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	<b>Kod ucznia</b>									
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	<b>Dzień</b>		<b>Miesiąc</b>			<b>Rok</b>				
pieczętka WKK	<b>DATA URODZENIA UCZNI</b>									

**KONKURS Z JĘZYKA ANGIELSKIEGO**  
**DLA UCZNIÓW SZKÓŁ PODSTAWOWYCH**  
**ETAP WOJEWÓDZKI**

*Drogi Uczniu,*

*witaj na III etapie konkursu z języka angielskiego. Przeczytaj uważnie instrukcję i postaraj się prawidłowo odpowiedzieć na wszystkie pytania.*

- Arkusz liczy 13 stron i zawiera 14 zadań.
- Przed rozpoczęciem pracy sprawdź, czy Twój test jest kompletny. Jeżeli zauważysz usterki, zgłoś ten fakt Komisji Konkursowej.
- Zadania czytaj uważnie i ze zrozumieniem.
- Odpowiedzi wpisuj czarnym lub niebieskim długopisem bądź piórem.
- Dbaj o czytelność pisma i precyzję odpowiedzi.
- Nie używaj korektora, długopisu zmywalnego.
- Oceniane będą tylko odpowiedzi, które zostały umieszczone w miejscu do tego przeznaczonym.
- Brudnopis nie będzie oceniany.

Czas pracy:

**90 minut**

Liczba punktów  
możliwych do  
uzyskania:

**100**

*Pracuj samodzielnie.*

***Powodzenia!***

## ZADANIE 1

*Przeczytaj uważnie tekst, z którego usunięto pięć zdań. Do każdej luki (1-5) dobierz brakujący fragment tekstu (A-G), aby otrzymać spójny i logiczny tekst. W każdą lukę wpisz literę, którą oznaczony został brakujący fragment. Dwa fragmenty zostały podane dodatkowo i nie pasują do żadnej luki. Za każdą poprawną odpowiedź otrzymasz 1 punkt.*

### **New High Protein Diet**

This diet is the most effective way of losing body fat. Remember, if we go on a starvation diet, we lose weight but not much fat. In starvation mode, we use up our energy stores of carbohydrate first (in the form of a substance called glycogen). **1.** ..... Then we start breaking down fat and protein. But we can't afford to lose body proteins: our muscle mass decreases, we become noticeably weaker, and our immunity is compromised because the lack of protective immunoglobulin proteins means we are subject to an increased risk of infection. Not good!

Sure, we look slimmer, and we certainly weigh less, but we are weaker and becoming unhealthy. There is no point in dieting if it's going to make us ill. And, of course, because we need our muscles, when we even slightly stray from the diet, our bodies immediately rebuild muscle and we regain all of the 'lost' weight very quickly. Yet another diet fails – because it was never going to work in the first place. **2.** ..... Not only have we gone through a period of reduced immunity and a lack of proteins, minerals, vitamins, antioxidants and other essential nutrients, there is evidence that so-called 'yo-yo' dieting of this nature is detrimental to health in the longer term.

Quite simply, we are going to virtually eliminate all refined carbohydrates and sugars (which are also carbohydrates), leaving us with a low-carbohydrate, high-protein diet. Of course, you may have heard of high-protein diets before, and they all failed because the carbohydrates were not restricted. Remember, unless you switch off the mechanism to make fat, and switch on the mechanism to burn fat, it is very difficult to lose body fat. On this diet, you will be cutting out virtually all refined carbohydrates so that body fat is burned preferentially, to provide energy. **3.** ..... These foods have very little nutritional value, and what's more, can cause medical and fat problems. Of course, there are forms of these carbohydrates – such as wholemeal rice, wholemeal bread and wholemeal pastas – that do have nutritional benefits and which you can reintroduce later, but in the initial stage of the diet, you have to reduce all carbohydrates, to switch on the fat-burning mechanism.

You should definitely cut out all pasta, rice, cakes and biscuits, and stick to a maximum of one slice of bread per day. Your body will rapidly adjust to a healthy, high-protein, low-carbohydrate diet, and will burn body fat. The bottom line is that you don't need refined carbohydrates and processed sugars. These forms provide energy and no other form of essential nutrition – and when you eat more than the energy you can use immediately, the rest is stored as fat. One point to be aware of is that refined carbohydrates can appear in many unexpected sources. You probably know that bread, cakes, pastries, biscuits, pies, pizzas, potato crisps and fried potato chips all contain refined carbohydrates, but pasta, rice, most breakfast cereals, most tinned foods, many pre-packaged foods, tinned vegetables, tinned soups, and prepared sauces do as well... **4.** ..... Virtually all 'fast foods' contain very high proportion of refined carbohydrates – as well as hydrogenated fats – and if your diet is high in refined carbohydrates and hydrogenated fats, you will definitely put on weight. If you're worried that by cutting out

