

LBRIS

We know
books

SABIN CROITORU

TOPICS
of GREAT
INTEREST

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PIEȘTI

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UNIT

①

SPORT

Mens sana in corpore sano.

(Latin proverb)

The best and fastest way to learn a sport is to watch and imitate a champion.

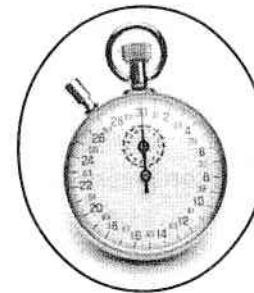
(Jean Claude Killy quotes)

If all the year were playing holidays, to sport would be as tedious as to work.

(William Shakespeare quotes)

What you are as a person is far more important than what you are as a basketball player.

(John Wooden quotes)

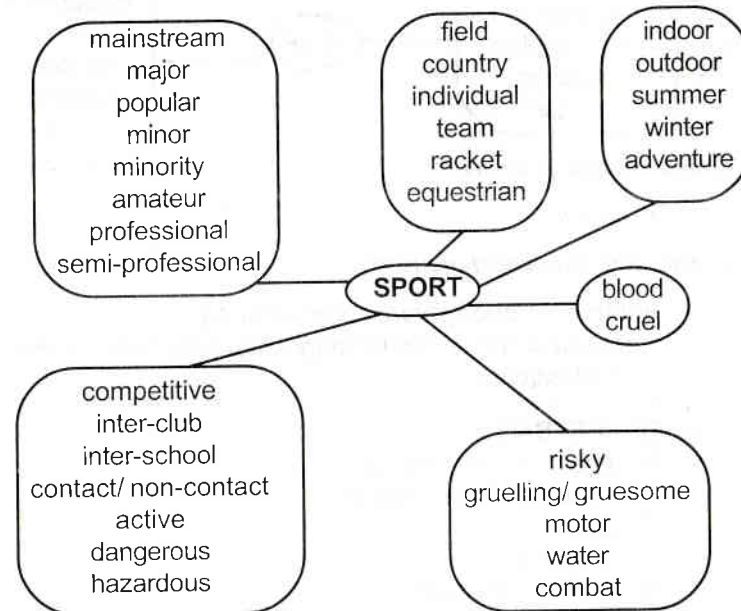


DEFINITION: Sport is defined as activity that people do for pleasure and relaxation and that needs physical efforts or skills, usually done in a special place and according to some fixed rules.

- ✦ sport/ sports/ sporty/ sportsman/ sportswoman/ sportsperson/ sportsmanlike/ sporting
- ✦ sportingly/ sportscast/ sportscaster/ sportswear
- ✦ athlete/ athletic/ athletics
- ✦ box/ boxer/ boxing
- ✦ football/ footballer/ footballing
- ✦ cricket/ cricketer/ cricketing
- ✦ chess/ chessman/ chessmen/ chessboard
- ✦ golf/ golfer/ golfing
- ✦ jog/ jogger/ jogging
- ✦ run/ runner/ running
- ✦ gymnastics/ gymnast/ gymnastic
- ✦ climb/ climber/ climbing
- ✦ swim/ swimmer/ swimming/ swimwear/ swimsuit/ swimmingly/ swimmable/
- ✦ fence/ fencer/ fencing
- ✦ skate/ skates/ skater/ skating/ skateable
- ✦ rollerskate/ rollerskater/ rollerskating
- ✦ ski/ skis/ skier/ skiing/ skied/ skiable
- ✦ ice skate/ ice skater/ ice skating
- ✦ surf/ surfer/ surfing/ surfable/ surflike
- ✦ waterski/ waterskier/ waterskiing
- ✦ rollerblade/ rollerblader/ rollerblading
- ✦ sky dive/ sky diver/ sky diving
- ✦ paraglide/ paraglider/ paragliding
- ✦ parachute/ parachutist/ parachutic/ parachutism/ parachuter/ parachuting

