

4 Przeczytaj poniższy tekst. Przyporządkuj każdemu akapitowi 1–3 właściwy nagłówek a–d. Jeden nagłówek nie pasuje do żadnego akapitu.

- a) The first brochure
- b) The first organised trip
- c) The first travel agency
- d) The first trip abroad



THE BEGINNINGS OF MODERN TOURISM

1 _____
 Thomas Cook was a Baptist preacher. In 1841, he went to a religious meeting in Leicester. As he was walking there, he started thinking about another meeting in Loughborough, about 20 km away. It was too far to walk. Fortunately, a railway company had already opened in that area, so Cook wrote to them asking if they could organise a special train for all the people going to the meeting. The company agreed and 500 people paid 1 shilling (12 pence) for the special trip.

2 _____
 After three years of similar trips, Cook decided to organise a longer one, this time to Liverpool.

He prepared for the trip very carefully. There was a choice of first or second class travel and even a sixty page booklet for travellers with details of the journey and what to do and where to stay in Liverpool.

3 _____
 In the 1850s Cook made the next big steps. In 1851, he took about 165,000 people from Leicester to London for the Great Exhibition. Five years later, in 1855, he wanted to do something even more adventurous – there was to be another international exhibition, this time in Paris. Cook's tour took tourists through Belgium, into western Germany and back eastwards to Paris.

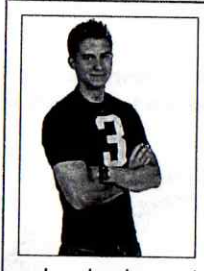
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5 Przeczytaj informacje o trzech osobach oraz cztery porady żywieniowe. Przyporządkuj każdej osobie najodpowiedniejszą dla niej poradę, wpisując litery a–d w kratki 1–3. Jedna porada nie pasuje do żadnej osoby.



1 Louise: "I'm a little bit overweight. I don't eat a lot of fast food or sweets but I work at home and it's very easy to go to the fridge for a quick bite to eat. It's usually bread with ham or cheese. I know I shouldn't but it lets me concentrate for a few more hours."



2 Steve: "I always thought I was quite healthy but, when I took up rowing recently, I realised how unfit I was. When I finish I am weak and can't move. I usually have a chocolate bar to give me some strength. But then I feel terrible in the evening."



3 Wendy: "I have a very unhealthy lifestyle. I work in a busy office and there is often no time to go out for lunch. I try to take sandwiches but that's often not possible because I start work so early. I usually get a snack from the staff canteen but they don't sell anything healthy."

a What you need is food which will give you more strength and natural energy. Most athletes eat food with a lot of carbohydrates in it. Pasta is the best. This will give you lots of energy which will burn off slowly. Sugary things are not a solution. After a sudden burst of energy, you are left weaker than before.

b You need to change your diet completely. We suggest you prepare a nice, healthy breakfast as you have a lot of time in the morning. Grapefruit and fruit juice and yoghurt. Eat fish or chicken for lunch but not fried and stop eating heavy dinners late in the evening.

c You need to make sure that your little snacks aren't too fattening. It is quite easy to solve this. First of all, try not to have anything unhealthy in the house. Don't eat too many sandwiches. Keep a lot of fruit and vegetables at home, especially carrots. When you need a break, have a carrot instead of your usual snacks.

d You will have to put a little bit of effort in! Try to go shopping at the weekend when you are feeling less tired and buy enough salad ingredients and yoghurts for the whole week. Then you will always have something to take for lunch and you can also eat the same things when you get home.

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