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ETAPA LOCALA-02 MARTIE 2024****CLASA a VIII-a**

- Toate subiectele sunt obligatorii.
- Nu se acordă puncte din oficiu.
- Timpul efectiv de lucru este de 2 ore.

**USE OF ENGLISH ( 50 points)****1. Read the following text and fill in the blanks with the correct verb forms. (10x2p=20p)**

Goldilocks is probably the most famous and most charming "squatter" of all times. While the Bear family 1. \_\_\_\_\_ (*look*) for breakfast, Goldilocks 2. \_\_\_\_\_ (*break into*) their house and 3. \_\_\_\_\_ (*make*) herself at home. The first thing she 4. \_\_\_\_\_ (*see*) when she 5. \_\_\_\_\_ (*enter*) the house was food on the table. This made her happy because she 6. \_\_\_\_\_ (*walk*) in the woods for several hours and was very hungry. Goldilocks immediately 7. \_\_\_\_\_ (*sit down*) at the table to eat. When she 8. \_\_\_\_\_ (*finish*) the meal, she 9. \_\_\_\_\_ (*feel*) very tired and decided to look for a comfortable place to rest.

By the time the bears returned from their hunt, Goldilocks 10. \_\_\_\_\_ (*already leave*). To this day they do not know who the "squatter" was.

**2. Use the word given in brackets to form a word that fits in each sentence. (5x2p=10 p)**

1. Have you ever been \_\_\_\_\_ in a job interview? What do you think went wrong? (**SUCCESS**)
2. How influential were your teachers to your \_\_\_\_\_? (**DEVELOP**)
3. My history teacher has vast \_\_\_\_\_ of past events. (**KNOW**)
4. At first the hotels were \_\_\_\_\_, but then they slowly got better. (**COMFORT**)
5. We enjoyed the \_\_\_\_\_ of the ski hut at night. (**WARM**)

**3. Correct the mistakes. (20 points)**

1. Money were collected by John yesterday.
2. There are plenty of tomatoes in the fridge. You mustn't buy any.
3. Take an umbrella. It should rain later.
4. He gave away smoking last month.
5. If they won't study harder, they will not pass the exam.

6. We'll go to the cinema as soon as we will finish work.
7. I'm not good at this game. You see, I didn't play it before.
8. When has Peter written to you last time?
9. When I was on holiday last summer, I was going on the beach every day.
10. After Jane leaves home, she had met her friends.

**READING COMPREHENSION (5x5p=25 p)****4. Read the text below and choose the correct answer (A, B, C or D).**

One of the biggest challenges faced by people who have lost weight is keeping it off. Successful long-term weight management requires an understanding of how to balance food intake and physical activity, but it's also about more than that. The key is finding a sustainable lifestyle that you enjoy.

To begin with, it's crucial to understand that maintaining your weight does not mean reverting to your old eating habits once you've hit your weight loss goal. The diet that helped you lose weight should be the foundation of your eating habits moving forward. Of course, you can afford some occasional indulgences, but these should be the exception rather than the rule.

Physical activity is another crucial component of long-term weight management. Regular exercise helps burn off calories, but it also improves your physical health in countless other ways, making you feel better overall and boosting your motivation to maintain a healthy lifestyle.

One often overlooked aspect of keeping lost weight off is the role of social support. Having supportive people around you family, friends, or support groups can make a huge difference. They can provide encouragement during tough times and celebrate with you when you achieve your milestones.

Maintaining your weight also requires regular monitoring. This doesn't necessarily mean weighing yourself every day. Becoming obsessed about your weight is not a healthy habit to develop, but keeping an eye on your weight trends can help identify any small weight gains early so they can be addressed before they turn into larger problems. You don't want to find yourself back where you started with a large amount of weight that needs to be lost.

Another important factor in weight maintenance is mental health. Stress and depression can often lead to overeating and reduced physical activity. Learning how to manage stress and seeking help for depression can be crucial components of keeping off the weight you've lost.

In conclusion, successful long-term weight management is about balance. It requires a combination of healthy eating, regular physical activity, social support, regular monitoring, and good mental health. It's a lifestyle change, but it's one that comes with many rewards.

**1. What is essential to understand when trying to maintain lost weight?**

- A) You can now eat bad foods more often.
- B) Not going back to how you used to eat.
- C) It's okay to stop exercising once you've reached your weight goal.
- D) Your diet should completely change after losing weight.

**2. Why is physical activity crucial for long-term weight management?**

- A) Exercise is only needed until you lose weight.
- B) Physical activity is not as important as diet.
- C) There are many benefits to your overall health.
- D) Exercise can be replaced by diet pills.

**3. What role does social support play in maintaining weight?**

- A) People close to you can provide inspiration and support.
- B) You should isolate yourself from others to focus on your weight goals.
- C) Social support has limited impact on weight management.
- D) You need to join a support group to help with weight management.

**4. What is the importance of monitoring in weight maintenance?**

- A) You should weigh yourself every day.
- B) Monitoring weight is not as important as diet and exercise.
- C) You should only weigh yourself once a year.
- D) Problems can be seen early.

**5. What would be a good first sentence for this article?**

- A) Losing weight is a daunting task.
- B) Gaining weight back after losing it is inevitable.
- C) Long-term weight management is about a balance of many factors.
- D) Everyone can easily maintain their weight loss with no effort.

**SUBIECTUL al III-lea –WRITING (25 points)**

**Write a narrative essay ending like this:**

*“I finally realised I should have trusted her.”*

**Write your story in 150-180 words and give it an appropriate title. Pay attention to the following:**

- you don't need to write long descriptions;
- use dialogues only if they are relevant to your characters or events;
- you should use this plan:

**1. Introduction** (paragraph 1 – set the scene)

**2. Main Body** (paragraph(s) 2/3 – develop the story)

**3. Conclusion** (paragraph 4 – end the story).

**Don't count the given ending.**