

**O'ZBEKISTON RESPUBLIKASI OLIY VA O'RTA MAXSUS
TA'LIM VAZIRLIGI
TOSHKENT TO'QIMACHILIK VA YENGIL SANOAT
INSTITUTI**

**I BOSQICH BARCHA FAKULTET
TALABALARI UCHUN INGLIZ TILIDAN
MUSTAQIL TA'LIMDA OG'ZAKI NUTQNI
RIVOJLANTIRISH UCHUN
O'QUV METODIK QO"LLANMA**

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Mazkur uslubiy qo'rsatma og'zaki nutqni rivojlantirish uchun moljallangan matnlar, matn yuzasidan tuzilgan, savollar hamda mavzuga oid so'z va iboralardan iborat. Ushbu ko'rsatma 18ta mavzudan iborat.

Tuzuvchi: TTESI "Tillar" kafedrasini mudiri,
dots.F.I.IIromhonova.
"Tillar" kafedrasini
assistenti D.X.Nishonova.

Taqrizchilar: I.Karimov nomidagi Toshkent Davlat
Texnika Universiteti "Chet tillar"
kafedrasini katta o'qituvchisi F.R.Jumanazarova.
TTESI "Tillar" kafedrasini
katta o'qituvchisi S.Usupova.

Ushbu ko'rsatma Toshkent To'qimachilik va Yengil Sanoat Institutining ilmiy uslubiy kengashida ko'rib chiqilgan va chop etishga tavsiya qilingan.

"___" 2018yil ___-son majlis bayoni.
TTESI bosmaxonasida ___nuxxada kopaytirilgan

Kirish.

Mazkur uslubiy ko'rsatma ingliz tilini o'rganishga kirishgan talabalarga mo'ljallangan bo'lib, undagi jamlangan matnlar ingliz tilida muloqot qilishga, to'g'ri o'qishga qulaylik yaratadi. Ushbu uslubiy ko'rsatma o'z ichiga murakkab bo'lmagan matnlarni o'qish va tarjima qilishni, shuningdek, matnlardan keyin berilgan javob -rejasi mavzular doirasida og'zaki nutq malakalarini rivojlantirishni maqsad qilib qo'ygan.

Ushbu uslubiy ko'rsatma 18 ta matnlar to'plamidan iborat bo'lib, har bir matndan keyin tavsiya qilingan javob – reja, berilgan savollar, soz' va iboralar usbu matnni gapirib berishga qulaylik tug'diradi va tartibli gapirishga yordam beradi

CONTEXT

1. Family
2. Friends.
3. Appearans
4. My working day
5. Hobbies and pastime
6. Music
7. Reading
8. Clothes and fashion
9. Doing the shopping
10. Pen friends and email
11. Choosing a career
12. Learning foreign language
13. Travelling
14. Technological progress
15. Global problems of today
16. Mass media
17. Enviremental protection
18. Doing sports and keeping fit.

MY FAMILY

I want to tell you about my family. My family is rather big. I have got a mother, a father, an elder sister, a grandfather and a grandmother.

My mother's name is Dilbar. She is a teacher of English in one of Tashkent schools. She is a very good specialist and has achieved a lot in her profession. My mother likes sewing and reading fashion magazines. I am always ready to help her with house chores, because I know that teaching profession is very difficult and I should make sure that my mother has some free time after the school.

My father's name is Adham. He is a wonderful designer. He works for a big publishing house. I love looking at his works! Sometimes I give him advice on the colours or pictures and he appreciates my opinion. My father is also very good at composing music. It is so interesting to watch him writing music.

My elder sister's name is Nargiza. She is a student of the 4th year at Tashkent Financial University. Nargiza is going to be an accountant. Sometimes she helps me with my Maths homework when she has time, but she says that I must study myself to achieve good results in future. My sister likes going to a gym and she keeps fit.

My grandparents, Manzura and Sobir, live in a separate flat. They do not work now, because they are retired. My grandmother used to work as an engineer at a big car factory and my grandfather is a professor: he used to teach students at Tashkent State University. He is a specialist in Uzbek history and culture. Sometimes he still writes articles for specialised journals and he knows so many interesting things! Every week I go to visit them and always help them with shopping.

I love my family and I am so happy that we are all together!

TAXLIL – REJA

1. Kirish. Oilangiz haqida gapirib bering. (Big/not very big/small; a mother/a father/a sister/a brother/grandparents, etc.).

2. Oilangizning har bir a'zosi haqida quyidagi sxema bo'yicha gapirib bering: name * age* occupation* hobbies* qualities of character, etc.
3. Xulosa. (I love my family and I am so happy that we are all together!).

QUESTIONS

1. What is your name?
2. What is your surname?
3. Where are you from?
4. Do you have a family? Is it big?
5. Are you a pupil? What form are you in?
6. What do you like doing in your free time?
7. What's your mother's name?
8. Do you have any brothers or sisters?
9. What are their names?
10. What's your father's name?
11. Do you have a grandfather or grandmother?
12. How old are they?
13. Do you have any uncles or aunts?
14. How many cousins have you got?
15. What are their names?
16. Are they older than you?
17. How old are they?
18. Are they boys or girls?
19. Where do your cousins live?
20. Where do your grandparents live?
21. What does your father do?
22. Where does your mother work?
23. Does your father have a car?
24. What kind of car is it?
25. What does your brother do?
26. What about your sisters? What do they do?
27. Do you live in a house or in a flat?
29. Does your brother or sister have his/her own room?
30. What do you have in your room?
31. Have you got a pet?
32. What's its name?
33. How old is it?
34. Do you go to the same school as your brother/sister?
36. Do your grandparents live with you?

37. Do you have a great-grandfather/grandmother?

USEFUL WORDS AND PHRASES

Wife	xotin
husband	er
Parents	Ota-ona
mother	ona
stepmother	o'gay ona
father	ota
stepfather	o'gaota
Children	Bolalar
daughter	qizson o'g'il
sister	opa-singil
brother	aka-uka
baby	chaqaloq
stepson	o'gay o'g'il
stepdaughter	o'gay qiz
Grandparents	Bobo/buvi
Grandmother	buvi
grandfather	bobo
grandchildren	nabiralar
granddaughter	qiz nabira
grandson	o'gil nabira
Other relatives	Boshqa qarindoshlar
auntxola/ammauncle	tog'a/amaki
niece	qiz jiyani
nephew	o'g'il jiyani
cousin	amakivacha/tog'avachcha
mother-in-law	qaynona
father-in-law	qaynota
son-in-law	kuyov
brother-in-law	qaynog'a
daughter-in-law	kelin

FRIENDS

I think it is very important to have friends, because any person needs someone to communicate and share interests with.

My best friend is my classmate Sardor. He is fifteen. He is a tall boy with a round face and grey eyes. His hair is short and fair. Sasha lives very close to my block of flats. We often spend time together. We go for walks, play computer games and do our homework. I really enjoy spending my time with him. Sardor is a very good pupil and he studies really well. Sometimes he helps me with school subjects if I have any difficulties. I should say that my classmates are really friendly. We always help each other and I usually invite them over to my apartment for birthday parties. Sardor and my classmates are not my only friends. I have other friends outside school, too. Maftuna is one of them. She is older than me. Maftuna studies in the 11th form. She likes dancing and has a big collection of music CDs at home. She wants to be a professional dancer and she knows many interesting facts about musicians and music in general. She doesn't have much time because she attends dancing classes and I am sure that she will make a wonderful career as a dancer. Reading is Maftuna's other hobby. She always buys new books and we exchange them. It is great to have common interests. All of my friends like computer games. We play online games and have fun. I am really lucky to have such wonderful friends.

TAXLIL – REJA

1. Kirish (I think it is very important to have friends, because any person needs someone to communicate and share interests with.)

2. O'zingizning eng yaqin do'stingiz/dugonangiz haqida gapirib bering (name/age/appearance/interests or hobbies; lives far/not far/close to; activities you do together: playing computer games/walking/reading/doing homework/doing sports/cycling/skating/skateboarding/going shopping, etc.).

3. Sinfdosh do'stlaringiz haqida gapirib bering. (Friendly/unfriendly, invite classmates over/help each other, etc.).

4. Maktabdan tashqaridagi do'stlaringiz haqida gapirib bering. (Name/age/appearance/interests or hobbies; lives far/not far/close to; activities you do together: playing computer games/walking/reading/doing homework/doing sports, etc.).

5. Xulosa (I am really lucky to have such wonderful friends).

QUESTIONS

1. What is friendship?
2. Why is it important to have friends?
3. Have you got many friends?
4. Who is your best friend and what can you tell about him/her?
5. What do you usually do when you meet with your friends?
6. What common interests do you have with your friends?
7. Are common interests important for friends?
8. Do you have friends among your classmates?
9. What qualities should a good friend have?
10. What annoys you in your friends?
11. Would you like to have more friends than you have now?
12. Does age matter for friends?

USEFUL WORDS AND PHRASES

acquaintance	tanish
associate	o'rtoq
classmate	sinfdosh
colleague	hamkasb
companion	jo'ra
co-worker	hamkor
friend/pal/buddy	do'st/oshna
partner	sherik
pen friend	maktubdosh do'st

rival
roommate

raqib
xonadosh

APPEARANCES

They say that appearances are important. On the one hand, this is true, on the other, this is not quite right. A handsome man or a pretty woman can have very unpleasant traits of character and the opposite. However, there are exceptions, of course!

I want to tell you about my sister, Katya. In primary school she didn't look very pretty. She had freckles, red wavy hair and was wearing glasses. All this made her clumsy and shy.

Since that time her appearance has changed very much, but her character has remained the same. She has grown up into a very pretty girl. She is of a medium height, slender and well-proportioned. Her hair has got darker into a chestnut shade. She wears it long to her shoulders. Her face has soft features, her freckles have disappeared, but her complexion remains pale as before. Instead of glasses she wears contact lenses, which allow her sparkling hazel-green eyes to shine. She has a small straight nose and a rather wide mouth but her enchanting smile shows her white teeth and makes her face look charming. No one can say that her gestures are clumsy any more.

Katya has nice manners. She is sincere, polite and helpful. She is not easily angered or bad-tempered. Her childhood experience has taught her to be patient and not to show off. She has still remained a bit withdrawn in some situations but she is good-natured, tolerant and sensitive to other people's needs. She is always ready to help. These are the qualities of her character which I like.

She does fairly well at the university. She is bright, attentive and keen on learning new things. She tries hard to get good marks but sometimes her hobbies are more important for her than school. Katya likes house chores and is not lazy at all. Unlike me, she always has her room clean because she does not mind helping her mother about the flat. Apart from that, like other girls of her age, she likes dancing, playing the guitar, and listening to modern music.

We spend quite a lot of time together. She understands my problems and I

can rely upon her. We have the same view on things and even if we argue we always find a compromise. Although she has her faults, nobody is perfect.

I like my sister a lot and I hope our friendship will last forever.

TAXLIL – REJA.

1. Kirish. (They say that appearances are important. On the one hand, this is true, on the other, this is not quite right. A handsome man or a pretty woman can have very unpleasant traits of character and the opposite.

However, there are exceptions, of course!).

2. Do' stingiz/dugonangiz/ oila a'zongiz /tanishingiz haqida gapirib bering. (Age /height /looks /hair/ face /eyes /nose /mouth /complexion) /build/manners/characteristics/ interests or hobbies/activities that you do together, etc.).

