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Проверочная работа
по АНГЛИЙСКОМУ ЯЗЫКУ

10 класс

Вариант 1

Инструкция по выполнению заданий части 1 проверочной работы

На выполнение заданий части 1 проверочной работы по английскому языку отводится один урок (не более 45 минут). Часть 1 включает в себя 4 задания.

Ответы на задания запишите в поля ответов в тексте работы. В случае записи неверного ответа зачеркните его и запишите рядом новый.

При выполнении работы не разрешается пользоваться учебниками, рабочими тетрадями, справочниками и словарями.

При необходимости можно пользоваться черновиком. Записи в черновике проверяться и оцениваться не будут.

Советуем выполнять задания в том порядке, в котором они даны. В целях экономии времени пропускайте задание, которое не удаётся выполнить сразу, и переходите к следующему. Если после выполнения работы у Вас останется время, то Вы сможете вернуться к пропущенным заданиям.

Желаем успеха!

Таблица для внесения баллов участника

Номер задания	1	2	3	4	Сумма баллов за часть 1
Баллы	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

2

Установите соответствие между текстами А–Е и рубриками 1–6. Используйте каждую рубрику **только один раз**. В задании одна рубрика лишняя.

1. The importance of healthy eating
 2. The problems of putting healthy eating into practice
 3. The necessity of a diverse range of foods
 4. The proper ways to cook your meals
 5. The dangers of overeating
 6. The importance of mindful eating
- A.** Choosing food that is good for you is a fundamental aspect of overall well-being, providing essential nutrients that support growth, development, and optimal functioning of the body. It involves consuming a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats while limiting the intake of processed foods, added sugars, and unhealthy fats. Adopting such habits can have profound benefits for physical health, mental well-being, and longevity.
- B.** A key principle of healthy eating is variety, as different foods provide unique combinations of nutrients that contribute to overall health. Choosing different kinds of foods ensures that the body receives essential vitamins, minerals, antioxidants, and phytochemicals necessary for various physiological processes and disease prevention.
- C.** Another important aspect of healthy eating is moderation, as consuming excessive amounts of certain foods, even those considered healthy, can lead to imbalances and health issues. Portion control is essential to maintain a healthy weight, as portion sizes in modern diets have significantly increased over time.
- D.** In addition to what is consumed, how food is prepared also impacts its nutritional value. Healthy methods of preparing food such as steaming, grilling, roasting, and sautéing help preserve the nutrients in foods while minimizing the addition of unhealthy fats and calories. Avoiding frying and excessive use of oils and sauces can reduce the intake of unnecessary calories and unhealthy fats.
- E.** Healthy eating is not only about nourishing the body but also about fostering a positive relationship with food. It involves paying attention to hunger and fullness cues, savouring the flavours and textures of food, and eating with awareness and intention. By practicing mindfulness during meals, individuals can develop a greater appreciation for food, improve digestion, and prevent overeating.

Запишите в таблицу выбранные цифры под соответствующими буквами.

Ответ:

A	B	C	D	E

3

Прочитайте текст и заполните пропуски А–Е частями предложений, обозначенными цифрами 1–6. Одна из частей в списке 1–6 лишняя.

Rhythmic gymnastics is a form of gymnastics that is a blend of ballet, acrobatics, and juggling. Gymnasts perform to music **A** _____ of equipment, such as a ribbon, hoop, or ball. The individual competition in rhythmic gymnastics became an official Olympic event in 1984. The team competition debuted at the 1996 Olympics.

A rhythmic gymnastics routine takes place on a floor mat that measures about 13 metres by 13 metres. Gymnasts use five pieces of apparatus: rope, hoop, ball, ribbon, and a pair of clubs. They must meet certain weight, length, diameter, colour, and material requirements.

There are two rhythmic gymnastics categories at the Olympics: group all-around and individual all-around. Every rhythmic routine has certain requirements. One is that it must be performed to music. As the music plays, the gymnast is **B** _____ with the music and the equipment. The routine must cover the entire floor area **C** _____ jumps, leaps, pivots, balances, and flexibility movements. The gymnast may not do more than three acrobatic elements during a routine.

In addition to **D** _____, the five gymnasts in a group routine must perform the same skills at the exact same time. This is called synchronization. They must **E** _____ of equipment. The more the gymnasts interact with each other, the more points they can be awarded.

- 1) also execute both large and small exchanges
- 2) expected to show coordination and control
- 3) the requirements for the individual routine
- 4) and include elements such as
- 5) strict standards for each piece of equipment
- 6) while holding various pieces

Запишите в таблицу выбранные цифры под соответствующими буквами.

Ответ:

A	B	C	D	E

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4

Прочитайте текст и вставьте вместо каждого пропуса, обозначенного буквами А–F, подходящее слово, выбрав его из списка. **Каждое из этих слов может быть использовано только один раз. Два слова в списке 1–8 лишние.**

Eiffel Tower	
<p>The Eiffel Tower was constructed in 1889 by engineer Gustave Eiffel for the World's Fair. Originally intended as a temporary exhibit, it was nearly demolished after 20 years but was saved due to its usefulness for radio transmissions. The tower was the tallest man-made structure in the world until 1930. It became a A _____ of modern engineering. Its design allows it to B _____ strong winds. Millions of visitors C _____ its stairs or elevators annually to enjoy panoramic views of the city. The tower is painted every seven years in a special yellow-brown shade to D _____ sunlight and prevent rust. During World War II, it served E _____ purposes, broadcasting messages for the Resistance. Today it remains one of the most F _____ landmarks globally, as over 7 million tourists visit it each year. At night over 20,000 lights illuminate it, creating a sparkling spectacle.</p>	<ol style="list-style-type: none"> 1. absorb 2. attractive 3. communication 4. climb 5. reflect 6. resist 7. temporary 8. symbol

Запишите в таблицу номера выбранных слов под соответствующими буквами.

Ответ:

A	B	C	D	E	F