

Topic 1. My country – my city (Russia- Samara) /Моя страна – мой город

Hello! I am _____. I'm from Russia. Russia is a large and beautiful country. You can see many interesting cities in Russia, like Moscow, St. Petersburg, Kazan, Volgograd and others. Moscow is the capital of Russia.

I would like to tell about my city. I was born and live in Samara. It was founded in 1586 as a fortress on the Volga River. My native city is located on the left bank of the longest river in Europe. Samara is a river port. It stands on two rivers – the Volga and the Samara.

Now Samara is a big industrial center. There are many plants and factories.

Our city is the great cultural center. There are many theatres, museums, historical places, many public libraries, schools, colleges and universities.

The heart of Samara is Samarsky district. There is a monument of Glory here. You can see a Kuibyshev's monument on Kuibyshev Square. There are many parks and gardens in our town. One of my favourite part of Samara is **city core** (*центр города*). It includes Leningradskaya, Nekrasovskaya, Tolstoy, Gorky Streets and others. I also like the Botanical Garden. There are many trees, bushes and beautiful flowers there.

New Samara has high beautiful buildings, expensive restaurants, different offices and advertising agencies, clothes shops, night clubs, cafes, beautiful parks and squares. I like my city.

Answer the questions:

- 1) Where are you from? – I am from Russia.
- 2) Where do you live? – I live in Samara.
- 3) When was Samara founded? – It was founded in 1586.
- 4) What parks and gardens do you know in Samara? – Gorky Park, Gagarin Park, Botanical Garden
- 5) Is Kuibyshev Square the largest square in the world? – Yes, it is.
- 6) What is your favourite place in Samara? – Embankment and Samarskaya Luka 7)
- Do you like your country/ city? – Yes, I do. My country is my Motherland. It is huge, beautiful and fantastic!
- 8) Are you a patriot of your country? – I'm a patriot of my country and I'm proud that I live in Russia.

Topic 2. My favourite author and her/his book / Мой любимый автор и книга

Тема из учебника стр.16-17 (Agatha Christie, Conan Doyle, Jules Verne) или свой текст по этой теме.

Answer the questions:

1. Is reading your hobby? – Yes, it is. / No, it isn't.

Do you read much? / Do you like reading? – Yes, I do. /No, I don't.

2. What sort of books do you read? – I read romance/fantasy/biographies/horrors/science fiction
3. Do you prefer to read magazines or newspapers? – I prefer to read magazines.
4. What was your favourite book in your childhood? – It was “Alice in Wonderland”.

5. Do you read electronic books or prefer paper copies of books? Why? – I like to read real books because I can make some notices in it and my eyes are not tired while I'm reading.

/ I prefer Ebooks because they are very practical. I always have my favorite books with me and I read them if I have time.

6. Do you think that books may disappear in the future? Why (not)? – I don't think so. /Maybe.

Topic 3. The person I admire / Мой кумир

Тема из учебника стр.30 или свой текст по этой теме.

Answer the questions:

1. What is Stephen famous for? – He is famous for ...
2. Where did he study? – He studied ...
3. What problems with health did he have? – He ...
4. What is his famous book? – It was ...
5. Could he walk and talk? – No, he couldn't.
6. Do you admire him? And why (not)? – Yes, I do.

Topic 4. Mass media / СМИ

Modern world is full of information of various kinds which sometimes is even more valuable than money. Mass media (the press, radio, television and Internet) have a very big impact on modern society. They serve to inform people of different events that take place or may happen, educate, entertain and give us any kinds of information.

The press still remains one of the most powerful kinds of mass media, even more powerful than the Internet. One can find daily, weekly and monthly newspapers and magazines on different topics.

Television plays a big role in our society too and a lot of people prefer watching television to reading a newspaper. Television provides a great opportunity for people to learn latest news, watch educational programmes, children's programmes, old and new films and soap operas on TV. Radio is less popular than newspapers and television, but still people listen to it in cars or at work.

The Internet is the newest kind of mass media, but which has become the most popular and greatest source of information and entertainment. We use the Internet every day for various purposes: chat with friends all over the world, read news and browse the Net to find necessary information for studies.

Answer the questions:

1. What do mass media include? – The press, radio, television, Internet...
2. How often do you watch TV? – Every day/ once/twice a day/ three times a week/ seldom /never
3. What do you prefer to watch? – I prefer to watch the news, horror films, cartoons and music show
4. Do you listen to the radio? – No, I don't. / Yes, I do. / What are your favourite radio stations?
5. Do you often surf the Internet? – No, I don't. / Yes, I do.
6. What for do you use it? – I look for some information what I don't know.
7. What kind of information do you usually look for in the Internet? – Meaning of words, biographies
8. Do you have a profile on a social media site? – Yes, I do. / No, I don't.
9. Do you think that life is impossible without the Internet now? Why (not)?

– Yes, I think so. / I don't think so.