3. Xulosa. (I hope our friendship will last forever).

QUESTIONS

1. Are appearances really important? Why (not)?
2. Do you think that people with good looks are always nice?
3. How can you describe your best friend?
4. What qualities of character are important in your opinion?
5. What are your best characteristics?
6. Which characteristics would you like to have?
7. Is it important for a person to be shy?
8. Do you get irritated by talkative people? Why (not)?
9. How do you feel in a company of strangers?
10. Are you good at meeting new people?
11. Is it good to be optimistic? Why (not)?
12. Do you agree that there is only one best friend, others are just acquaintances? Why (not)?

USEFUL WORDS AND PHRASES

baby

|chaqaloq

toddler
youngster
teenager
adult
look (thirty)
under forty
over fifty
middle age/aged
elderly person
Height
tall
of medium height
short
Build
slim
slender
skinny
plump
to be overweight
stout
broad shouldered
looks
beautiful/prettv

handsome
attractive
good-looking
plain
Hair
long (to the shoulders)
short
straight
wavy
curly

light/fair/blond
auburn
light/dark brown
red/ginger
grey

yangi tug'ilgan bola
yosh
o'smir
kattalar
ko'rinish (o'ttiz)
qiriqqa yaqin
ellikdan ortiq

qari odam
Bo'vi
baland
o'rta bo'yli
past
Qad-qomat
ozg'in
xushkad
oriq/ozg'in
semiz
haddan tashqari vazn
to'lacha
keng elkali
Tashqi ko'rinish
chirovli (avollar)

chiroyli (erkaklar)
jozibali
xushbichim
xunuk
Soch
uzun
kalta
tekis
to'lainli
jingalak

sariq/och
tillarang
och/toq jigarrang
qizil rangli
kulrang

beard
moustache
bald

soqol
mo'ylov
kal

Face

Round
coarse/soft features
wrinkled
freckles/freckled

Yuz

dumaloq
qo'pol/ yumshoq istara
ajinli
sepkilli

Eyes

blue-eyed
deep blue

ko'zlar

ko'k ko'zli
to'q ko'k

Nose

Straight
Hooked
Aquiline
Snub

Burun

to'g'ri
egri
burgutko'z
puchuq

Mouth

Wide
Small
Narrow

Og'iz

keng
kichik
tor

Complexion

Pale
Tanned
Dark

Yuz rangi

oqish
Quyoshda qoraygan
bug'doy rang

Characteristics

(dis)honest
(im)patient
muloyim(emas)
iendly
(un)selfish

Xarakter

viydonli(emas)
sabrli(emas)(im)polite
|do'stona(emas)
|egoist(emas)

amiable
brave
cunning
curious
emotional
energetic
generous
good-tempered
bad-tempered
greedy
hard-working
with a sense of humour
hospitable
intelligent
kind
lazy
mischievous modest

moody
open-minded
optimist/pessimist
quiet
rude
self-confident
show off
shy
silly
sociable
sympathetic
tactful
talkative
touchy
trusting

samimiy
jasur
makkor
qiziquvchan
hayajonli
g'ayratli
saxiv
do'stona
jahildor
qizg'anchiq
mehnatkash
hazilkash
mehmondo'st
aqilli
mehribon
erinchoq
zararli
kamtar
ma'yus
ochiq fikrli
optimist-pessimist
tinch
qopol
o'ziga ishongan
mahtanchoq
uvatchang
ahmoq
kirishimli
yoqimli/oq ko'ngil
andishali
sergap
arazchi
Ishonuvchan

MY WORKING DAY

Hi again.... As you already know I am first year student. Now, let me describe my working day. My classes begin at 8:30. So on week - days I

have to get up at 7:15. I don't have an alarm clock and usually my roommate Nazira wakes me up and my working day begins. I turn on the radio and do my morning exercises while Nazira takes shower. I don't take a bath in the morning because I don't have enough time for it. I take a cool shower, brush my teeth. After that I go back to our room and get dressed. I brush my hair and put on light make-up. Then we have breakfast, Nazira makes breakfast every Monday, Wednesday and Friday. I have to sever breakfast on Tuesday, Thursday and Saturday. I love to listen to the latest news on the radio while I am eating and Nazira prefer light music.

We leave the house around eight and walk to the nearest busstop. We leave rather close to the University and it usually takes us about ten -fifteen minutes to get there by bus. Sometimes when the weather is fine and we have enough time we walk to the University. It is very healthy to walk much.

Our classes begin at 8:30. As a rule we have three or four classes a day. Sometimes it is very hard to wait till the end. Usually I don't miss my classes because I want to pass my exams successfully. But sometimes I do, especially when the weather is fine and the classes are boring.

At 11:20 we have a big break. It lasts 50 minutes. That's my favourite time. That is the time to share the latest news and to gossip. My friends and I prefer not to go to the canteen and we often have lunch in a small café not too far from our University. Then we have to be back to our classes.

Occasionally I have to stay at the University till 6 o'clock in the evening because I go to the library to get ready for my practical classes or to write report. As a rule I have no free time on week - days. So by the end of the week I get very tired

When we come home in the evening, we have supper together and share news. After supper we wash dishes, drink coffee or tea and watch TV. I prefer old comedies and Nazira likes soap-operas and films about travelling. Sometimes Nazira and I go for a walk in the park or visit our friends. At about eleven I go to bed. I like to read something before going to bed and Nazira likes to listen to some music. Sometimes I fall asleep while I am reading and Nazira gets up, switches of the light and says good night.

TAXLIL – REJAR

1. Kirish (HI again.... As you already know I am first year student let me describe my working day, to begin,).
2. Ertalab turib nimalar qilishingiz, qachon uydan chiqishingiz O'qishga qanday borasiz ,qancha vaqtingiz ketadi shular haqida gapiring.(to get up at 7:15,do my morning exercises,takes shower,brush my teeth,get dressed,brush my hairwe have breakfast,We leave the house around eight, it takes us)
3. Darslar nechada boshlanadi, darslar qancha bo'ladi, tanaffus qancha bo'ladi,uyga qachon qaytasiz ,nimalar qilasis shu haqida gapiring.(Our classes begin at 8:30,As a rule we have three or four classes a day,big break,time to share the latest news and to gossip,have lunch,go to the library,have supper, I go to bed)
- 4.Xulosa(I fall asleep while reading and my roommate swatches of the light and says good night.)

QUESTIONS

- 1.Do you get up early?
2. Is it easy for you to get up early?
3. Do you wake up yourself or does your alarm clock wake up you?
4. Do you do your morning exercises?
5. What do you prefer: a hot or cold shower in the morning?
6. How long does it take you to get dressed?
7. What do you usually have breakfast?
8. Some people look through newspapers or listen to the latest news on the radio while having breakfast.What about you?
9. When do you usually leave your house?
10. Do you work? If yes where?
11. How long does it take to get your University (Institute)?
12. Do you go there by bus or walk?
13. Where do you usually have lunch (dinner)?
14. What time do you come home?
15. How long does it take you to do your homework?
- 16.. How do you usually spend your evenings?
17. Do you have a lot of free time?
18. Do you play any musical instrument?

19. Are you fond of listening music?
20. What kind of music do you prefer?

USEFUL WORDS AND PHRASES

1. alarm clock	jiringlab uyg'otadigan soat
2. roommate	xonadosh
3. rather	ozgina
4. to turn on	yoqmoq, qo'ymoq
5. enough	yetarli
6. to get dressed	kiyinish
7. make-up	pardoz
8. to sever	ximat qilmoq
9. while	davomida
10. to prefer	afzal ko'rmoq
11. healthy	sog'lom
12. to misso't	kazmoq, qoldirmoq
13. successfully	muvaffaqiyatli
14. boring	zerikarli
15. to gossip	suhbatlashish
16. break	tanaffus
17. report	doklad
18. tape- recorder	magnitafon
19. to switch	onyoqmoq
20. to switch off	o'chirmoq
21. to brush one's hair	sochlarni taramoq
22. it takes me... minutes	...minute vaqtiwni oladi
23. cloakroom	kiyinish xonasi
24. to miss classes	darslarni qoldirmoq
25. to pass exams	imtixonlarni topshirmoq
26. to do well	yaxshi bajarmoq
27. to get ready	tayyor bo'lmoq
28. as a rule	qoidaga ko'ra
29. to get tired	charchamoq

HOBBIES AND PASTIME

A hobby is something that you enjoy doing in your free time. I think that hobbies help you not to waste your spare time doing nothing. Most people choose a hobby to their liking.

One of the most popular hobbies is collecting things. This may include collecting badges and stamps, bottles or flowers. Wealthy people collect works of art or even cars.

As for me, I used to collect coins in my childhood. My collection includes more than five hundred coins from all over the world. My grandfather collects stamps. His father started the stamp collection and then my grandfather inherited it. There are very old and rare stamps in his collection.

Making things is another type of hobbies. This includes handicraft, drawing, painting, etc. For example, one of my friends sews clothes for dolls. My brother makes toy trains. His collection is growing day by day. Playing computer games has become a very popular hobby both with children and adults. My cousin loves computer games. On the one hand, it is nice that a person has such a hobby, but on the other hand, it can do harm to health.

Sport can also be a hobby. I don't mean professional sport, but amateur sport. Some people play tennis, football or volleyball. Others prefer watching sport programmes on TV.

Personally, my major hobby is reading. I am very fond of detective stories and mysteries. It is very hard for me to pass by a bookshop, and I can spend hours there! I read books not only in Uzbek, but in English too. New e-readers are becoming more and more popular in Uzbekistan, but I think that there is nothing better than paper copies of books, so I don't have an e-reader.

Listening to music is my other hobby. I have a big collection of CDs with different kinds of music both Russian and international. I also have some favourite composers and I collect information about them.

There are people who don't have hobbies, but they still have their own ways of spending free time. My friend likes travelling and he spends most of his free time travelling across Uzbekistan. He goes to nearby towns and cities by car and to faraway places by train or even by plane.

As for me, I like playing computer games and watching TV in my free time. Most of all I like educational programmes, especially about technology. In general, I consider it necessary to have a hobby or favourite things to do, because in this case you don't waste your time doing nothing

TAXLIL - REJARI.

1. Kirish (what a hobby is/why people should have a hobby).
2. Sevimli mashg'ulotlarning eng keng tarqalgan turlari haqida o'z tajribangizdagi misollar bilan ayting. (*Collecting things*: what people collect; if you/your friends/family members collect anything; *making things*: what this hobby includes; if you you/your friends/family members make things; *computer games*: a popular hobby; if you/your friends/family members are fond of computer games; advantages and disadvantages; *sport*: professional/amateur sport).
3. O'z sevimli mashg'ulotlaringiz haqida aytib bering. (Personally, my major hobby is reading/dancing/listening to music/doing sports/ etc.; I am very fond of...).
4. Bosh vaqtingizda nimalar bilan bant bo'lishingiz haqida, o'z tajribangizdagi misollar bilan aytib bering(travelling/watching TV/reading, etc.).
5. Xulosa (In general, I consider it necessary to have a hobby or favourite things to do, because in this case you don't waste your time doing nothing).

