

Olympiáda v anglickom jazyku, 24.ročník, okresné kolo 2013/14, kategória 2B**READING COMPREHENSION**

Task 1: Read the text carefully. There are two tasks to do on the next page.

CAFFEINE: fuel or foe?

It's the nation's drug of choice –

but what's it doing to our health?

Charlotte Haigh MacNeil investigates

Many of us rely on caffeine for pops of energy throughout the day. Every week, across the UK, we swig 511 million cups of coffee, around half from coffee shops. And we're still a nation of tea-drinkers, too, with over 165 million cups quaffed every day. But if you think that's where your caffeine habit stops, think again.

"Caffeine is becoming ubiquitous," notes Dr Jack James, editor-in-chief of the Journal of Caffeine Research, who says it's in more products than ever before. "Caffeine is added to soft drinks, energy drinks, some bottled waters, alcoholic beverages, ice cream, sweets and yoghurt," he says. "It's also present in some medications, including over-the-counter pain relief and cold and flu remedies, along with breath freshener sprays and mints, skin lotions, soap and shampoo. You can even buy caffeine – infused tights for weight loss, which promise to boost your metabolism (although there's debate over how much caffeine can actually be absorbed when applied topically).

If this sounds mad to you, then take a glance over the pond. In the US, you can pick up AeroShot, a caffeine inhaler, and 5150 Juice, a syringe that squirts extra caffeine into your drink. And we know that where US trends go, we tend to follow.

That jolt of energy that brings a bleary-eyed morning into focus is probably the most noticeable effect caffeine has on you – or at least the main reason you're so often cup in hand. And that's due to what it does to your brain. "Adenosine is a brain chemical that has a calming effect and is released throughout the day, accumulating on special receptors, signalling us to slow down. But caffeine blocks adenosine, making us alert," says dietician Helen Bond. It also triggers the release of adrenaline – the neurotransmitter linked to the "fight-or-flight" reflex. In fact, caffeine sets our whole bodies on edge – muscles contract, appetite is suppressed and, in high doses, heart rate increases.

The scientists believe if you regularly consume caffeine, its withdrawal causes you to feel sluggish and having it again may simply bring you back up to 'normal' level of alertness. It's thought your body adapts to caffeine over time, increasing the number of receptors for it in your brain – so you need more and more to get a buzz.

In the latest version of the American psychiatrists' diagnostic bible *DSM-5*, "caffeine withdrawal syndrome" was added as a mental disorder. Dr Silver believes that if you feel noticeably perked up by caffeine and in need of it by the time your next regular cuppa is due, it's likely that you've fallen into this vicious cycle.

Caffeine's head-to-toe effect on us has meant it's always courted controversy. In 1911, US agents seized batches of Coca-Cola syrup because of fears about its stimulant effects. Most recently, some energy drinks (consumed in large volumes) have been connected with problems such as hyperactivity, jitteriness and vomiting in children and adolescents. And earlier this year, Dr James called for caffeine to be regulated like alcohol and cigarettes because of the threat he believes it poses to our health, with studies connecting it with an increased risk of everything from type 2 diabetes to hallucinations. But it seems such problems only occur when caffeine is consumed at high levels. "There's no (strict government) recommended upper limit for caffeine but, generally, 400 mg daily is fine," says Bond, although pregnant women should stick to around 200 mg a day or under. So it's important to watch for hidden sources.

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READING COMPREHENSION – TASKS

Task 1: Based on what you have read in the article, decide whether the statements below are true (T) or false (F). Circle one of the two letters. Be careful, sentences do not follow in the same order as the information in the article.

1. There have been attempts, among experts, to classify “caffeine withdrawal syndrome” as a mental illness. **T / F**
2. Caffeine is not present in cosmetic products. **T / F**
3. The effect of caffeine is connected to the release of adenosine in your brain. **T / F**
4. Dr James thinks that caffeine has a similar effect to alcohol and cigarettes, therefore it should be regulated. **T / F**
5. Certain textile products can increase your metabolic processes due to the caffeine they contain. **T / F**
6. It is common knowledge that your body does not adjust to caffeine even over a longer period of time. **T / F**
7. 400 mg of caffeine per day is a strict upper daily limit that should be kept. **T / F**
8. Some people directly add caffeine into their drinks. **T / F**

Task 2: Define the correct meaning of the following words (underlined in the text) by circling one of the four words with the closest meaning.

9. alert
a) feeling drowsy b) feeling depressed c) being sick d) being active
10. suppressed
a) changed b) increased c) reduced d) balanced

..... / 10 pts

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V O C A B U L A R Y

Task 1: Complete the following sentences describing people with one of the words given. There are four extra words.

<i>dumps, hard, top, quick, hurt, moon, sore, black</i>

1. She is a bit over the at first sight. She is certainly far from being conventional.
2. You are looking down in the What exactly happened?
3. My boss has been going round like a bear with a head all day.
4. He was off the mark and got there first.

Task 2: Fill each blank space in the article below with the correct form of the word in capital letters.

IS IT YOUR FRIENDSHIP STYLE?

You'd rather put up with abuse than tackle your friend. It's likely you hate conflict in all areas of your life but, while you won't say what you *really* think, you'll demonstrate anger through silence, a (5)
to take your friend's calls or (6) body language,
which can all be damaging. Your friendship may hobble along but, without honesty, you'll never have real (7) True friendship
means you can both be open and trust in the knowledge that you can overcome
(8)

REFUSE

DEFEND

INTIMATE

AGREE

Remember that (9) does not mean being aggressive
- especially when you use the right language.

ASSERTIVE

(10) are likely to seek out crowded places or other
people so there's always a distraction, but you'll do better if you have this
conversation when it's just the two of you.

AVOID

..... / 10 pts

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G R A M M A R

Task 1: Fill each of the numbered blanks in the passage with one suitable word.

THE HEALTHY FAMILY

EXAMPLE: (0) into

A study (0)..... family health conducted in California comes (1)..... with some interesting conclusions, though these might not be acceptable to everybody. The main conclusion is that (2)..... a family to remain healthy, the relationship between husband and wife plays a major role. The perhaps surprising aspect of this research, however, is that statistically the healthy family is led (3)..... a traditional male. And perhaps not so surprisingly, (4)..... promotes the health of the husband, does not necessarily promote the health of the wife, and vice (5)..... . For example, (6)..... it comes to expressing emotions, it is generally assumed that giving an outlet (7)..... feelings is healthy. But (8)..... to the study, there may be benefits for one party and not for the (9)..... . If the wife talks more than the husband (10)..... in these situations and gives him feelings of guilt, then he is (11)..... to become depressed, whereas if the wife lets the husband dominate the argument, then she (12)..... turn will be the one (13)..... mental state will suffer.

.... / 13 pts

Task 2: Complete each sentence in such a way that it means exactly the same as the sentence above it.

14. This problem cannot be solved immediately.

There is

15. Only when I got home did I realise I had left my purse in the store.

It was not

..... / 2 pts

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LISTENING

You will hear a radio programme in which Liz Earle, a beauty expert, discusses her professional and personal life experience. Listen to the programme twice and fill in the missing information. The number of words to be filled in is indicated.

1. In her career of a beauty expert, Liz Earle has dealt with various women including a in an African tribe. (2 words)

2. Liz doesn't consider ageing a/an (1 word)

3. Liz decided to move to the farm with her family in order to prevent her eldest daughter from the the negative impact of (2 words)

4. Liz Earle's experiencing poverty in Africa inspired her to launch a/an for people in need. (1 word)

5. Her former taught her not to be forced into making quick decisions. (2 words)

..... /5 pts