they trained.

Quads: Quadriceps (front of the thighs).

Hams: Hamstrings (back of the thighs). Also playfully called Hammies.

Glutes: Short for gluteas maximus – a much nicer way to say "butt".

Core: Refers to your trunk – your low back, mid back, abdominals, obliques and stabilizers.

Ripped: Someone is ripped when they have very low body fat and muscle separation is visible and defined. i.e.: “That guys is ripped!”

Cut: Refers to the sharp lines of definition around muscles. i.e.: “I can see the cuts in your legs” or “she’s really cut”.

Jacked: Refers to a guy or girl who has a lot of muscle. i.e.: “That guy is jacked!”

Juice: If you hear someone say they are on “juice” they aren’t talking about juicing fruits and vegetables, they’re talking about steroids.

Pump: This is when your muscle is so full of glycogen and water from training it, it actually will feel like it has been pumped up like a bicycle tire. It will feel tight to the touch and temporarily look swollen (in a good way).

Lean Mass: Refers to the amount of muscle you have.

BMR: Basal Metabolic Rate, which is the amount of calories you burn at rest.

The More You Know, the More You’ll Go!

You don’t have to know all this stuff to get a great workout in. However, in my experience, if you are even the least bit uncomfortable working out in a gym, you won’t go. So, the more you learn, the more confident you will be – and the more you will go!