QUESTIONS

1. What is a hobby?
2. What types of hobbies do you know?
3. Do you have a hobby?
4. What hobbies do your family members and friends have?
5. What do you usually do in your free time?
6. Is it really important to have a hobby? Why (not)?
7. Do you know any unusual hobbies?
8. What hobby do you consider most interesting?
9. Have you ever collected anything in your life?
10. Can learning foreign languages be a hobby? Why (not)?

USEFUL WORDS AND PHRASES

astrology	astrologiya
collecting coins/stamps/autographs	tangalarni/markalarni/imzolarni
completing a jigsaw	jumboqni yig'ish
cooking	pishirish
dancing	raqs
embroidery	kashta tikish
fishing	baliq o'vlash, baliqchilik
gardening	bog'bonchilik
horse riding	ot minish
knitting	to'qish
listening to music	musiqa tinglash
making models	modellar yaratish
martial arts	jang sana'ti
painting	rassomlik
photography	fotografiya
play chess/cards/a musical instrument/on the computer/computer games	shaxmat / karta / musiqa asboblari / kompyuter / kompyuter o'yinlarini o'ynash
reading	kitoblar /xajviyalar / jurnallar o'qish
sculpting/sculpture	haykaltaroshlik
sewing	tikish/tikuv
singing	kuvlamoq
taking up sports	sport bilan shug'ullanish

MUSIC

We come into contact with music throughout our lives. Music plays a significant role for us. We hear it everywhere: in streets, in shops, in cafes and at home. Music follows us from childhood and we can't live without it. When we are little, we listen to lullabies sung by our mothers or grandmothers and soon we try to sing some songs ourselves. We listen to music when we are happy or sad, we dance to it and we learn to play music too. Music is not just a combination of sounds, it is a real art. There are a lot of different genres of music that people enjoy: classical music, jazz, popular music or pop music, rock and club music. Music reflects our life, our emotions and feelings.

At any time of the day we can listen to music of all genres on the radio. Young people buy CDs by their favourite singers and composers or download the music they like from the Internet. They often watch music channels on TV. One of the most popular channels is Navo. You can also see many people wearing earphones in the streets or in the underground and listening to music using MP3-players or mobile phones. Big and small cities and towns provide opportunities for people of all ages to enjoy music at concert halls, clubs or at music festivals. Young people usually go to clubs to listen to their favourite groups or dance to club music: trance, techno or house. Those who have a musical talent can develop it by learning to play a musical instrument. Many children start playing the piano or wind instruments, such as the flute or the saxophone. Others like string instruments, for example, the violin. However, under the influence of pop music broadcast by the radio and TV tastes may change. Teenagers often start to play the guitar, the drums or the keyboard and many of them dream of making a group and giving concerts to a large audience. At the age of 16 or 17 many young people also take dancing lessons and develop a liking for dance music.

As for me, I prefer European pop music. I have no favourite musical genre, I can listen to various kinds of music and the choice depends on my mood. My sister loves rock music. Her favourite rock groups

are *30 Seconds to Mars* and *Muse*.

My father likes jazz. His favourite jazz singer and musician is Louis Armstrong. Sometimes he listens to classical music too.

As for my mother, she is fond of Sherali Djo'ratev. She can listen to his songs all day. She says that he is a really great singer and his voice makes her forget everyday problems.

No one knows when music appeared first, but it is clear that if there was no music, our life would be extremely boring and sad.

TAXLIL- REJA.

1. Kirish (what role music plays in our life, where we can hear it, when we start listening to music, what popular genres of music there are, etc.).
2. Odatda qayerda va qanday musiqa tinglashingiz mumkunligi haqida aytib bering (radio/TV/CDs/MP3-players/mobile phones/concert halls/clubs/music festivals, etc.).
3. O'smirlilik davrida musiqiy iste'dod va musiqiy afzalliklarni rivojlantirish imkoniyatlari haqida gapirib bering (learning to play a musical instrument, tastes change with age, organising a group, dancing lessons, etc.).
4. O'zingizning musiqiy afzalliklaringiz va yaqinlaringiz, do'stlaringizning musiqiy afzalliklari haqida aytib bering (as for me, I prefer...; my brother/sister/mother/father likes...; etc.).
5. Xulosa (No one knows when music appeared first, but it is clear that if there was no music, our life would be extremely boring and sad.)

QUESTIONS

1. What role does music play in our life?
2. Where can we hear music?
3. Have you ever heard lullabies?
4. When do we usually listen to music? When do you listen to music?
5. What genres of music do you know?
6. What are your favourite genres of music?
7. Have you got an MP3-player?
8. Do you listen to music on CDs or on the radio?
9. What music channels are there in Russia? Which of them do you watch?

10. What opportunities are there for people to enjoy music in towns and cities?
11. Where do young people usually go to enjoy music?
12. Do you go to clubs or concerts?
13. How can you develop your musical talent?
14. Have you ever attended a music school?
15. Can you play any musical instruments?
16. Which instrument would you like to play?
17. In what way can music tastes change?
18. Can you dance? Would you like to learn to dance?
19. Which music do you prefer?
20. What music do your friends/relatives listen to?
21. Can you imagine life without music? Why (not)?
22. Would you like to become a musician? Why (not)?
23. Do you like electronic music? Why (not)?
24. Have you ever thought of becoming a DJ?
25. What are your favourite music bands? Why do you like them?

USEFUL WORDS AND PHRASES

Genres of music	Musiqa janrlari
Alternative	muqobil
blues	blus
chamber	xona musiqasi
musicchoir	xo'r
classical	klassik
country	mamlakat
dance	raqs musiqasi
electronic	elektron musiqasi
folk	folklyor
hip-hop/rap	хип-хоп/рэп
house	uy musiqasi
jazz	jaz
Latino	Latin amerikasi musiasi
Lullaby	alla
opera	opera
pop	pop
rock	rok

symphonic	simfonik musiqa
Musical instruments	musiqa asboblari
string	tor
guitar	gitara
harp	arfaviola
altviolin	skripka
Woodwinds	Yog'ochli asboblari
bassoon	fagotclarinet
klarnetflute	nay
saxophone	cakcofon
trombone	trombone
trumpet	karnay
Keyboat	Klavaturali musiqa asboblari
electric piano	elektr pianino
organ	organ
piano	pianino
synthesizer	sintezator
<i>Percussion</i>	<i>Urib chalinadigan</i>
drum	do'mbra
tambourine	childirma
xylophone	ksilofon
Other instruments	Boshqa asboblari
accordion	akardion
harmonica	og'izda chaladigan garmoshka

READING

Child psychologists believe that reading is one of the best habits that should be encouraged in children. Ninety percent of the things we learn during our lifetime come through books; therefore if we can't read, we can't learn.

Books appeared long ago. At first they were written by hand, but after printing was invented, it became easier to publish books. There are two large groups of books: fiction and non-fiction books. Fiction books are most popular with readers and include short stories and novels of

different genres and poetry. Non-fiction books are dictionaries, reference books, historical books, biographies, encyclopaedias and others.

In my childhood, my mother read different books to me and that helped me to love reading. When I learnt to read, I was really happy because I could read books which I wanted and liked. At first, they were fairy tales, adventure stories and comics. Later, I was fond of detective stories and thrillers. Now I read historical novels and I realise that I do not know many things from history and it is so wonderful that I can learn them now and understand facts that I could not understand in my childhood. During my studies I also use non-fiction books like dictionaries and encyclopaedias to find necessary information.

Today television and the Internet have almost replaced books because these resources provide any information one wants and some people think that in the modern world we do not need books at all. I think, however, that books will never disappear, because reading gives us pleasure.

Modern technologies also made it possible for us to use electronic readers instead of paper copies of books. On the one hand, such readers are very convenient as you do not have to carry a thick book in your bag: you just take the reader and upload text files into it, so instead of several books you just carry one light electronic device! In addition, you may also keep pictures and even music files on it. Lastly, it is more environmentally friendly to use an electronic reader - cutting down trees is not needed for their development unlike the process of producing paper copies.

However, everything has its disadvantages. To begin with, such readers are rather expensive and not everyone can afford them. One point against it is that free electronic texts to download are hard to find. Finally, paper books are more pleasant to hold in hands: touch their pages, turn them over, feel their smell. I have an electronic reader and it is convenient, but I still read paper copies of books too.

To sum up, it is impossible to live without reading and even if paper books may disappear in the future, people will never stop reading.

TAXLIL - REJA.

1. Kirish (the importance of reading, if we can't read, we can't learn, etc.).

2. Bosib chiqqarish tarixi va ikkita kitob guruhlari haqida qisqacha aytib bering. (appeared long ago, were written by hand, printing was invented, two large groups, fiction: short stories and novels of different genres and poetry; non-fiction: dictionaries, reference books, historical books, biographies, encyclopaedias).
3. Yoshligingizda qanday kitoblar o'qigansiz va hozirda qanday kitoblar o'qishni afzal ko'rasiz. (In my childhood, fairy tales/adventure stories, etc.; Now I read...; During my studies I also use...).
4. Zamonaviy dunyoda va zamonaviy texnologiyalarda o'qish va kitoblar haqida gapirib bering. (television and the Internet, do not need books at all, modern technologies, electronic readers: advantages and disadvantages, etc.).
5. Xulosa (To sum up, it is impossible to live without reading and even if paper books may disappear in the future, people will never stop reading.).

QUESTIONS

1. Do you read much?
2. What sort of books do you read?
3. Do you enjoy reading?
4. Should children be encouraged to read?
5. What are the advantages of reading? Are there any disadvantages? What are they?
6. What are the advantages of reading? Are there any disadvantages? What are they?
7. Is it good to get the reading habit?
8. Do you read in English or in your own language?
9. Does reading help to learn a language?
10. When do you usually read?
11. Do you read newspapers?
12. Do you read magazines or journals?
13. What books do you usually use to get ready for your classes?
14. Do you think people should read more?
15. What will happen if we don't read?
16. When should we start reading?
17. Do you think that people don't read so much because they are busy watching television or surfing the Internet?

18. What would you do to encourage people to read? Is it difficult to encourage yourself to read? Why (not)?
19. What was your favourite book in your childhood? What is your favourite book now?
20. What is your favourite genre of books?
21. Do you read electronic books or prefer paper copies of books? Why?
22. What are the advantages and disadvantages of electronic readers?
23. Do you think that books may disappear in the future? Why (not)?
24. Where do you usually buy books?
25. Do you borrow books from a library or do you buy them?
26. Do you think that libraries may disappear in the future? Why (not)?