COLLOCATIONS

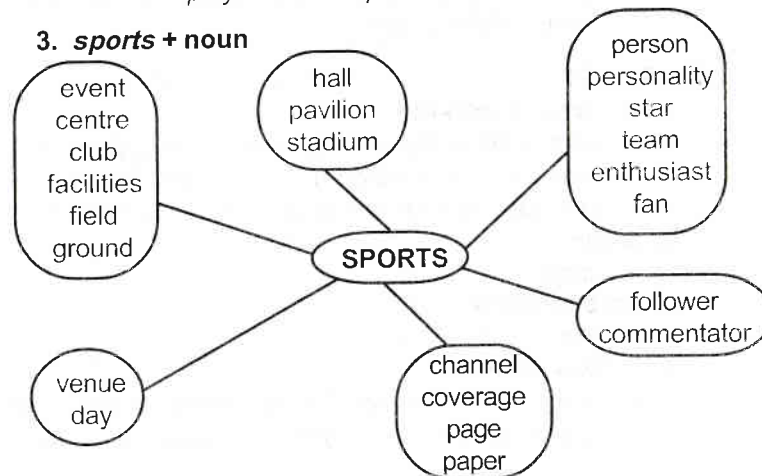
1. adjective + sport



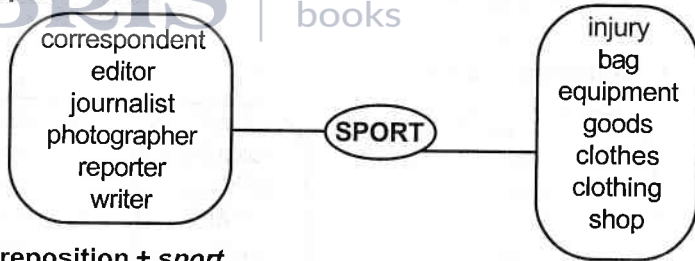
2. verb + sport

- play/ do/ take up

3. sports + noun



4. *sport* + noun



5. preposition + *sport*

- *in sport*

6. phrases: *the world of sport*

– adjective + *sportsman, sportswoman*

- *famous/ great/ outstanding/ allround/ keen/ amateur/ professional*

– BASKETBALL

1. adjective + *basketball*

- *college/ professional*

2. quant

- *game*

3. verb + *basketball*

- *play/ watch*

4. *basketball* + noun

- *championship/ match/ court/ coach/ player/ star/ team/ referee/ umpire*

– CRICKET

1. adjective + *cricket*

- *county/ international/ school/ village/ club/ first-class/ professional/ championship/ league/ test/ World Cup/ one-day/ four-day/ limited-over(s)/ Sunday/ attacking*

2. quant

- *game*

3. verb + *cricket*

- *play/ watch/ follow*

4. *cricket* + noun

- *game/ match/ championship/ competition/ field/ ground/ pitch/ ball/ bat/ pavilion/ captain/ manager/*

team/ club/ enthusiast/ fan/ lover/ season/ tour/ scene/ commentator/ memorabilia

– FOOTBALL

1. adjective + *football*

- *adventurous/ attractive/ classy/ creative/ entertaining/ exciting/ fine/ fluent/ good/ great/ neat/ one-touch/ amateur/ professional/ junior/ first-team/ club/ league/ international/ world/ domestic/ five-a-side/ indoor/ live/ American/ Aussie rules/ Australian rules/ Gaelic*

2. quant

- *game*

3. verb + *football*

- *play/ watch/ follow*

4. *football* + noun

- *club/ league/ squad/ team/ hero/ player/ star/ field/ ground/ pitch/ stadium/ terraces/ boots/ kit/ shirt/ shorts/ strip/ agent/ management/ manager/ authorities/ enthusiast/ fan/ follower/ supporter/ crowd/ programme/ championship/ game/ match/ tournament/ training/ career/ hooliganism/ riot/ violence/ hooligan/ chant/ commentator/ writer/ action/ coverage/ world/ culture*

– FOOTBALLER

1. adjective + *footballer*

- *brilliant/ good/ skilful/ talented/ famous/ keen/ amateur/ professional/ international*

2. *footballer* + verb

- *play*

– TENNIS

1. adjective + *tennis*

- *men's/ women's/ junior/ professional/ international/ world/ competitive/ lawn/ real*

2. quant

- *game*

3. verb + *tennis*

- *play/ watch*

4. **tennis + noun**

- *ball/ racket/ dress/ shoe/ shorts/ court/ facilities/ camp/ centre/ club/ circuit/ scene/ championship/ competition/ event/ match/ tournament/ ace/ champion/ coach/ legend/ player/ star/ fan/ commentator/ journalist/ career*

– **CHESSE**

1. **adjective + chess**

- *computer/ machine*

2. **quant**

- *game*

3. **chess + noun**

- *board/ piece/ set/ table/ move/ position/ grandmaster/ master/ player/ buff/ championship/ match/ tournament/ club/ computer/ world*

– **GOLF**

1. **adjective + golf**

- *amateur/ pro/ pro-am/ professional/ mini/ miniature*

2. **quant**

- *game/ round*

3. **verb + golf**

- *play/ take up/ watch*

4. **golf + noun**

- *course/ links/ hole/ club/ ball/ bag/ buggy/ cart/ club/ equipment/ glove/ shoes*

– **ATHLETICS**

1. **adjective + athletics**

- *indoor/ outdoor/ junior/ senior/ amateur/ schools/ international/ world*

2. **verb + athletics**

- *compete in/ do/ take part in/ take up/ quit*

3. **athletics + noun**

- *championships/ competition/ event/ meet/ meeting/ club/ federation/ stadium/ track/ star/ coach/ club/ team/ official/ career/ circuit/ scene/ world*

The chart below suggests the right choice of collocation as far as **do, go and play** are concerned:

