

Olympiáda v anglickom jazyku, 35. ročník, krajské kolo 2024/2025, kategória 1A – úlohy

GRAMMAR

TASK I. Read the following article. Complete the text with the words in the box. Two of them do not fit. Write your answers into the spaces provided.

<i>down</i>	<i>off</i>	<i>though</i>	<i>most</i>	<i>by</i>	<i>that</i>	<i>on (2x)</i>	<i>than</i>	<i>to</i>	<i>through</i>	<i>in</i>
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BLUE LIGHT EFFECT

Having trouble falling asleep? It's easy to put the blame on the phone right next to your face when you're scrolling **1.** _____ endless news. But the idea

2. _____ it's the blue light emitted by your smartphone that's disturbing you isn't quite right.

"Sleep is one of the **3.** _____ complicated processes in our bodies," says Dr Peirson, a sleep expert. Our eyes have special cells that tell our brain it's time to wake up. These cells react to both blue light and other types of light. So, it's not just the colour, but how bright the light is and how long we're exposed to it. And your phone screen isn't very bright compared

4. _____ sunlight or even a lamp.

Daylight is 1,000 times brighter **5.** _____ the average light emitted by a phone.

Room lighting is, **6.** _____ average, 10 times brighter. This is why turning

7. _____ the big light as you wind down in the evening can help you feel sleepier.

"Technically, blue light from smartphones can affect sleep," says Peirson. "But these effects are small unless you are using your phone for hours with a bright screen and already have sleep problems." In fact, your sleep is more likely to be affected **8.** _____ the kinds of content you're consuming.

If you think light has an impact **9.** _____ your sleep, Peirson says you don't need to spend money on special "blue-light blocking" glasses. Instead, he recommends decreasing your screen time and turning **10.** _____ the brightness on your phone.

Total _____ / 10 points

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GRAMMAR

(continued)

TASK II. There is one grammar mistake in each statement below. Underline the mistake and write the correct complete sentence into the space provided.

My mom cooked dinner when the phone rang.

11. _____

I'm not understanding this math equation.

12. _____

They are living in Delhi since 2010.

13. _____

The two man look suspicious.

14. _____

Is there some cheese in the fridge?

15. _____

Total _____ / 5 points

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VOCABULARY

TASK I. Read the text below. Complete each sentence with the correct form of the word in brackets.

Stress has become an almost **1.** _____ (avoid) part of modern life. When we are stressed, our bodies release hormones that can increase our heart rate and blood pressure. This can lead to various health problems, such as headaches, insomnia, and even heart disease.

2. _____ (stress) situations can also affect our mental well-being. We may feel

3. _____ (anxiety), irritable, or depressed. It is important to learn how to manage stress **4.** _____ (effect). Techniques such as

5. _____ (relax) exercises, yoga, and meditation can help us to cope with stress and improve our overall well-being.

Total _____ / 5 points

TASK II. Choose the correct word to complete each sentence. Write the letter of each answer in the space provided.

6. For people with a fast metabolism, it can be difficult to _____ weight.

- a) add b) gain c) get d) earn

7. Sonya is in really good _____.

- a) appearance b) figure c) silhouette d) shape

8. My mother _____ from asthma.

- a) suffers b) aches c) troubles d) hurts

9. Stop talking, you are _____ me a headache!

- a) getting b) handing c) giving d) making

10. Despite her _____ illness, she remains optimistic.

- a) serious b) important c) significant d) crucial

Total _____ / 5 points

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TASK I. Read the article below. The headings have been removed. For each paragraph (1-5), choose the best heading from the ones on the next page. Write the letters (A-F) into the spaces provided. There is one extra heading.

HOW TO WALK YOUR WAY TO BETTER HEALTH

Physical activity doesn't need to be complicated. Even just a brisk, 10-minute daily walk can deliver a host of health benefits. If you're looking to get more out of your walks, here are five ways to supercharge them.