USEFUL WORDS AND PHRASES

Fiction

action and adventure
 contemporary
 crime
 fantasy
 graphic novels/comics
 historical fiction
 horror
 humour
 mystery
 science fiction
 short story collection
 young adult

Non-Fiction

art & photography
 biography & memoirs
 blue print/rej
 booklet
 brochure
 cookbook
 dictionary
 encyclopaedia
 gardening

Badiiy asarlar

voevik va bolalar uchun kitob
 zamonaviy
 detektivlik hikoyasi
 fantaziya
 xajviy romanlar
 tarixiy roman
 daxshatlar
 xazilomus
 detektiv roman
 ilmiy fantastika
 kichik hikoyalar to'plami
 yoshlar uchun adabiyot

Ilmiy – ommabop adabiyotlar

san'at kitobibio
 tarjimayi hol/yodnomalar
 alashtirmoq
 kichkina kitobcha/
 brochure
 oshxona kitobi
 lug'at
 entsiklopediy
 bog'bonchilik

gift books	sovg'a kitoblar
guide/gid/handbook	qo'llanma
history	tarix
"how-to"	yo'riqnoma
journalism	jurnalistika
manual	qo'llanma
medical health & fitness	tibbiy salomatlik/fitne
nature & ecology	tabiat/ekologiya
periodical	davriypetsuy hayvonlar
picture book	rasmli kitob
psychology	psixologiya
reference	qo'llanma
self-help	o'zingga yordam ber' kitobi
sports	sport
textbook	darslik
travel	sayoxat

CLOTHES AND FASHION

People have various attitudes to fashion. Some are indifferent and do not care what they wear. Others, mostly women, are very choosy about what clothes to wear and like to spend a lot of money on them. Most people buy ready-made clothes at clothes shops or second-hand shops, but there are those who like to have their clothes made at the tailor's. There are some people who dress to the latest fashion even if it does not suit them. It seems to be their hobby to follow the fashion magazines and see what leading designers present.

Fashion concerns not only clothes, but also hair style, makeup and accessories, such as shoes, handbags, gloves, belts, hats, scarves or jewellery and glasses. Styles, cuts, designs and particularly the length of clothes change very quickly because dressmaking has become big business nowadays. Fashions often revert to older styles; what is out of fashion, funny or ridiculous now, may look romantic a few decades later. The way we dress also depends on our taste, on the season and the proper occasion. In summer we usually wear light summer dresses, shorts or Bermuda shorts and various T-shirts. The usual summer footwear is sandals and flip-flops.

In winter people wear something warm - trousers, jeans, cardigans and

jumpers. People also wear anoraks, winter coats and jackets, sometimes even fur coats outside.

On special occasions people usually dress up. When going to a concert or to the theatre, evening dresses and suits are appropriate. For sports people put on sportswear, such as sports trousers, jeans, shorts, T-shirts and trainers.

The most popular types of clothes with teenagers are jeans or trousers, shirts and T-shirts of different colours, sweatshirts or pullovers and trainers. Boots and shoes of the "Converse" shoe company are very popular with the young people now.

As for me, my favourite articles of clothes are jeans, T-shirts and trainers. At my school pupils must wear a uniform, so I don't have a problem with what to put on when I go to school. When I go out, I prefer something comfortable like jeans and a sweatshirt. I try to follow the fashion, but fashionable clothes are rather expensive and since I haven't got a job yet, I have to ask my parents for pocket money. I usually buy clothes at a market and choose clothes similar to the ones that are in fashion at the moment. This saves money!

Some people do not choose their clothes to the latest fashion. They wear what suits them, what is comfortable and what they can afford.

TAXLIL- REJA.

1. Kirish (attitudes to fashion/choosy/ready-made clothes/secondhand clothes/follow the fashion/hair style/ accessories/styles, etc.).
2. Yilning turli vaqtlarida qanday kiyimlar kiyilishi haqida gapirib bering. (*summer*: summer dresses/shorts/Bermudas, etc.; *winter*: trousers/jeans/ cardigans/trainers, etc.)
3. Turli vaziyatlarda nima kiyish kerakligi haqida gapiring. (concert/ theatre/sports competitions, etc.).
4. Yoshlar modasi haqida gapiring. (jeans/T-shirts/sweatshirts/trainers/ popular brands, etc.).
5. Sevimli kiyimlaringiz haqida aytib bering. (favourite articles of clothes; what you wear at school and outside school; if you follow the fashion/why (not); where you buy clothes; who buys clothes for you).
6. Xulosa. (Some people do not choose their clothes to the latest fashion. They wear what suits them, what is comfortable and what they can

afford.).

QUESTIONS

1. What attitudes do people have to fashion?
2. What does fashion include?
3. What changes in fashion very quickly?
4. How does the season influence clothes?
5. What kind of clothes do people wear on various occasions?
6. Do you follow the fashion?
7. What are your favourite types of clothes?
8. Where do you usually buy clothes?
9. Do you prefer buying clothes yourself or with your parents?
10. Do your parents give you pocket money for new clothes?

USEFUL WORDS AND PHRASES

Clothes	Kiyim
suit/costume	erkaklar kiyimi/ayollar kiyimi
tweed/leather/suede sweidj	kamzulinig/charm/zamsh
denim jacket	pidjak
trousers/pants (AmE)	shim
jeans	джинсы
evening dresses	kechki lboslar
top	eng yuqori
blouse	bluzka
jumper	jemper
cardigan/sweater	jun kofta/sviter
raincoat	suv o'tmaydigan plash
pyjamas	tungi kiyim/pijama
night dress/gown	tungi ko'ylak
track suit	mashg'ulot kiyimi
shorts	kalta ishton
shirt	ko'ylak
swim suit	cho'milish kiyimi
trunks	erkaklar cho'milish kliymi
blazer	sport kiyimi

Footwear

leather/suede/hand-made shoe
heel
sole
laces
sports shoes
low/high-heeled shoes
slippers
sandals
flip-flops
trainers sport
boots
wellingtons/wellies/rubber

Accessories

socks
stockings

Tie

bow tie
carf

Handkerchief
gloves/mittens

Hat

cap
belt
umbrella
braces
handbag
glasses
jewellery
bracelet
brooch
earrings
ring

Oyoq kiyim

Charm/ qo'lda tayyorlangan
tovon
tagcharm
bog'ich
sport oyoq kiyim
yuqori poshnali poyafzal
shippak
sandil
sohil shippaklari
oyoq kiyim
etik
rezina etik
Yordamchi qismlar
paypoq
chulki

bo'yinboq

kapalak bo'yinbog's
sharf

dastro'mol
qo'lqop
qalpoq
kepka
kamar
soyabon
tasma
sumka
ko'z oynak
zargarlik buyumlari
bilakuzuk
to'g'nog'ich
zirak
uzuk

DOING THE SHOPPING

Shopping usually means going to some place to buy something. It is a part of our life and we have to accept it whether we like it or not. There are people who hate shopping, so they usually make a list of the things

they need, run through shops and buy them. There are people who go from shop to shop choosing goods at a lower price. For some people shopping is a hobby; they loveshops and they can spend hours in large shopping centres. Such people are called "shopaholics" because they sometimes buy things which they do not need and it is like an addiction.

My family usually does the shopping at weekend. My parents work too hard, so they do not have enough time to do the shopping during a week. On Sundays we go to a supermarket and buy food for the whole week. I don't like supermarkets, because there are crowds of people there. You can buy anything in such supermarkets: poultry, meat, seafood, dairy products, etc.

There are a lot of different shops in my city, both expensive and cheap and everyone has a choice where to go. I prefer going to a big shopping centre not far from my home where there are a lot of shops and a food court. There are clothes shops, shoe shops, a florist's, a chemist's, an optician's, a jeweller's and many others. I usually walk there with my friends doing the window-shopping.

When I need clothes or books I do the shopping alone. My favourite bookshop is just in the centre of my city. I can spend hours inside looking through new books. I also like shopping when I need to buy presents for my family or friends. Sometimes my friend helps me to choose presents. She is a nice girl with good taste and she knows what would be a nice present for my family. In childhood, I used to like shopping because I felt grownup, but now I see that it can be quite boring and time-consuming. However, we have to go shopping because we need food and other things that are necessary for our life.

TAXLIL- REJA.

1. Kirish (what "shopping" means, kinds of people (hate shopping, love shopping/shopaholics).
2. dastro'mo Oilangiz bilan birga xarid qilishingiz haqida gapirib bering. (When you usually do the shopping, where you go shopping, who you go there with, what you usually buy there).
3. Shaharingizdagi do'konlar haqida gapiring. (a lot of/few shops, shopping centres, what shops there are, etc.).
4. O'zingiz haqingizda so'zlab bering. (prefer doing the shopping alone/with family/with friends/etc., whether you like shopping or not and

why, what your favourite shops are, etc.).

5. Xulosa (We have to go shopping because we need food and other things that are necessary for our life.).

QUESTIONS

1. What does shopping mean?
2. When does your family do the shopping?
3. Do you like shopping?
4. When do you do the shopping?
5. Do you usually go shopping alone or with your family/friends?
6. What shops are your favourite?
7. Did you do the shopping in childhood?
8. Do you like buying clothes or things for yourself?
9. Do you enjoy buying presents for other people?
10. What's a department store?
11. What's a supermarket?
12. What do you think of shopping on a Saturday afternoon in the supermarket?
13. What are the advantages and disadvantages of them?
14. What do you think of online shopping?
15. What are the advantages and disadvantages of this kind of shopping?
16. What do you think of street markets?
17. Do you think it is cheaper to buy things at street markets?
18. Have you ever been to an auction? What do you think of this system of buying things?
19. What are the advantages and disadvantages of an auction?
20. Do you look at the prices when you go shopping?
21. Are you a shopaholic?
22. What is the best day of the week for shopping?

USEFUL WORDS AND PHRASES

Antique shop
baker's
barber's
beauty salon,

antikvar do'koni
non do'koni
soch saloni (erkaklar uchun)
go'zallik saloni

book shop	kitob do'koni
butcher's	go'sht do'kon
clothes shop	kiyimlar do'koni
confectioner's	qandolat do'koni
corner shop	kichik do'kon/butka
department store	unvermag
deli	oziq – ovqat do'koni
fishmonger's	baliq do'koni
florist's	gullar do'koni
grocer's	bakallar
greengrocer's	sabzavotlar do'koni
haberdasher's	attorlik do'koni
hairdresser's	soch saloni(ayollar uchun)
market	bozor
jeweller's	zargarlik do'koni
music shop	musiqqa do'koni
novelty shop	xo'jalik mollari do'koni
optician's	optika
pet shop	uy hayvonlari do'koni
shoe shop/footwear	oyoq kiyim do'koni
sports shop	sport buyumlari do'kani
stationery shop	o'quv qurol do'koni
supermarket	supermarket
tobacconist's	tamaki mahsulotlari do'koni
toy shop	o'yinchoqlar do'koni

PEN FRIENDS AND EMAILS

Modern technologies made it possible for people to communicate easily in a way which is more convenient for them. There are different ways of communication today: older ones like post, telephone and fax and modern ones like email, SMS and social media sites. It has become much easier to write an email and send it to your friend or colleague and you are sure that it will reach its addressee in a few seconds even if the distance between you is huge.

It has also become very easy to meet new people and make friends at distance. With the help of such social media sites like Facebook, Twitter or their Russian analogues Vkontakte or Odnoklassniki you can either find people who you have lost contact with or make new friends. Forums and chats help people with similar interests to create groups and discuss

things that interest them. Many of them meet in real life and communicate.

As for me, I consider myself a "digital native" and I am interested in new gadgets and the Internet. I usually spend my free time on social media sites too. I have profiles on Facebook and Vkontakte and post pictures and status updates. It's nice to get comments on them and also it is cool to hear from people who you haven't heard from for a long time. Furthermore, it is easy to drop a message to your friends or discuss something online. My parents are "digital immigrants", so I had to teach them to use the Internet and email. I am proud that I succeeded in it and now they have their own profiles on some social media sites and use email often.

I have got some pen friends too. One of them, Matt, lives in America in Connecticut. He is my peer and we usually drop each other emails. On the one hand, it is extremely interesting to know what life is like in America and learn about their habits and culture. On the other hand, I have a very good opportunity to practice my English. I ask Matt to correct mistakes in my letters and this really helps me in my studies.

