



INSPECTORATUL ȘCOLAR JUDEȚEAN GALAȚI
OLIMPIADA DE LIMBA ENGLEZĂ- ETAPA LOCALĂ
CLASA a IX-a, SECȚIUNEA B
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Notă: Toate subiectele sunt obligatorii.

Timp de lucru: 3 ore

SUBIECTUL I - USE OF ENGLISH..... (40 points)

1. For questions 1-10, read the text below and decide which answer (A, B, C or D) best fits each gap. (10 points)

Mars on Earth

The centre of Antarctica, where winter temperatures frequently fall to (1) 80 degrees centigrade and for four months each year there is (2) darkness 24 hours a day, is one of the most extreme environments on Earth. It is also by (3) the most similar place to the surface of Mars, which is why a (4) of thirteen scientists from the European Space Agency have spent nine months at a base there.

They have been studying the physical and psychological (5)..... on humans of living in extreme conditions, in order to obtain a better understanding of the difficulties humans will (6) during the long flights to Mars and their stay there. Of course, space is (7) Antarctica in that astronauts have to adapt to weightlessness, but the base is 3,200 metres above the sea (8) , making it difficult to breathe there – as it can be on space flights. They have also, like space travellers, experienced strong feelings of being (9) off from civilisation.

Going to Antarctica is like visiting another planet, no doubt about it. That is why using Antarctica as a “platform” for simulating certain aspects of manned spaceflight mission will deliver the most accurate pieces of information on how living in an isolated community during 24-hour winter darkness affects the health and human ability to perform (10) problem-solving functions.

- | | | | |
|-------------|------------|--------------|--------------|
| 1.A beneath | B lower | C minus | D less |
| 2.A regular | B constant | C repeated | D maintained |
| 3.A far | B much | C large | D long |
| 4.A band | B cast | C gang | D team |
| 5.A results | B effects | C issues | D risks |
| 6.A oppose | B dare | C challenge | D face |
| 7.A unlike | B contrary | C unfamiliar | D different |
| 8.A height | B level | C depth | D scale |
| 9.A broken | B cut | C kept | D taken |
| 10.A deep | B heavy | C specific | D strong |

2. Fill in each gap in the following text with only ONE word which fits the meaning of the text. (10 points)

The Computer Mouse

When is a mouse not a mouse? When it sits (1) your desk and controls your on-screen cursor. The computer mouse is a pointing device (2) has a flat bottom, a shaped top with buttons on and – perhaps – a cable connecting the mouse (3) the computer. The mouse moves on the surface of the desk, and the cursor copies this movement on the screen. The first computer mouse had wheels that (4) contact with the working surface.

The person who invented the mouse, and who was responsible (5) changing the way computers worked, was an American named Douglas Engelbart. In fact, he invented many devices, including ones attached to the chin or nose, in (6) to point at the screen. However, his computer mouse soon proved to (7) much more convenient and far simpler to use. His first attempt (8) producing a mouse was in 1964, (9) it was large, heavy and difficult to move. A few years later, in 1968, his improved mouse made (10) first appearance and rapidly became a huge success.

3. Read the text below and use the words given in capitals to form words that fit in the gaps. The words in capitals are given in the order you need to use them. (10 points)

Sounds in the Dark

Horror film fans will find this movie highly 1..... The plot centres on Harry, a man who seems perfectly normal and even rather 2.....most of the time but who turns into something truly 3..... whenever it rains, and it rains a lot in this movie. The special effects are very 4..... And some scenes are very 5....., even for committed horror film fans. The 6., in particular, will come as an enormous shock. I won't spoil things by saying what happens but it 7. gave me a fright! So, if you're 8.....about horror films and you want to see something that is full of 9..... unexpected scenes, this could be the film for you. But beware! You'll come out of the cinema totally 10..... after you've seen it!

1.ENJOY
2. BORE
3. SCARE
4. IMPRESS
5. FRIGHT
6. END
7.DEFINE
8.ENTHUSE
9. SURPRISE
10. EXHAUST

4. Rephrase the second sentence so that it has a similar meaning to the first sentence, using the word given. You must use between two and five words, including the word given. (5x2p=10 points)

- I'm going to the technology seminar, but I don't want to.
HAVE
I wish _____ go to the technology seminar.
- Marge intends to save some money and then buy her mother a nice gift.
ONCE
Marge is going to buy her mother a nice gift, _____ some money.
- They used an expensive camera to film this news story last month.
FILMED
This news story _____ an expensive camera last month.
- If they don't book their holiday now, they'll have to pay more.
UNLESS
They'll have to pay more _____ their holiday now.
- Many local businesses have set up websites.
BY
Websites _____ many local businesses.