refined carbohydrates you'll have virtually no foods left to choose from, fear not. In fact, high-protein and nutritious foods such as meat, poultry, fish, shellfish and eggs are all open to you, along with vegetables, cheese, spices and herbs, from which you can easily produce delicious, healthy and quick meals. You'll be relieved to hear that you don't have to live on a diet of lettuce and tomato. On the contrary, you will be eating virtually limitless quantities of very tasty food complemented by delicious sauces and dressings: in other words, real food!

What about fats in your diet? **5.** ..... This is going to seem a strange thing to say, and it's against all of the dietary advice you've been given in the past, but if you follow the principles of this diet carefully, you don't need to worry about how much fat you're consuming. No, I have not gone mad, and I'm certainly not advocating a high-fat diet, but most of the 'bad' fats are actually integrated into the sugary, starchy foods you have already excluded, and you will naturally avoid them when you stop eating these foods. So by excluding the refined carbohydrates, you have excluded the 'bad' fats from your diet at a single stroke.

*www.test-english.com*

- A.** After such diets our bodies look more attractive.
- B.** I've advised you to cut out refined carbohydrates and eat a high-protein diet, but what about the amount of fat you consume?
- C.** However, the body can store only a little glycogen, and this is used up within two days.
- D.** Avoid eating pasta at all costs.
- E.** And we have succeeded in making ourselves considerably less healthy in the process.
- F.** In fact the list goes on and on.
- G.** Sugar, starch, white flour, cakes, bread, pasta and rice are the usual culprits.

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## **ZADANIE 2**

*Przeczytaj poniższy tekst. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu. Zaznacz wybraną odpowiedź, zakreślając literę A, B lub C. Za każdą poprawną odpowiedź otrzymasz 1 punkt.*

### **Dirty Britain**

Before the grass has thickened on the roadside verges and leaves have started growing on the trees is a perfect time to look around and see just how dirty Britain has become. The pavements are stained with chewing gum that has been spat out and the gutters are full of discarded fast food cartons. Years ago I remember travelling abroad and being saddened by the plastic bags, discarded bottles and soiled nappies at the edge of every road. Nowadays, Britain seems to look at least as bad. What has gone wrong?

The problem is that the rubbish created by our increasingly mobile lives lasts a lot longer than before. If it is not cleared up and properly thrown away, it stays in the undergrowth for years; a semi-permanent reminder of what a tatty little country we have now.

Firstly, it is estimated that 10 billion plastic bags have been given to shoppers. These will take anything from 100 to 1,000 years to rot. However, it is not as if there is no solution to this. A few years ago, the Irish government introduced a tax on non-recyclable carrier bags and in three months reduced their use by 90%. When he was a minister, Michael Meacher attempted to introduce a similar arrangement in Britain. The plastics industry protested, of course. However, they need not have bothered; the idea was killed before it could draw breath, leaving supermarkets free to give away plastic bags.

What is clearly necessary right now is some sort of combined initiative, both individual and collective, before it is too late. The alternative is to continue sliding downhill until we have a country that looks like a vast municipal rubbish tip. We may well be at the tipping point. Yet we know that people respond to their environment. If things around them are clean and tidy, people behave cleanly and tidily. If they are surrounded by squalor, they behave squalidly. Now, much of Britain looks pretty squalid. What will it look like in five years?

*Adapted from: <https://www.usingenglish.com>*

**1. It is a good time to see Britain before the trees have leaves because**

- A. Britain looks perfect.
- B. you can see how dirty Britain is.
- C. the grass has thickened on the verges.

**2. According to the writer, the rubbish we create**

- A. does not disappear as fast as it used to.
- B. has been properly disposed of.
- C. does not influence our opinion of the country.

**3. Michael Meacher**

- A. made no attempt to follow the Irish example with a tax on plastic bags.
- B. tried to follow the Irish example with a tax on plastic bags.
- C. had problems with the plastic industry that didn't bother about the tax.

**4. The writer thinks**

- A. it is too late to do anything.
- B. there is no alternative.
- C. we need to work together to solve the problem.

### 5. In the writer's opinion people

- A. behave according to what they see around them.
- B. are clean and tidy.
- C. like to live in squalor.