My other pen friend's name is Katarina, she is from Berlin, Germany. She speaks English well and she is fascinated by Russia and our traditions and way of life, so I tell her about my country and the way we live here. Katarina is thinking of learning Russian as a second foreign language.

I think it is really important to have pen friends from different countries. This will help you practise English or another language that you learn and also it will give you an opportunity to learn something about the life of other countries and their culture

TAXLIL- REJA.

1. Kirish (Modern technologies made it possible for people to communicate easily in a way which is more convenient for them. There are different ways of communication today: older ones like mail, telephone and fax and modern ones like email, SMS and social media

sites. It has become much easier to write an email and send it to your friend or colleague and you are sure that it will reach its addressee in a few seconds even if the distance between you is huge.).

2. Do'stlaringizva tanishlaringiz bilan muloqot qilishingizga imkonn beruvchi eng mashhur veb-saytlar va ijtimoiy tarmoqlarga o'zingiz va oila a'zolaringizni munosabati haqida aytib bering. (social media sites, Facebook/ Twitter/Vkontakte/Odnoklassniki, forums and chats; "digital native"; I usually spend/don't spend my free time on social media sites; I have/don't have profiles on Facebook/Vkontakte/Odnoklassniki, etc.; post pictures/status updates/get comments, etc.; "digital immigrants", teach parents to use the Internet and email.).

3. O'z do'stlaringiz haqida yozishgan xatlaringiz yordamida aytib bering, quyidagi sxema bo'yicha: age * occupation (pupil/university student, etc.) * place of living (country) *- topics that you discuss * interests.

4. Xulosa (I think it is really important to have pen friends from different countries. This will help you practise English or another language that you learn and also it will give you an opportunity to learn something about the life of other countries and their culture.).

QUESTIONS

1. What are the ways of communication?
2. What ways of communication do you personally use?
3. What in your opinion is the most convenient way of communication?
4. Which do you use more often, post or email?
5. Are you a "digital native"?
6. What about your parents/grandparents? Are they "digital natives?" or "digital immigrants"? Why?
7. What is your opinion about social media sites?
8. Do you have a profile on any of the social media sites?
9. Why do you use these sites?
10. Do you use internet chats or forums?
11. Have you ever met people from chats and forums in real life?
12. Do you think it might be dangerous to meet users from internet? chats and forums in real life? Why (not)?
13. Have you got any pen friends? Where are they from?
14. What do you think about pen friendship in general?
15. Would you like to have pen friends from all over the world? Why (not)?
16. What similar interest do you have?

17. Why is it important to have pen friends?

USEFUL WORDS AND PHRASES

Addressee	qabul qilivchi
Attach	qo'shish(electron pochta uchufayl)
Blog	blog
bulletin board (message board)	e'lon taxtasi
chat	chat
chat room (chatroom)	chat «xonasi»,
convenient	qulaylik
communicate	muloqot
cyberspace	internet olam, virtual olam
dating site	tanishuv saytlari maydoni
domain	soha/tarmoq
email	electron pochta
firewall	xavfsizlik himoyasi
internet address	internet address
link	aloqa
network	tarmoq
post	pochta
online phone calls	onlayn telefon qo'ng'iroqlar
pen friend	maktubdosh do'st
profile	profil
screen name	taxallus
SMS (short messaging system)	SMS xabar
SPAM	Spam
subscribe	a'zo bo'lmoq
toolbar	asboblari paneli
upload	yuklash
username	foydalanuvchining ismi
video conference	video konferensiya
webmaster	veb boshqaruvchi
website (internet site)	vebsait

CHOOSING A CAREER

Finishing school means the independent life for millions of school-

leavers. Many roads are open before them: technical schools, colleges and universities. But it is not an easy thing to choose a profession out of thousands! Some pupils follow their parents' advice; others can not make any decision after leaving school.

In childhood I wanted to be a spaceman; then I dreamed of becoming a policeman. Only a few years ago I started thinking about my future career seriously. Life is quite difficult, but I want to have an interesting job and would like it to be connected with different countries and people. That is why I decided to become an interpreter. I am good at foreign languages. My favourite language is English. I like watching films and reading books in the original.

I think the questions- young people should ask themselves are: What am I interested in? and what do I want to be? When they find the answers, they will have the goal to achieve. If you are good at a particular subject and you want your profession to be connected with it, it is important that you study it seriously.

My father wants me to follow in his footsteps and become a physicist. But I am not interested in medicine and I am not good at Chemistry or Biology. As they say, medicine is "not my cup of tea".

Another problem is entering a university. Russian National Exam which school-leavers have to pass at the end of the 11th form is rather difficult, so you have to study really hard to get a necessary number of exam points to enter a university. Moreover, different universities have different number of "acceptance points". I have some friends who did not get enough points to enter the universities they wanted, so they had to choose other places to study or pay for their education.

However, some young people do not know which career to choose even after they "finish school, so they have to waste time deciding, or start working. For young men the situation is difficult because they may be taken to the Army that is why a lot of them enter any institute or university just not to become soldiers.

Sometimes young people choose a career to their liking, they enter a university and after some time they realize that the occupation they chose is not what they really want, so they get poor marks and have to leave the university.

The problem of choosing a career is very widespread among young people and they should think about their future seriously before making any decisions.

TAXLIL- REJA.

1. Kirish (what finishing school means, what opportunities school-leavers have after school, if it is easy/difficult to choose a profession).
2. Yoshligingizda kim bo'lmoqchi edingiz va hozir kim bo'lmoqchisiz (in childhood I wanted to be..., then..., now I want..., I have made/have not made a decision, I am thinking of..., I am good at...).
3. Kasb tanlashda o'quvchilarga qanday rahbarlik qilish kerakligi haqida aytib bering (I think the young people should...).
4. Sizning qaroringiz haqida oila a'zolaringiz qanday fikrda ular sizni kum bo'lishingizni hohlashgan (my father/mother, etc. wants me to..., but...).
5. Maktabni bitirayotgan bitiruvchilar qanday muammolarga duch kelishyapti (Russian National Exam, universities and necessary exam points, exam failure, pay for education, can not make choice, waste time, working, the Army; choose a wrong career, leave studies).
6. Xulosa (The problem of choosing a career is very widespread among young people and they should think about their future seriously before making any decisions.).

QUESTIONS

1. What opportunities do school-leavers have after finishing school?
2. Is it easy to choose a future career? Why (not)?
3. What did you want to be in your childhood?
4. Have you made up your mind about the future occupation?
5. What would you like your future occupation to be connected with?
6. What school subjects are you good at?
7. What do you think young people should ask themselves when they start thinking about their future?
8. What do your parents think about your future career?
9. Do you usually follow your parents' advice?
10. Do you think that parents should take part in the discussion of your future profession or shall you make a decision yourself?

11. What problems do young people face nowadays after finishing school?
12. Have you chosen the subjects which you will take exams in?
13. Do you agree that sometimes people may get disappointed in the profession they chose? Why (not)?
14. What are the choices for them then?
15. Is it important to choose the future profession only by your interests? Why (not)?
16. Do you think some occupations are useless? Why?
17. Have you heard about professions that are not taught at universities? What are they? _

USEFUL WORDS AND PHRASES

Occupations (Professions)

Accountant

actor/actress

architect

artist

astronaut

barber/hairdresser

butcher

carpenter

cashier

chef/cook

composer

computer programmer

construction worker

courier

dancer

dentist

doctor

driver

editor

electrician

estate agent

farmer

fire fighter

flight attendant

gardener

Kasblar

hisobchi

aktyor/aktrisa

me'mor

rassom

astronaut bakernonvoy

erkaklar/ ayollar sartaroshi

qassob

duradgor

kassir

oshpaz

bastakor

dasturchi

quruvchi

xat tasuvchi

raqqos/raqqosa

tish shifokori

shifokor

xaydovchi

tahrirlovchi

elektrikchi

ko'chmas mulk bo'yicha agent

dehqon

o't o'chiruvchi

parvoz xodimi

bog'bon

journalist	journalist
lawyer	huquqshunos
librarian	kutibxonachi
mechanic	mexanik
musician	musiqachi
nurse	xamshira
painter	rassom
pharmacist	farmatsef
photographer	fotograf
pilot	uchuvchi
plumber	santexnik
police officer	politsiya offisseri postal
worker/postman	pochtachi
sailor	dengizchi
salesperson	sotuvchi
scientist	olim
security guard	qoravul
singer	qo'shiqchi
taxi driver	taxi haydovchi
teacher	o'qituvchi
translator/interpreter	tarjimon
travel agent	sayohat agenti
veterinarian/vet	xayvon doctori
waiter/waitress	ofitsiant

LEARNING FOREIGN LANGUAGES

Learning a foreign language is not an easy matter. It is a long and slow process that takes a lot of time and effort.

People learn foreign languages for different reasons. The most important reason is communication. More and more people travel abroad and the knowledge of a foreign language helps them communicate. Another reason is business. Big companies usually prefer hiring employees who know at least one language at advanced level. So learning a foreign language or a few languages will help you find a good job.

There are numerous languages in the world. Some of them are not widespread; others have become international languages for communication, like English or German.

The English language is the official language of some international

organisations like the Olympic Committee, the United Nations and many others. This is also the universal language of computing. Many interesting and useful internet sites and software are in English, though some of them give information in other languages as well. English is also the native language of many countries like Great Britain, the USA, Canada, Australia, New Zealand and others. In some former British colonies it is the second official language.

Moreover, many languages borrow English words and phrases and people use them in their everyday speech. Such words as "manager", "producer", "mobile phone" are used by different peoples throughout the world. However, despite the fact that English has become the universal language of communication, Chinese is considered to be the most spoken language because China is the most populous country in the world. The Chinese language, Japanese and Arabic are believed to be the most difficult foreign languages to learn.

I study English at school and I understand that this is a very good opportunity for me. I am trying to improve my knowledge of English by watching films and reading books in the original. I also have a pen friend from England and we communicate very often. I am also thinking of choosing English as my future career because I am good at it. I would also like to learn another foreign language if I had a chance.

All in all, learning foreign languages is a very important process and I am glad that people realize it and start learning them

TAXLIL- REJA.

1. Kirish (Learning a foreign language is not an easy matter. It is a long and slow process that takes a lot of time and effort.).

2. Nega odamlar chet tillarini o'rganishadi, sabablarini ayting. (communication, business, etc.).

3. Ingkiz tilini dunyo bo'yicha o'rni. (official language of some organisations, universal language, native language, second official language, borrowed English words and phrases, etc.).

4. Chet tili o'rganishdagi tajribalaringizni gapirib bering (study English/German/French at school, good opportunity for me, improve my knowledge, pen friends, future career, learn another foreign language).

5. Xulosa.(All in all, learning foreign languages is a very important process and I am glad that people realize it and start learning them.).

QUESTIONS.