1. _____

One way to enhance the benefits of walking is to change your tempo. Rather than maintaining a steady pace, try incorporating intervals of faster walking followed by slower recovery periods. This technique, known as interval walking, can improve cardiovascular fitness more effectively than walking at a constant speed. To incorporate this into your daily walks, try picking up your pace for a few minutes, then returning to your normal speed. Repeat this cycle throughout your walk to elevate your heart rate and burn more calories.

2. _____

Walking more quickly not only gets you to your destination sooner but also provides greater health benefits. Data analysed from more than 50,000 walkers found that a speed of at least five kilometres (about three miles) per hour was associated with a reduced risk of death from any cause – including a significantly lower risk of death from cardiovascular disease and cancer. Researchers have also shown that increasing your walking speed can improve heart health and aid in weight management.

3. _____

Carrying extra weight while walking can increase the intensity of your workout. Wearing a weighted vest or backpack forces your muscles to work harder, boosting strength and burning more calories. If you're keen to give this a try, it's important to start with a light weight to avoid strain or injury. Gradually increase the amount of weight you carry as you become more comfortable. Ensure the weight is evenly distributed and maintain good posture throughout your walk.

4. _____

Adding inclines to your walk can make a significant difference. Walking uphill engages different muscle groups, particularly in your legs and glutes compared to walking on flat terrain. This not only increases strength, it also burns more calories since uphill walking increases workout intensity. In addition, walking downhill on the way back also improves muscle function and balance.

5. _____

Walking isn't just beneficial for your physical health; it can also improve your mental wellbeing. Paying close attention to your movements, breathing, and surroundings brings many advantages. Research has shown that people who regularly practised attentive walking for a month saw reductions in their stress levels, as well as improved mood and overall mental health.

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Total _____ / 5 points

A	Practise mindful walking
B	Add some kilograms
C	The slower, the better
D	Pick up the pace
E	Vary your speed
F	Incorporate hills or stairs

TASK II. Based on the article, choose and circle the correct option (a-d) to answer the questions (6-10).

6. What is the main benefit of interval walking?

- a) *It helps you lose weight faster.* c) *It boosts your heart health.*
 b) *It reduces your risk of injury.* d) *It strengthens your leg muscles.*

7. What is the minimum walking speed recommended to reduce the risk of cancer and heart problems?

- a) *3 kilometres per hour* c) *5 kilometres per hour*
 b) *4 kilometres per hour* d) *6 kilometres per hour*

8. What is the recommended way to start incorporating weights into your walks?

- a) *Begin with a heavy weight to maximize results.*
 b) *Start with a light weight and gradually increase it.*
 c) *Wear a weighted vest every day, even on short walks.*
 d) *Only add weight to your backpack, not a weighted vest.*

9. According to the text, there is a significant difference between walking on inclined versus flat terrains. Why is that?

- a) *Walking uphill makes you go faster.*
 b) *Walking on flat terrain burns more calories.*
 c) *Walking uphill makes your heart beat faster.*
 d) *During uphill walking, different muscles are used.*

10. Which of the following is NOT explicitly mentioned as a benefit of mindful walking in the text?

- a) *decrease in stress levels*
 b) *better mood*
 c) *enhanced creativity*
 d) *overall improvement of mental well-being*

Total _____ / 5 points

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LISTENING

You will hear BBC broadcasters Claudia Hammond and Sarah Cook talking about our perception of free time. Listen carefully and decide whether the statements (1-5) are true (T), false (F), or not mentioned (NM). Circle your answer. You will hear the text twice.

1. T / F / NM People in the past had undoubtedly more free time than we do now.
2. T / F / NM Technology has made people feel more available even when they are not actually working more.
3. T / F / NM Multitasking has significantly decreased the amount of free time people have.
4. T / F / NM The line between work and leisure has become blurred due to the increased use of technology.
5. T / F / NM The average person feels they have less and less free time as they get older.

Total _____ / 5 points

Literatúra

<https://www.bbc.com>

<https://www.theguardian.com>

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