DO	GO	PLAY
sport/ sports	angling	sport/ sports
aerobics	bowling	badminton
athletics	cycling	baseball
gymnastics	fishing	billiards
judo	mountaineering	bowls
karate	riding	football
the high jump	skiing	golf
the long jump	skateboarding	hockey
weightlifting	skating	against
wrestling	to aerobics, judo etc.	somebody
yoga	(to your aerobics class etc.)	for a team

THE BASICS OF SPORT

To begin with, the old but forever relevant Latin proverb **mens sana in corpore sano** speaks volumes in terms of the advantages of doing sports. Any proverb is based on experience and people who are willing to learn from it may benefit a lot. This one teaches us that a **sound mind** is expected to be found in a **healthy body**. It definitely sounds like an invitation to us to start doing sport right away irrespective of age, sex, profession, race or religion. This indisputably reasonable mentality has always been promoted during the Olympic Games.

We can approach sport in terms of **advantages** and **disadvantages** and I think they are worth being discussed in detail. Specialists support the idea that sport **invigorates** and **strengthens** your body, **enriches** your blood circulation, **oxygenates** your brain and **makes you feel refreshed and relaxed**.

In addition to this, doing sport improves **life span expectancy**, that is people can live longer. Isn't it great to be able to live longer? Any sport is useful and soon enough you can notice its positive effects on your body and mind.

Furthermore you have the chance to become less aggressive, feel more confident and more powerful. The principle of **fair play** should exclude any violent behaviour. You can learn to be a fighter, accept defeat with dignity, rejoice and triumph when you win, in other words share **success** or **failure** with others. I strongly believe that any sport is worth doing as it helps you build up your **character** and trains you to overcome your animal instincts and so you may improve your **self-control**.

What is more, sport may bring people closer, make them become more friendly or sociable, get to know each other, but above all it may help you get an insight into yourself, find a lot about your personality. You may also learn that thinking positively may be beneficial. If you are competing in a sport it matters a lot if you can visualise yourself as a future **winner**, put things in perspective.

Besides developing **muscles** or **becoming stronger**, one may learn that winning isn't everything – taking part is what matters. You learn what it means to be a **winner** or a **loser**, learn to be a **fighter**, learn to take responsibility, develop team spirit, develop a sense of belonging to a community, obey rules. If you are young, this kind of experience will undoubtedly help you later in life when you have to obey other kinds of rules or regulations, work in a team, belong to a larger community.

As well as this, sport in general and international sports events in particular bring all nations together, promote **peace**, **friendship** and **love** and make people realize that they have a lot in common, especially their **commitment** to sport and the **equality of chances**. Their passion for sport, talent and the equality of chances are the reasons for people to take part in competitions, no matter how tough they may be.

The ones who are not in favour of doing sports tend to point out the inherent **disadvantages** such as **violence**, **dangers**, **risks**, **injuries**. They argue that sports aren't worth doing on the grounds that they are dangerous and to a large extent lead to injuries and bad accidents.

Sometimes sportsmen have been victims of international **terrorism**, **diseases**, or acts of **hooliganism** and the world of sport has often been shadowed by **drug scandals** in which some famous sports stars are involved much to the spectators' disappointment.

That compulsory testing has become a necessity hasn't surprised any athlete who knows that to reach the highest level you have to be really competitive and sometimes put your life at risk.

SPORT AND HEALTH

Getting exercise on a daily basis has definitely become a must for both athletes and average people nowadays. To **exercise** may be simply defined as using the body in a way that will keep you healthy. Specialists argue that it is important to exercise regularly, do **keep-fit exercise** on a daily basis. Students have the chance of doing sports during their physical education classes. The idea is that they should **be fit** for life and in **good shape**. The state of being physically fit is a goal but also a challenge to many people since they are more and more vulnerable to illnesses and a more and more polluted environment. The ones who are **overweight** and therefore unfit have a real problem.

Chances are students or people in general may get into shape by getting exercise. While exercising one may lose weight and burn calories. More and more students are used to working out in the gym or in a fitness centre, where they can make use of an **exercise bike**, **multigym**, **treadmil**, **rowing machine**, **weights**, **barbells** and other facilities.

Professionals have to be in training almost all the time. Among different kinds of exercise I would like to mention **aerobics**, **press-up** (Am E **push-up**), **skip** (Am E **jump**) **rope**, **somersault** and **yoga**.

Taking exercise is essential for good health at all ages. I think it is common knowledge that activities like daily walks can make a difference in the sense that they provide significant health benefits including improved circulation and mental outlook.

Experts argue that regular aerobic exercise reduces the risk of death due to **heart disease** and **stroke**, helps you **lose weight**, prevents **diabetes**, strengthens **bones** and enhances the **immune system**.

Furthermore the **psychological benefits** of doing sports are obvious and specialists don't hesitate to point out a positive relationship between **physical fitness** and **mental achievement**.

As well as this, there is a well-established relationship between exercise or sport in general and **cardiovascular health** and **longevity**.