Topic 5. Modern technologies / Современные технологии

Today we live in the world of machines and computers. Every day more and more gadgets appear and all of them make our life easier. Now people cannot imagine life without them. For example, the mobile phone has turned from an expensive portable phone into an inexpensive data, e-mail, and voice service that almost anyone can afford. Another example of modern high-tech inventions is the Internet. Almost every company in the world has its own web-site. The Internet provides any kind of information on any topic. Of course, some of the sources are not reliable, but the Internet gives a very good opportunity to shop, book rooms and flights, watch films, listen to music and many other things.

Computer technology has influenced production processes and made work easier. Toy companies, for example, incorporate computer chips in toys which make them move, talk and sing on their own. Tablet PCs are becoming more and more popular today. They are much lighter than laptops or netbooks and they contain all the software that is needed for business, studies and pleasure. EBook readers are a new invention too. This is a very convenient gadget that allows uploading books in different electronic formats. Surely, these inventions are not the last ones that humanity has developed and many others will be developed year upon year.

Answer the questions:

1. How can you describe technological progress now? – Nowadays people can't live without technical devices such as PCs, TVs, washing machines, mobile phones, cameras and others.
2. What can you say about mobile phones as inventions? – They are very useful gadgets.
3. Have you got a mobile phone? – Yes, I have. /No, I haven't.
4. Can you live without a mobile now? – Probably, I can't. / Yes, I can.
5. How often do you browse the Net? – Every day, once/twice a week, three times a week, seldom
6. What are you favourite sites? – Educational sites / entertaining sites /playing / music
7. What other inventions do you know? – Webcamera, ipod, ipad, digital camera.

Topic 6. A whale of a time / Хорошо проводить время

Britain has recently been described as a “leisure society.” This is because there are a great variety of leisure pursuits. Young people generally go out on Friday or Saturday nights to a disco, to a concert or to a pub. In recent years going out for a meal or getting a take-away meal have become popular too. During the past years there is a great increase in keeping fit and staying healthy. A lot of teens started running, jogging and going to different fitness clubs in their spare time. Aerobics classes and fitness clubs opened in every town, and the number of recreation centers greatly increased.

The same is true in Russia. A lot of teens go in for different kinds of sport. Sport helps them to feel as fit as a fiddle. But despite the increase in the number of teens participating in sport, the majority of young people still prefer to be spectators. They prefer to be couch potatoes. Watching sports on TV is a popular leisure activity, as is going to football matches on Saturday. Cinemas have been redesigned with four or more screens, each showing a different film at the same time, and a lot of teens like going to the cinemas too.

The young generation is fond of communication. There are many available methods of communication nowadays, and the most popular one is computers. A lot of teenagers spend plenty of time working on computers. The Internet seems really good fun. You may send e-mails to friends from different countries and get their answers instantly. You even may talk to them. It is easy and quick. A lot of teenagers have mobile telephones, so they can always be contacted, if they keep their telephone switched on or send text messages.

Of course, you can choose different kinds of activities that suit you. As for, I prefer

Answer the questions:

1. Are you going in for sport? – Yes, I am. /No, I am not.
2. Have you got a hobby? – Yes, I have. / No, I haven't.
3. What is your hobby? – It's swimming/dancing/painting/boxing/fishing/gardening/cooking.
4. What do you usually do in your free time? – I usually go for a walk, play games or watch TV.
5. What types of activities do you know? – Take pictures, surf the Net, watch films, talk to friends
6. How do you usually spend your summer holidays (vacation)? – I swim in the river/sea, go to a camp, go hiking, visit my grandparent in the countryside (village), go in the playground in the yard
7. What do you think most interesting? – Parkour [pa:ko:] паркур
8. Do you know any unusual hobbies? – Breeding animals, go to restaurants, aerography, tattoo

Topic 7. Doing sports and keeping fit / Занятия спортом – поддержание себя в форме

The polluted and unhealthy world of today makes people realise the importance of keeping fit and going in for sport. Sport is popular with the young and the old. Many people do morning exercises, go jogging and train at gyms. Others prefer just watching sports programmes on TV and listening to sport news.

Sport is a good way to keep fit and keeping fit is important because a healthy person can work much easier and live a happy life. It has become an important part of our life and everyone should know that humans were not created for sitting at a table all day, so it is very important to spend some time doing exercises every day.

In Russia the most popular kinds of sport are football, hockey, skating and skiing. Snowboarding has become a popular sport too. Our country is well-known for wonderful gymnasts, figure skaters and tennis players.

As for me, I do sport regularly. I am an amateur and I usually play football with my friends and sometimes jog in the morning. My favourite sport is swimming and I go to the swimming pool twice a week. This helps me feel fit and healthy and when I swim I relax and forget about problems for some time. **Answer the questions:**

1. Are you good at any games or sports? – Yes, I am good at ...
2. Do you think sport is good for health? – Yes, I do. / No, I don't.
3. Do you always do morning exercises? – Yes, I do. / No, I don't.
4. Does anybody in your family go jogging? – Yes, my _____ does. / Nobody.
5. What's your favourite sport? – It is hockey/soccer/tennis/basketball/volleyball/swimming...
6. What sport games can you play? – I can play table tennis, badminton, volleyball.
7. Which sports do you like to watch most? - Biathlon, slalom, bobsleigh, skeleton.
8. Would you like to be a professional sportsman? – Yes, I would. / No, I wouldn't.
9. Have you ever trained at gyms? – Yes, I have. / No, I haven't. When did you there last time?
10. How do you relax? – I usually lay on the sofa, watch TV or listen to music.