SUBIECTUL II – INTEGRATED SKILLS(60 points)

1. You are going to read a magazine article about hormones. For questions 1 – 5, choose the answer (A, B, C or D) which you think fits best according to the text. (10 points)

Happy hormones

What makes us feel good? Why can we, one day, feel on top of the world and the next, feel like everything's just too much for us? The fact is that how we experience different emotions is actually all down to science.

Our moods and emotions are influenced by chemicals called hormones, which travel through our bloodstream and send messages to different parts of the body. Our bodies produce hormones, which affect us in different ways. Some hormones cause a physical response. For example, the hormone adrenalin is responsible for the 'fight or flight' reaction (hearts beat faster, breathing increases and our bodies are ready to either face a dangerous situation and 'fight' it or run away from it). Other hormones affect our feelings rather than our actions and produce a more emotional response.

Hormones such as serotonin and dopamine make us feel cheerful and are important in the treatment of those who suffer from depression, anxiety and other emotional problems. Medical professionals have found that prescribing medication which stimulates the production of serotonin in the body is an effective way to treat these kinds of conditions. It can help people to feel more relaxed, happier, and in some cases, more able to cope with day-to-day life.

What we do, eat and how we live helps release these hormones naturally, but how can we produce enough of them to get the 'feel good' effect? First, let's have a look at what these hormones are and how they help.

Serotonin, known as the 'happiness hormone', is one of the chemicals at work when we feel happy. It relieves depression and reduces anxiety as well as helping us stay emotionally balanced. So what exactly makes our serotonin levels go up? Have you ever noticed how people always seem more cheerful on a bright sunny day? Well, it's not just a coincidence. Exposure to sunlight can help release serotonin in the brain and make you feel better than you do on damp dreary days. Eating more carbohydrates can have a similar effect, but although complex carbohydrates like nuts and wheat increase serotonin, their influence may only be temporary. For a longer lasting feeling of happiness, combine carbohydrates with healthy fats and a range of protein-rich foods like fish, meat and eggs, which contain an acid that is converted into serotonin. Getting a serotonin boost is great for the feel-good factor, but a lack of this hormone can cause a condition called serotonin deficiency disease. Sufferers have a very low level of serotonin, and this not only affects mood, stress and anxiety levels, but also sleep patterns.

Endorphins are also important hormones. Known to reduce anxiety and how sensitive we are to pain, they are essential for a healthy mind. Exercise stimulates the production of endorphins, so that's why you normally feel happier when you've been playing sport, for example. In fact, doctors recommend physical activity for mild depression, and many people find that it is effective in improving their mood.

If it is a lack of concentration and the inability to focus that is a problem, then you are probably low in dopamine.

Phenylethamine is another amazing hormone, which can make us feel a kind of happiness similar to being in love. Cocoa beans contain this hormone, and this may well explain why chocolate is so popular!

Of course, we all know that eating well and getting plenty of exercise is good for a healthy lifestyle, but now we can see how important it is for having a happier and more positive outlook on life.

1. The writer says that hormones

- A. are similar to feelings.
- B. are natural responses.
- C. control how we feel.
- D. depend on our mood.

2. The hormones discussed in the third paragraph

- A. are effective in preventing stress.
- B. can only be found in medication for depression.
- C. can help people with psychological problems.
- D. are absent from people suffering from depression.

3. What can permanently increase the level of serotonin in the body?

- A. staying inside and away from bad weather
- B. eating only carbohydrates
- C. eating plenty of nuts and wheat
- D. eating a balanced diet

4. Dopamine is a hormone that

- A. can help you focus better.
- B. is found in most healthy food.
- C. is released when you can't concentrate.
- D. reduces your energy levels.

5. What is the main message of the article?

- A. natural remedies are better than medicine
- B. we should regulate our hormone levels
- C. we can help ourselves to improve our mental health
- D. healthy eating is the key to emotional stability

2. Writing (50 points)

Read the text again and write a **review** of a book that encourages people to adopt a healthy style, through diet and exercise. Explain why such a lifestyle is beneficial for young people. **(180 - 200 words)**