1. Why is learning a foreign language not an easy matter?
2. How many foreign languages can you speak
3. Which of the languages you know is the most difficult?
4. What do you think of the grammar?
5. Can you learn a language without grammar?
6. What's the most difficult part of learning a language?
7. Do you think grown-ups can learn a language as easily as children?
8. Do you watch films in the original?
9. Do you think that going to the country where the language is spoken is important?
10. What do you think of spending a summer month in Great Britain?
11. What do you think of reading in the original? Does it help to improve your knowledge of a foreign language?
12. Can you learn a language by yourself?
13. What is the best age for learn? Is learning a language boring?
14. What's the most pleasant part of learning languages?
15. Should languages be taught at school?
16. Are languages important when looking for a job?
17. Which languages are most in demand?
18. What are the advantages of speaking languages?
19. If you want to travel, what languages may help you?
20. What's the most spoken language in the world?
21. Would you like to learn Chinese or Japanese? Why (not)?
22. Do you think that children have difficulties when learning two languages at the same time?

USEFUL WORDS AND PHRASES

advanced level	murakkab daraja
borrow	o'zlashtirmoq
business	biznes
colony	koloniy
communication	muloqot
effort	tirishmoq
employee	xizmat
foreign	chet ellik
former	qadimgi

hire	ishga yonlash
improve	yaxshilash
in the original	asl
matter	masala
native	mahalliy
opportunity	imkoniyat
pen friend	maktubdosh do'st
populous	ko'p aholili
reason	sabab
software	dasturiy ta'minot
widespread	keng tarqalgan

TRAVELLING

People travel for different purposes. Some people travel on business, others travel to visit their relatives and friends, but most people travel to see the world. There are two ways of travelling: using one's own means of transport and using public transportation. One can travel by car, by plane, by ship, by train, by coach or on foot depending on what one prefers: comfort or speed.

One of the most comfortable ways of travelling is travelling by ship. Modern ships have got everything on board to make people feel at home. Luxurious liners offer swimming pools, bars, restaurants, even shops and casinos. However, there are disadvantages of sea travel. The main disadvantage is the price: tickets are rather expensive. Some people can also get seasick and their journey can be spoilt.

Unlike sea travel, going by air is the fastest way of travelling. Modern planes are comfortable and it is always nice to reach the destination point within hours, even if you travel to another part of the globe.

Land offers the greatest variety of transport both on wheels and on rail. Travelling by train is quite popular: people travel from one city to another by train if there is no flight connection between them or if the distance between the places is not too big. Modern trains are comfortable and travelling by train is convenient and cheaper than travelling by plane or ship.

Nowadays, a **lot** of people travel by coach too. There are special international bus tours which offer travelling through several countries. However, such tours also have disadvantages. Some people may feel sick

in coaches; it is also not very comfortable to sleep on a bus seat. Moreover, tourists usually do not have enough time to see the sights of this or that city when they travel by coach.

My favourite way of travelling is by car. To my mind, this is one of the most comfortable means of travelling, especially if the destination is not too far. I always enjoy looking through the window while going in a car. One can travel to different towns and cities of your native country and even abroad. In summer I like travelling on foot, or hiking. My friends and I take tents, backpacks, food and start walking. This way of travelling is rather slow, but you have an opportunity of spending a lot of time outdoors and you do not have to think about tickets or missing a train or a plane. It is so nice to sleep in a tent in the open air too.

If you decide to travel by any means of transport you'll have to get ready for the trip. If you travel by plane, train or ship, you have to book tickets beforehand which can be done either online or in a travel agency. When travelling by plane, you have to be at the airport two hours before an international flight and one hour before a domestic flight. At the airport you will have to go through the passport control and security check, have your luggage (of a limited weight) checked and then wait until the plane is ready for take-off. Sometimes, however, the flight can be delayed, so you have to wait at the airport.

When you go by train, it is easier, because you have to go through ticket control only and you may take more than 20 kilograms of luggage with you.

When travelling on vacation you should look for accommodation appropriate to your demands. There are hotels and motels which differ in price and comfort. Before the arrival you should make a room reservation at a hotel. All this should be done beforehand over the phone or on the Internet in case the hotel is full when you arrive. A special cheap kind of accommodation for young people is youth hostels where it is possible to stay overnight at a low price. Some tourists prefer to rent a room on their own.

Travelling is always nice: it gives you an opportunity to see interesting places and meet new people. I like travelling a lot!

TAXLIL- REJA.

1. Kirish (why people travel/purpose of travelling).
2. Sayot uchun mo'ljallangan transport turlarini ayting (one's own transport/public transportation/cax/plane/sliip/train/coach/on foot, etc.).
3. Sayot uchun mo'ljallangan va]kem tipga hos transport turlari haqida,ularning qulayliklari va noqulayliklari haqida gapiring.(*by ship*: comfortable/luxurious/great view/expensive/seasick, etc.; *by air*: fast/comfortable; *by train*: popular/not expensive/comfortable/convenient/cheap; *by coach*: travel across several countries/can be not comfortable/people may get sick/not much time for the sights).
4. O'zingizni sayohat qilishds gi sevimli transport turi haqida gapiring. (My favourite way of travelling is...; it is one of the most comfortable means of travelling; I think so because..., etc.).
5. Sayohatga chiqishga qanday tayyorgarlik korishingiz,nimalar qilishingiz haqida gapiring (book tickets/be at the airport ... hours before the flight/go through passport control/security check/have one's luggage checked/look for accommodation/make a room reservation, etc.).
6. Xulosa (Travelling is always nice: it gives you an opportunity to see interesting places and meet new people. I like travelling a lot!).
- 7.

QUESTIONS

1. Where do you usually spend your holidays?
2. Do you go with your family?
3. Where did you go when you were younger?
4. Do you prefer to swim in the sea or in a swimming pool?
5. What do you think of spending a holiday in a village?
6. How much pocket money do you get on holidays?
7. Do you spend more than at home?
8. How do you feel when your holidays are over?
9. Would you like to spend your holidays cruising in the Mediterranean?
10. Which do you prefer, winter or summer holidays?
11. What do you think about taking all your holidays at the same time?
12. Do you think it's better to take holidays in parts?
13. What is better to spend holidays with the family or with friends?
14. Have you ever been camping? if so, where?What do you think of camping?
15. What are the advantages and disadvantages of camping?
16. Do you take any school books to revise?
17. What about reading? Do you read during your holidays?

18. Do you meet any English-speaking people during your holidays?
 19. Do you practise any other languages?
 20. What do you think of spending your holidays learning languages?
 21. What do you think of working during your holidays?
 22. Are holidays short or long? How long should they **be**?

USEFUL WORDS AND PHRASES

Means of transport

passenger

public

land

sea

air

go by ship/train/

coach/ plane

on foot

ride a bike/a motorcycle

Travelling by train/plane

carriage

compartment

seat

see sb off

luggage

suitcase

air ticket

boarding pass

check-in

take off/land

security check

crew

customs control

passport control

ticket office (booking office)

single ticket/one way ticket

return ticket

departure/arrival

transport turlari

yolovchi

jamoat

erdagi

dengizdagi

havo yollari

kemada suzish,poezd

avtobusda yurish,samolyotda uchishgo

piyoda yurish

velosiped/mototsiklda uchish

Poezd/ samolyotda sayohat

vagon

kupe

o'rin

kimnidir kuzatmoq

yuk

chamadon

samolyot bileti

o'tirish taloni

reyisga ro'yhatdan o'tish

uchish/qo'nish

xavfsizlik tekshiruvi

ekipaj

bojxona tekshiruvi

passport tekshiruvi

bilet kassasi

bir tamonlama bilet

qaytish bileti

ucub boris/uchib qaytish

be delayed	ushlanib qolish
timetable/schedule	jadval
campus accommodation	umumiy turar joyda yashash
guest house	kichik mehmonxona
hotel	mehmonxona
inn	mehmonxona (Brit)
lodge	qorovulxona
motel	kichik mehmonxona
resort hotel	kurort mehmonxonasi
youth hostel	umumiy yotoqxonasi
restaurant with rooms	alohida honalari bor restoran
serviced apartment	xona(mayishiy texnikalari bilan)
single/double room	yakka/ikki kishilik xona

TECHNOLOGICAL PROGRESS

For centuries people have been inventing things to make life easier. Among the greatest inventions of the past are the automobile, the steam engine, the electricity, the telephone and television. Since the beginning of the 20th century people have made a huge step in technology. Now we live in flats, talk to people who live in other parts of the world, travel from one place to another by plane. All these things are a product of technological progress and it is still growing rapidly.

Today we live in the world of machines and computers. Every day more and more gadgets appear and all of them make our life easier. Some of the new inventions have become so affordable and common, that now people cannot imagine life without them. For example, the mobile phone has turned from an expensive portable phone into an inexpensive data, e-mail, and voice service that almost anyone can afford. At the speed that mobile phones are evolving they may one day replace in-home phone services. Years ago mobile phones were bulky and required large batteries in a carrying case. Today's mobiles fit in a pocket and can replace a computer.

Another example of modern high-tech inventions is the Internet. Almost every company in the world has its own website. The Internet provides any kind of information on any topic. Of course, some of the sources are

not reliable, but the Internet gives a very good opportunity to shop, book rooms and flights, watch films, listen to music and many other things. The Internet also gives an opportunity to make new friends and find old ones thanks to social networking sites such as Facebook or Vkontakte.

Computer technology has influenced production processes and made work easier. Toy companies, for example, incorporate computer chips in toys which make them move, talk and sing on their own. The car industry has computer systems installed in cars and they give information on car's condition, including tire pressure, headlights or the temperature inside and outside. Printing has become much easier with the computer-based printing machines.

Tablet PCs are becoming more and more popular today. They are much lighter than notebooks or netbooks and they contain all the software that is needed for business, studies and pleasure. EBook readers are a new invention too. This is a very convenient gadget that allows uploading books in different electronic formats. Instead of carrying one paperback book in a bag, you can carry one eBook reader with thousands of books on it.

Surely, these new inventions are not the last ones that humanity has developed and many others will be developed year upon year.

TAXLIL- REJA.

1. Kirish (have been inventing things for centuries/the automobile/the steam engine, etc.; technological progress now).
2. Hozirgi zamon texnologik jarayonlari haqida gapiring. (the world of machines and computers, more and more gadgets appear, so affordable and common, the mobile phone: bulky, large batteries, etc.)
3. Yangi kashfiyotlar va ularning bizning hayotimizdagi o'rnini haqida gapiring (*the Internet*: any kind of information, good opportunity to shop, book rooms and flights, watch films, social networking sites, computer technology, toy companies, the car industry, printing; *tablet PCs*: lighter than notebooks, the software that is needed, for business, studies and pleasure; *eBook readers*: convenient, uploading books, thousands of books).
4. Xulosa. (Surely, these new inventions are not the last ones that humanity has developed and many others will be developed year upon year.).

QUESTIONS

1. Why have people been inventing new things for many centuries?
2. What are the basic greatest inventions of the past?
3. What does the modern world look like?
4. How can you describe technological progress now
What can you say about mobile phones as inventions?
6. Have you got a mobile phone?
7. Can you live without a mobile now? Why (not)?
8. Do you consider the Internet a great invention? Why (not)?
9. How often do you browse the Net?
10. What are your favourite sites?
11. Do you have an account on any of the social networking sites?
12. Have you got a tablet PC? Would you like to have it and why?
13. Do you think that eBook readers are a great invention?
14. Do you use such a reader?
15. Do you think that eBooks will replace paperback books in the future?
Why (not)?
16. What other inventions do you know? What can you tell about them?