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### ZADANIE 3

W poniższych zdaniach z podanych trzech możliwości wybierz i podkreśl właściwą. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

PRZYKŁAD: *There are some / any / little eggs in the fridge.*

1. The hair-dryer is fitted with a three point **power** / **plug** / **socket**.
2. I don't think this green blouse **matches** / **suits** / **fits** your red skirt.
3. Mark had a terrible **controversy** / **row** / **discussion** over his pocket money with his parents last night.
4. The chairman's announcement was followed by a **boiling** / **heated** / **burning** debate.
5. Michael paid no attention, as he was completely **concentrated** / **distracted** / **absorbed** in his book.
6. The whole family was woken up by the sound of sheep **neighing** / **croaking** / **bleating** in the meadow.
7. Our **ancestors** / **descendants** / **successors** came to America from Ireland in the 19th century.
8. The audience enjoyed the performance so much that they clapped **aloud** / **heavily** / **loudly**.
9. If we put our money in the bank, it will earn ten per cent **deposit** / **interest** / **investment**.
10. Villagers are hoping for rain this month after nearly a year of **drought** / **draft** / **draught**.

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3. You can talk to him until you're ..... in the face, but he still won't understand.  
a) pink                                      b) black                                      c) blue
4. Your new girlfriend ..... me of a cousin of mine.  
a) reminds                                      b) remembers                                      c) recollects
5. After I drank a cup of black coffee, I felt wide .....  
a) awoken                                      b) awake                                      c) woken

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### ZADANIE 6

*Uzupełnij luki odpowiednią formą wyrazu utworzonego od wyrazu podanego na końcu każdego zdania. Wymagana jest całkowita poprawność ortograficzna wpisywanych wyrazów. Za każdą poprawną odpowiedź otrzymasz 1 punkt.*

PRZYKŁAD: *Sheila was really ..... when she broke her wrist. **HAPPY***

ODPOWIEDŹ: unhappy

1. My mum has gone back to college to get a teaching ..... **QUALIFY**
2. The ballet dancer's movements were extremely .....  
Watching her dance was a real pleasure. **GRACE**
3. I can't put up with your ..... complaining! **CEASE**
4. I thought the test was ..... easy, actually. **COMPARE**
5. I put a lot of effort into preparing myself for the exam, but in the end I was  
..... anyway. **SUCCESS**

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## ZADANIE 7

Uzupełnij poniższe zdania 1-5 wpisując w wykropkowane miejsca właściwy przyimek z ramki. Uwaga! Raz użyty przyimek nie może się powtarzać. 5 przyimków zostało podanych dodatkowo i nie pasują do żadnego ze zdań. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

across	away	back	down	in	out	round	up	through	to
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1. He has helped you for all these years and he's never let you .....
2. We've been running ..... of money since we got married.
3. While I was reading the article, I came ..... a word I'd never seen before.
4. I don't believe you! I'm sure you made ..... the whole story.
5. I saw ..... his intentions at once.

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## ZADANIE 8

Z podanych trzech możliwości wybierz i podkreśl właściwą. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

PRZYKŁAD: I really hate **do** / **to do** / **doing** the housework.

1. It's ages **when** / **since** / **that** I last saw a decent comedy on television.
2. That **can't** / **shouldn't** / **needn't** have been Stephen that you saw. He's gone abroad.
3. I'll take this scarf. It's the **just** / **sheer** / **very** thing I'm looking for.
4. No sooner had we started the match **that** / **than** / **when** the rain began pouring down.
5. Several people **whom** / **of which** / **whose** voices could be clearly heard, were waiting outside.
6. Peter was slow at school, but he went on **being** / **be** / **to be** Prime Minister.
7. Basketball is fast becoming **a** / **the** / - popular sport worldwide.
8. You **might** / **needn't** / **must** have told me that my skirt was split! I would have chosen a different one.
9. It's high time you **learn** / **had learned** / **learned** to look after yourself!
10. If it **wouldn't be** / **weren't** / **isn't** for Jim, this company would be in a mess.

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## ZADANIE 9

Przetłumacz na język angielski fragmenty zdań podane w nawiasach tak, aby otrzymać logicznie i gramatycznie poprawne zdania. W tłumaczeniu użyj 1-5 słów. Wymagana jest całkowita poprawność ortograficzna wpisywanych odpowiedzi. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

PRZYKŁAD: (*Nie mów*) ..... *Peter about my birthday party.*

ODPOWIEDŹ: *Don't tell*

1. Where can I find a professional translator? I have to (**dać ten list do przetłumaczenia**)  
.....

2. The police officer (**oskarżył ją o kradzież**) .....  
the gold jewellery.

3. If I had accepted Mike's invitation to his party, (**tańczyłabym**).....  
..... just now.

4. Peter (**powiedział mi, żebym się nie martwił**) .....

5. (**Pomimo niebezpieczeństwa**)....., the fire  
fighters ran into the burning church.