Topic 8. Global problems of nowadays / Глобальные проблемы наших дней

Ecological problems are becoming more and more important today. Air pollution is the biggest problem of large cities and industrial areas. It is usually caused by different means of transport. As a result, acid rains appear and damage forests and soil. There are ways to reduce air pollution caused by road traffic. It is possible to build more railways and to support public transportation. Another way is to encourage tree planting, because trees absorb carbon dioxide.

Water pollution is as dangerous as air pollution. Factories and plants dump wastes into rivers and lakes polluting them. It's important to remember that anything that gets onto the ground can end up in a river, lake or stream. Don't allow any chemicals or waste to go on the ground.

People pollute soil by throwing litter on it. Forest, lakes and rivers are full of used bottles and cans. It's so important for our planet to throw litter into recycling bins and take litter with you after a picnic.

It's impossible to stop technological process, but people need to invent new waste-free technologies that will not damage the environment. **Answer the questions:**

1. Do you always throw litter into the bins? – Yes, I do. / No, I don't.
2. Shall we recycle wastes? – Yes, we shall. / No, we shan't.
3. What ecological problems do you know? – Air/water/soil pollution, toxic fumes from cars, factories and plants
4. Why are trees important for life on earth? – Trees absorb carbon dioxide. They give oxygen.
5. What must we do to protect the environment? – We must throw litter in recycling bins and take litter with us after a picnic.
6. How can we prevent the environmental problems? (reduce, reuse, recycle)

Topic 9. Healthy Food / Здоровая еда

Eating is fun, especially when you are hungry. Most people have a favourite food. Some people enjoy eating sweet things like cakes, chocolates and ice cream. Other people enjoy savoury foods like cheese and meat. Enjoying eating is our body's way of making sure that it gets the things it needs to work properly. Food helps us to keep warm, talk, run and do all the other things we do. It helps us to grow and stay healthy.

Vitamins also help us to be healthy. Scientists name vitamins after the alphabet. All of them are very important, for example: vitamin C keeps our skin and gums healthy. It is found in fresh fruit and green vegetables, such as oranges, blackcurrants, lettuce. Brussels sprouts and spinach also contain a lot of vitamin C.

Vitamin D helps our bones to grow strong and hard, and we are able to make it for ourselves if our skin gets enough sunlight. But we can also get vitamin D if we eat fish, milk, butter, cheese and margarine. Some people buy pills and tablets containing vitamins. But most of us get more than enough of them from our food.

Answer the questions:

1. What is a healthy food? – Fresh vegetables, fruits and berries.
2. Do you eat **fast food**? – Yes, I do. / No, I don't.
3. What **junk food** do you know? – Sandwiches, burgers, chips, pizza and others.
3. Why are vitamins important for people? – They help our bones to grow strong and hard.
4. Do you keep on a diet? – Yes, I do. / No, I don't. Have you ever kept on a diet?
5. Do you lead a healthy life? Why (not)? – Yes, I do. / No, I don't.
6. How does the food help us? – Food gives us proteins, fats, carbohydrates, vitamins.
7. What is your favourite drink? – Water / Lemonade / Milk shake / Kvass / Juice / Coke / Tea...

Topic 10. Doing the shopping / Делаем покупки

Shopping usually means going to some place to buy something. It is a part of our life and we have to accept it whether we like it or not. There are people who hate shopping so they usually make a list of the things they need, run through shops and buy them. There are people who go from shop to shop choosing goods at a lower price. For some people shopping is a hobby. Such people are called "shopaholics" because they sometimes buy things which they do not need.

There are a lot of different shops in the cities, both expensive and cheap and everyone has a choice where to go. I prefer going to a big shopping centre not far from my home where there are a lot of shops and a food court. There are clothes shops, shoe shops, record shops, a florist's, a chemist's, an optician's, a jeweler's, a greengrocer's, a bakery and many others. I usually walk there with my friend doing the window-shopping. People can do shopping not only in the shops but also in the market. The prices in the district's market are generally lower than in the state-owned or private shops, but the quality of goods is not always better. If the price doesn't suit you, you can argue about it with the seller and ask for a cut. It's up to you what types of shopping to choose. Nevertheless, we do shopping because we need food and other things that are necessary for our life.

Answer the questions:

1. Are you a shopaholic? – Yes, I am. / No, I am not. / Do you like shopping? – Yes, I do. / No, I don't.
2. Do you go shopping alone or with your friends/ family? – Alone / with my family
3. Where do you prefer to go shopping? – At the shopping centre (Mall) / Supermarket / Market
4. When do you usually do the shopping? On Saturdays or on Sundays
5. What is the best day of the week for shopping? – It's Saturday for me.
6. What kinds of shops are there in every city? – There are clothes shops, shoe shops, a florist's...
7. Have you got pocket money? – Yes, I have. / No, I haven't.
8. Who gives it to you? – My parents.