USEFUL WORDS AND PHRASES

Inventions	Ixtirolar
antibiot	antibiotiklar, dorilar
automobile	avtomobil
battery	batareya
eBook	elektronik kitoblar
electronic money	electron pullar
GPS technologyer	yoldoshining harakatlanish tizimi
jet airliner	reaktiv samolyot
mobile/cell (AmE)	phonemobil telefon
MP3-player	MP3-pleer
netbook	netbook
printing press	nashr qilish
social networking	sotsial tarmoq
sitesteam engine	bug' dvigateli
telescop	telescop
tablet PC/pad	planlanshetli computer
television	televizor
text messages/SMS	SMS xabar
Walkman	kassetali pleer

GLOBAL PROBLEMS OF TODAY

People have lived on our planet Earth for centuries and global problems have' always existed. In ancient times the biggest global problem was wars. People have been fighting with each other since the beginning of the civilization mostly to get new territories and more land. Later, fighting the distance was another global problem, too, before the discovery of the plane. Today, there are more global problems which can be divided into two categories: ecological problems and social, economic and political issues.

The first category includes issues relating to ecological destruction, pollution and global warming as the result. The climate is changing and many people agree that climate change may be **one** of the greatest threats facing the planet. Many people think that a rise in temperature of about three or four degrees is not very much, but the effects are worse than it seems at first sight. Global warming has already killed off some types of animals and plants. There have been more and more heat waves in the summer, with many people dying in big cities. Rising sea levels are threatening whole nations on low-lying islands in the Pacific and Indian Oceans.

The second category of global problems deals with social, economic and political issues. They include global terrorism, poverty, human rights, health issues, racism and many others.

We are faced with the problem of global terrorism and more and more countries are suffering from it. It is difficult to catch terrorists and prevent their acts. The most terrible terrorist attack took place on September **11, 2001** in the USA. The World Trade Centre, the pride of all Americans and one of the symbols of New York City, was destroyed completely and thousands of people died. The world was shocked and most countries decided to fight against terrorism. However, new terrorist attacks have been committed. Many innocent people still get killed and nobody can stop terrorists.

Poverty is another global problem. It may seem surprising, but most of humanity lives on just a few dollars a day now. The worst situation is in Africa where people (mostly children) die every day of hunger because they have nothing to eat. The poor also have less access to health,

education and other services. Problems of hunger, malnutrition and diseases affect the poorest in society.

Another global problem is racism, when people of different races and different skin colour are humiliated and even killed. There are many organisations that fight social global problems, but this battle has lasted for a long time and it will take much time for the solution of all of them.

We live in the 21st century and humanity has made a great progress in technology, so I think that it is strange that we still have global problems, especially the ones that deal with social, economic and political issues. I am sure that they can be solved completely without any conflicts or wars.

TAXLIL- REJA.

1. Kirish (People have lived on our planet Earth for centuries and global problems have always existed. In ancient times the biggest global problem was wars. People have been fighting with each other since the beginning of the civilization mostly to get new territories and more land. Later, fighting the distance was another global problem, too, before the discovery of the plane.

2. Ikkita global muammo gruhi haqida gapiring (two categories; *ecological problems*: ecological destruction, pollution and global warming; climate change; killed off some types of animals and plants; heat waves in the summer; many people dying in big cities; rising sea levels; *social, economic and political issues*: global terrorism, poverty, human rights, health issues, racism; terrorists, most terrible terrorist attack, fight against terrorism, new terrorist attacks, innocent people; poverty, Africa, die of hunger, less access to health, education and other services; racism, humiliated and killed, organisations, fight social global problems).

3. Xulosa (We live in the 21st century and humanity has made a great progress in technology, so I think that it is strange that we still have global problems, especially the ones that deal with social, economic and political issues. I am sure that they can be solved completely without any conflicts or wars.).

QUESTIONS

1. What global problems were there in the past?
2. What are the two categories of global problems now?
3. What does the first category include?
4. Why is global warming considered a global problem?
5. How does it affect nature?
6. What global problems does the second category include?
7. Why is terrorism a global problem?
8. Is poverty a big issue nowadays? Why?
9. What is racism and why is it a global problem?
10. What other global problems can you mention?
11. In what way can we fight global problems?
12. What global problem do you think is the biggest one? Why?

USEFUL WORDS AND PHRASES

Problems	Muammolar
climate change	iqlim o'zgarishi
diseases	kasalliklar
ecological	ekologik
economic	iqtisodiy
educational	ta'limiy
environmental	atrof muhitga oid
financial crisis	moliyaviy krizis
global warming	global isib ketish
health	ochlik
malnutrition	ocharchilik
political	siyosiy
pollution	ifloslanish
poverty	kambag'allik
racism	irqchilik
social	ijtimoiy
technologic	texnologik
terrorism	terrorizm

MASS MEDIA

Modern world is full of information of various kinds which sometimes is even more valuable than money. Mass media (the press, radio, television and Internet) have a very big impact on modern society. They serve to inform people of different events that take place or may happen, educate,

entertain and give us any kinds of information. Complete and accurate information is very important to get nowadays.

The press still remains one of the most powerful kinds of mass media, even more powerful than the Internet. One can find daily, weekly and monthly newspapers and magazines on different topics. My family is subscribed to *Moskovsky Komsomolets* which is one of the most popular daily newspapers in Russia. However, I do not read it since I prefer getting news from the Internet. My mother also buys monthly fashion magazines like *Vogue* or *Cosmopolitan* and my father prefers sports newspapers and magazines. There are also a lot of newspapers and magazines for children which are colourful and full of pictures.

Television plays a big role in our society too and a lot of people prefer watching television to reading a newspaper. Television provides a great opportunity for people to learn latest news, watch educational programmes, children's programmes, old and new films and soap operas on TV. TV-series have also become very popular with the Russians nowadays.

As for me, I usually watch documentaries and game shows on television. My mother prefers sitcoms and educational programmes; my father watches sports programmes and political talk shows. I think that it is impossible to live without television, even though the Internet, I am sure, will replace it one day in future. Radio is less popular than newspapers and television, but still people listen to it in cars or at work. I usually listen to online radio stations while I am doing my homework. Every hour radio stations tell latest news in brief. There are also different types of radio stations and one can find any radio station to their liking.

The Internet is the newest kind of mass media, but which has become the most popular and greatest source of information and entertainment. If you have the internet access, you may read newspapers online, watch films, listen to music, listen to the radio and even watch television online!

I use the Internet every day for various purposes: I chat with friends all over the world, read news and browse the Net to find necessary information for my studies. E-mail has become the greatest way of communication. One can send a letter to their friends (even from the most distant countries and places) without the need of buying an envelope, and

the letter will be delivered in a few seconds. I also like social media sites, like Facebook or V Kontakte. I have my profiles there and they help me stay in touch with all my friends both from Russia and abroad.

Surely, there are advantages and disadvantages of mass media. Some of the advantages are education and entertainment. However, one needs to have special equipment, like a TV-set to watch television, a radio-set to listen to the radio, or a computer with the internet access to surf the Net and buying all of these may be hard if one does not have enough money. Another disadvantage is that sometimes the information which is provided on the Internet is unreliable and may even be harmful to people. In spite of all disadvantages, people still read newspapers, watch TV, listen to the radio and browse the Net.

TAXLIL- REJA.

1. Kirish (the world of information, the importance of it, what mass media are, what mass media do).

2. Ommaviy axborot vositalari turlari haqida gapiring (*the press*: powerful kind, newspapers/magazines, if your family is subscribed to any newspaper/magazine, what your family members read, etc.; *television*: latest news, educational programmes/talk shows/soap operas/cartoons, etc.; *radio*: less popular, a lot of music/news/talk shows; *the Internet*: chat/news, good way of communication, email, etc.).

2. Ommaviy axborot vositalarining yutuqlari va kamchiliklari haqida gapiring (educate and entertain, necessary equipment, expensive, unreliable information).

3. Xulosa (In spite of all disadvantages, people still watch TV, listen to the radio and surf the Internet.).

QUESTIONS

1. What do mass media include?
2. What is one of the most popular types of mass media?
3. Why is reliable information important nowadays?
4. Is your family subscribed to a newspaper or magazine?
5. Do you watch television?
6. What are your favourite channels and programmes on TV?
7. Why is radio less popular than television?
8. Do you listen to the radio? What are your favourite radio stations?
9. What TV programmes do you and your family watch?

10. Do you think it is possible to live without television?
11. Do you often surf the Internet?
12. What kind of information do you usually look for in the Internet?
13. Do you have a profile on a social media site?
14. Do you think that life is impossible without the Internet now? Why (not)?
15. What are the advantages and disadvantages of mass media?

USEFUL WORDS AND PHRASES

Types of the press

book
 daily/weekly/
 monthly newspaper/
 flyer
 journal
 leaflet
 magazine

Types of TV programmes

cartoon
 children's programme
 documentary
 educational programme
 news programme
 quiz/game show
 sitcom
 soap opera
 sports programme
 talk show
 series
 weather forecast

The Internet

blog
 browse/surf the Internet
 browser
 chat
 connection
 download
 e-mail
 link
 online

Nashr turlari

kitob
 kunlik/haftalik
 oylik gazetalar
 reklama ucun kichik varaqa
 maxsus jurnal
 reklama varagi
 jurnal

Television dasturlar turi

mul'tfilm
 bolalar dasturi
 xujjatli
 ta'limiy dasturlar
 yangiliklar dasturi
 televiktorina
 xajviy xolat
 serial
 sport dasturi
 tok-shou
 serial
 ob-havo

Internet

blog(onlain kundalik)
 Net/internetda "chiqish"
 brouzer
 suhbatlashish
 aloqa
 yuklab olish
 e-mail
 bog'lanmoq
 onlain

post
upload
social media site

pochta
internetdan tortmoq
sotsial tarmoq

ENVIRONMENTAL PROTECTION

Ecological problems are becoming more and more important today. People all over the world discuss environmental protection, but we still go on polluting air, water and soil.

Air pollution is the biggest problem of large cities and industrial areas. It is usually caused by different means of transport. Cars, buses and planes are among the worst air polluters. Factories and plants also pollute air by pouring harmful emissions into the air causing lung diseases and doing harm to our health. As a result, acid rains appear and damage forests and soil.

Trees absorb carbon dioxide from the air and give out oxygen in return. In some parts of the world, such as Asia and South America, trees are threatened not by pollution, but by people. The rainforests are destroyed for firewood and building materials. If we lose tropical forests, it will become more difficult to breathe, because they provide 50 per cent of the world's annual production of oxygen. With more carbon dioxide in the air, the temperature on the planet will rise and this will cause global warming.

How can the problems of air pollution be solved? First of all, people should try to use alternative sources of energy, such as solar, water or wind energies, or at least to burn smokeless fuels.

There are ways to reduce air pollution caused by road traffic. It is possible to build more railways and to support public transportation. Also, people should be encouraged to drive at the speed limit in order to use fuel more efficiently. Another way is to encourage tree planting, because trees absorb carbon dioxide. Special kinds of gasoline for cars can also help to reduce air pollution.

Water pollution is as dangerous as air pollution. Factories and plants dump wastes into rivers and lakes polluting them. Wastes that get into rivers, streams and oceans can entangle wildlife or be mistaken by them for food and spread diseases to humans. Rain or excess water can wash fertilisers into rivers and streams, causing excess weeds to grow.