6. Look at these drifts! How long (**pada śnieg**) .....?

7. We really can't stand (**jak się nas zmusza**) ..... to take  
part in competitions.

8. I am late, (**nieprawdą**), ..... I?

9. (**Powinnaś była kupić**) ..... that dress. It  
was a real bargain!

10. By the time we got to school, the PE lesson (**już się zaczęła**) .....  
.....

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## ZADANIE 10

Uzupełnij każde z poniższych zdań jednym wyrazem, aby było ono logiczne i poprawne gramatycznie. Wymagana jest całkowita poprawność ortograficzna wpisywanych odpowiedzi. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

PRZYKŁAD: *Is Mark interested ..... astronomy?*

ODPOWIEDŹ: *in*

1. When my grandpa retired, he devoted himself ..... improving his golf.
2. Let me carry your shopping. It's ..... least I can do.
3. I think you ..... better stay in bed today.
4. Strange ..... it may seem, we really like it here.
5. .... I really enjoy in winter is a bowl of hot tomato soup.
6. .... no condition are they to open fire without a warning.
7. I.....rather you didn't stay there any longer.
8. I feel as ..... I were flying!
9. .... for your help, we would have been in trouble.
10. We will go sightseeing ..... it rains. Otherwise we will stay in.

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## ZADANIE 11

Uzupełnij drugie zdanie tak, aby znaczyło to samo, co pierwsze. Wykorzystaj podane wyrazy, ale nie zmieniaj ich formy. Użyj od trzech do pięciu wyrazów, wliczając podany wyraz. Wymagana jest całkowita poprawność ortograficzna i gramatyczna wpisywanych odpowiedzi. Formy skrócone traktujemy jak jeden wyraz. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

PRZYKŁAD: *They grow rice in China. IS*

ODPOWIEDŹ: *Rice **is grown** in China.*

1. Tony talked me into acting in this play. **PERSUADED**

Tony ..... in this play.

2. There were a lot of people on the train. **WITH**

The train ..... people.

3. Why do you have to complain all the time? **WISH**

I ..... all the time.

4. Jill's parents are making her study hard. **MADE**

Jill ..... hard by her parents.

5. Sophia left early because she didn't want to miss the train. **SO AS**

Sophia left early ..... miss the train.

6. No other job is as exciting as being a doctor. **FAR**

Being a doctor ..... exciting job.

7. Daniel rejected their offer and now he is unemployed. **DOWN**

If Daniel ..... their offer, he wouldn't be unemployed now.

8. Mary would rather not give her presentation today. **FEEL**

Mary ..... her presentation today.

9. We hired a plumber to install a new dishwasher. **INSTALLED**

We ..... by a plumber.

10. As we grow older, we are more likely to develop arthritis. **OLDER**

The ..... likely we are to develop arthritis.

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## ZADANIE 12

*Uzupełnij podane poniżej zdania brakującym słowem lub liczbą. Wymagana jest całkowita poprawność ortograficzna wpisywanych odpowiedzi. Za każdą poprawną odpowiedź otrzymasz 1 punkt.*

1. .... was a daughter of a Native American chief. She married John Rolfe.
2. In 1773 Bostonians threw boxes of ..... into the sea because they didn't want to pay British tax on it.

3. Elvis Presley was born in ..... (state).
4. In America you are not allowed to drink alcohol until the age of .....
5. In the USA the highest mountain, Mount ....., is in Alaska.

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### ZADANIE 13

Z podanych trzech możliwości wybierz i podkreśl właściwą. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

1. The New York City's first skyscraper was *the Empire State Building / the Chrysler Building / the Flatiron Building*.
2. The seven points on the crown of the Statue of Liberty are for seven *mountains / seas / states*.
3. The first famous *jazz / disco / rap* song was recorded by a New York group called The Sugarhill Gang.
4. The New York Knicks play *basketball / baseball / football*.
5. *Central Park / Gramercy Park / Washington Square Park* is in Greenwich Village.

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### ZADANIE 14

Udziel odpowiedzi na podane pytania. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

1. Who was the current US flag designed by?  
.....
2. What is the first black US president's name?  
.....
3. How many presidents of the United States have been assassinated in office?  
.....
4. Who is the US most decorated and the most successful Olympian of all times?  
.....
5. In which year did the United States gain independence from the European power?  
.....

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## **Brudnopis**