There are several things that can be done to restore polluted waterways back to normal. You should make sure you never throw anything that could be toxic down a drain or onto soil. Basically, it is important to remember that anything that gets onto the ground can eventually end up in a river, lake or stream. So, make sure you do not allow any chemicals or waste to go on the ground or down the drain.

Soil pollution does not allow plants to grow and makes people sick after they eat fruit and vegetables grown on polluted soil. People also pollute soil by throwing litter onto it. Forests are full of used bottles and cans. Such litter can be found in rivers and lakes too which makes wild animals sick and causes their death. This can be stopped if you make sure that you throw litter into recycling bins and take litter with you after a picnic in a forest or on a river bank.

Every day we throw away a lot of litter, which, actually, we can use again, for example paper, cloth, glass, plastic, etc. Everybody should know the three r's: reduce, reuse and recycle. Water and electricity can and should be reduced. We should reuse whatever we can: plastic bags, paper, cans, glass and bottles. Paper and plastic, for example, are also recycled at factories and plants and we get paper and plastic bags made from recycled materials.

It is impossible to stop technological process, to close all factories and plants to prevent pollution, but people need to invent new waste-free technologies that will not damage the environment. There are new inventions such as self-destructible plastic bags which turn into powder if you keep them for some time or leave them in the forest. There are up-to-date filters that make water and air clean and that some factories and plants have started using to prevent pollution.

We must not ignore the problems of environmental pollution and we have to try and make everything possible to stop or at least.

TAXLIL- REJA.

1. Kirish (Ecological problems are becoming more and more important today. People all over the world discuss environmental protection, but we still go on polluting air, water and soil.).
2. Ifloslanish turlari haqida,ular nimalarga bog'liqligi haqida gapiring(*air pollution*: transport/factories and plants/acid rains/damage forests and soil/oxygen/rainforests are destroyed/alternative sources of energy/building more motorways, etc.; *water pollution*: factories and plants dump wastes/poison rivers/spread diseases to humans/never throw toxic things into the drain/etc.; *soil pollution*: litter/used bottles and cans/causes death of animals/throw litter into litter bins, etc.).
3. Qanday qilib atrof muhitni ufloslanini kamaytirish haqida gapiring (three r's/reduce water and electricity/reuse and recycle plastic bags/paper/cans/glass, etc., new waste-free technologies/self-destructible plastic bags/up-to-date filters, etc.).
4. Xulosa (We must not ignore the problems of environmental pollution and we have to try and make everything possible to stop or at least reduce it.).

QUESTIONS

- 1.Are the ecological problems important today?
2. What causes air pollution and what kind of emissions are emitted into the air?
- 3.How can acid rain be caused?
- 4.How does acid rain affect our environment?
- 5.Why are trees important for life on earth?
- 6.What kind of climate changes can air pollution cause?
- 7.What are the ways of reducing air pollution?
- 8.What measures can we take to reduce air pollution by road traffic?
- 9.How does water pollution occur?
10. What can be done to reduce water pollution?
- 11.How is land pollution caused?
12. What are the possibilities of reusing waste materials?
13. How can we get rid of waste of all kinds?
14. What can be done with litter in the streets?
15. What can people do to prevent pollution?
16. What areas does pollution affect?
17. What is the role of technology in reducing pollution?
18. What causes noise pollution and how can we reduce it?
- 19 What kind of protection do animals and plants need?

USEFUL WORDS AND PHRASES

air pollution	havoning ifloslanishi
disposal dump	axlat uyumidan xolos bo'lish
efficiency	samaralilik
emission	havoga tarqalish
environment	atrof muhit
fossil fuel	tabiiy yoqilg'i
global warming	global isib ketish
leak	sizib oqib o'tmoq
litter bin	axlat bocnkasi
poison	zahar
poisonous	zaharli
pollute	ifloslik
pollution	ifloslanish
rubbish/litter sewage	axlatsoil
pollutionerni	(tuproqni)ifloslanishi
storage	himoyalash
stores	aqlash,himoya
waste	chiqindi
waste disposal	chiqindidan xolos bo'lish
water pollution	suvni ifloslanishi

DOING SPORTS AND KEEPING FIT

The polluted and unhealthy world of today makes people realise the importance of keeping fit and going in for sport. Sport is popular with the young and the old. Many people do morning exercises, go jogging and train at gyms. Others prefer just watching sports programmes on TV and listening to sports news.

There are some reasons for that and the main reason is that sport takes a lot of time. If you wish to be a professional sportsman, you will have to train hard several times a week, or even every day. Those who work hard making money can't afford to spend their time on that. Still you can be an amateur which means that you are not a professional sportsman and you go in for sport because you enjoy it. A lot of people are sports amateurs today. In winter they ski, skate and snowboard and in summer they play football, cycle and rollerblade.

Sport is a good way to keep fit too, and keeping fit is important because a healthy person can work much easier and live a happy life. Keeping fit has become an important part of our life and everyone should know that humans were not created for sitting at a table all day, so it is very important to spend some time doing exercises every day.

Physical Education, or PE, has become an important school subject in Russia. Schoolchildren have physical training three times a week. Boys and girls play sports games, such as volleyball and basketball, do various exercises, take part in sports competitions.

The most popular kinds of sport are football, hockey, skating and skiing. Snowboarding has become a popular sport too. Our country is well-known for wonderful gymnasts, figure skaters and tennis players. Russia takes part in summer and winter Olympic Games too and our sportsmen get gold and silver medals. As for me, I do sport regularly. I am an amateur and I usually play football with my friends and sometimes jog in the morning. My favourite sport is swimming and I go to the swimming pool twice a week. This helps me feel fit and healthy and when I swim I relax and forget about problems for some time. My grandfather used to play football and hockey when he was a teenager but now he prefers watching these sports games on television as he is too old for doing sport. My father doesn't go in for sport because he works hard and he has no time for it. My mom likes watching figure skating competitions on TV.

Keeping fit doesn't mean only doing sport, it also deals with the right way of eating. Keeping to a diet has become very popular today. Diets differ a lot. On the one hand, keeping to a diet helps people feel better because they avoid eating fatty and unhealthy food, but on the other hand, some people start eating very little and do not look healthy at all. This problem usually concerns models and actresses.

People need all types of vitamins to keep their body healthy and these vitamins can be found in fruit and vegetables. They also contain fiber, which is very important for our health.

A lot of people spend most of their free time watching TV or working at computers and by doing that they ruin their eyes and their muscles. This is not healthy at all. Some people also have bad habits, such as smoking, drinking alcohol and taking drugs. A lot of teenagers and young people

prefer smoking to going in for sport and I think this is wrong. Keeping fit and going in for sport are very important and everyone should do something to stay healthy and feel happy.

TAXLIL- REJA.

1. Kirish.Sportning muhurligi va sog'ligimiz garovi ekanligi haqida gapiring (polluted and unhealthy world, popular with, do morning exercises, go jogging, train at gyms, watching sports programmes, listening to sports news).
2. Professional va xavaskor sport haqida va yozgi va qishgi sport turlari haqida gapiring(takes a lot of time, have to train hard, can't afford to spend, not a professional sportsman, ski/skate/snowboard, etc.).
3. Universitetdagi jismoniy tarbiya darsi haqida gapiring (Physical Education, an important school subject, three times a week, play sports games, do various exercises, school sports competitions).
4. O'zbekistondagi maqshhur sportturlari haqida gapiring. (football/hockey/ skating, etc.; gymnasts/figure skaters, etc.; summer and winter Olympic Games, gold and silver medals).
5. Ozingiz va oila a'zolaringizni sportga munosabati haqida gapiring (do/don't sport regularly; I am an amateur/a professional; I usually play football/basketball/baseball, etc.; My favourite sport is...; My father/mother/sister/brother, etc.... does/doesn't do sport, etc.).
6. Sog'lom turmush tarzining muhurligi,parhez qilish va unga odatlanish hamda bunga sizning munosabatingiz haqida gapiring (keeping fit, keeping to a diet, diets differ, helps people feel better, fatty and unhealthy food, eating very little, vitamins, fruit and vegetables, fiber, watching TV/working at computers, ruin eyes/muscles, bad habits: smoking/drinking alcohol, etc.).
7. Xulosa(Keeping fit and going in for sport are very important and everyone should do something to stay healthy and feel happy.).

QUESTIONS

1. What's your favourite sport?
2. What games do you usually play?
3. Mention all the games and sports you can think of.
4. What sport do people go in for in Russia?

5. Do you do any sport?
6. Are you good at any games or sports?
7. Which do you think is the hardest sport?
8. Which do you think is the most dangerous sport?
9. Which do you think is the laziest sport?
10. Do you think sport is good for health?
11. Can you mention some benefits sport provides?
12. Is there any harm that sport may do to you?
13. What do you think of running?
14. What are the advantages of running?
15. What are the disadvantages?
16. What do you think of running marathons?
17. What is the difference between professional and amateur sport?
18. What do you think of professional sport?
19. Would you like to be a professional sportsman?
20. Would you like to go to the Olympic Games?
21. Do you watch them on TV?
22. Which sports do you like to watch most?
23. What do you think of football on TV?
24. Have any Olympic Games taken place in your country?
25. Do you keep to a diet?
26. Do you think keeping to a diet is good for health? Why (not)?
27. What is healthy food?
28. Do you eat fast food?
29. Why are vitamins important for people?
30. Do you lead a health

USEFUL WORDS AND PHRASES

Kinds of sports	Sport turlari
(horse) racin	(ot)avtomobilpoygasi
archery	kamondan otish
Athletics	atletika
Baseball	basebol
Basketball	basketbo'l
billiards/pool	billiard
body building	bodibilding
bowling	bouling
boxing	box
canoeing bayd	arkada eshkak eshish
chess	shaxmat
cricket	kriket

curling
cycling
golf
handball
ice hockey
judo
karate [ka'ra:ti]
motor racing
rock climbing/
mountaineering
rollerblading
rowing
sailing
shooting
kiteboarding
skating
skiing
skydiving
snowboarding
swimming
table tennis
tennis
volleyball
water polo
water skiing
weight lifting
windsurfing
wrestling
yoga
Health
animal fat
cereals
eat fruit and raw vegetables
eat more times a day in small
amounts
eat slowly/take time to eat
enough/a lot of vitamins
fatty food
fibrous food
high calorie dishes

kerling
velosiped
golf
qo'l to'pi
muz xokkeyi
dzudo
karate
avtomobil poygasi

qoyaga chiqish
rolikda uchish
eshkak eshish
elkanli sport
sotish
skeytbord
konkida uchish
chang'ida uchish
parashutdan sakrash
snovbordda uchish
suzish
stol tennisi
tennis
volley bo'l
cho'milish havsasi
suv chang:isi
og'ir atletika
to'lqinda taxta bilan suzish
kurash
yoga
Sog'liq
hayvon yog'i
don mahsulotlari
meva va sabzavotlar eyish
tez –tez oz –ozdan yeyish

sekin shoshilmasdan eyish
etarli/ko'p vitaminlar
yog'li taomlar
kletchatchatkaga boy taomlar
kaloriyaga boy taomlar

keep to a diet
little or no caffeine
little salt and spices
vegetable oil and butter

parhez ushlash
oz kofeinli va kofeinsiz
kam tuzli va ziravorlarsiz
o'simlik yog'i va saryog'

