


A harmadik forduló beküldési határideje: 2024. december 22.

Megoldásaitokat továbbra is az alábbi e-mail címre várjuk **nevetek és iskolátok** pontos feltüntetésével: [belasenglish@gmail.com](mailto:belasenglish@gmail.com).

### Exercise 1

**Look at the facts about the US flag. Circle the right information.**

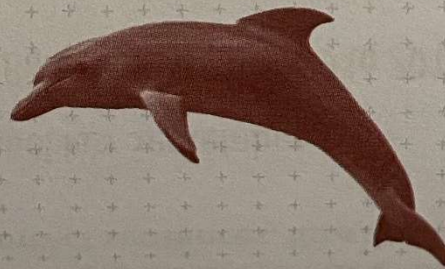
- 1** Flag Day is 12 February / 14 June / 7 July.
- 2** The flag has three colours: red, white and blue. Red is for war/ blood/courage.
- 3** White is for purity/freedom/completeness.
- 4** Blue is for hope/ocean/loyalty.
- 5** You can find 50/51/52 stars in the flag.
- 6** There are 11/12/13 red and white stripes in the flag. The stripes are for the states in 1776, when the United States was a new country.
- 7** Fly the flag only in the daytime / in the evenings / at weekends.



Exercise 2

You can find some activities in the table. Have you already done those? Put ticks into the boxes than write true sentences about you. Use already or yet.

Activities	Yes	No
1 meet a famous person		
2 swim with dolphins		
3 see 3D films		
4 be to London		
5 cook for your family		
6 break your leg or arm		
7 eat sushi		
8 fly abroad		
9 read a horror story		
10 write poems		



Exercise 3

**The same word is missing from all the summer quotes. Find it and write it on the lines.**

A life without love is ..... a year without summer.  
(Swedish proverb)

Don't you know it's a pity, that the days can't be .....  
the nights in the summer, in the city. (song Summer in The City)

If it could only be ..... this always – always summer,  
always alone, the fruit always ripe. (Evelyn Waugh)

My old grandmother always used to say: Summer friends will melt  
away ..... summer snows, but winter friends are  
friends forever. (George R. R. Martin)

Summer bachelors ..... summer breezes, are never  
as cool as they pretend to be. (Nora Ephron)



Exercise 4

Write True T or False F after the statements about coffee.

- 1 With the help of coffee you can learn easier.
- 2 If you drink coffee, you can study faster.
- 3 More than 6 cups of coffee a day reduce the risk of diabetes.
- 4 Coffee dehydrates your body and skin.
- 5 Coffee consumption doesn't lead to physical dependence on caffeine.
- 6 Coffee helps you to fight off loneliness.
- 7 Pregnant women have to reduce coffee consumption.
- 8 Coffee contains high level of antioxidant.
- 9 Coffee can't raise your blood pressure.
- 10 Coffee helps to prevent common cancers.



Exercise 5

Find out what each creature's favourite food is. The letters of the words are mixed.

**Creature**

tihew rhaks

potocus

palorde lesa

genpuin

fastrish

leub weahl

**It's favourite food**

leas

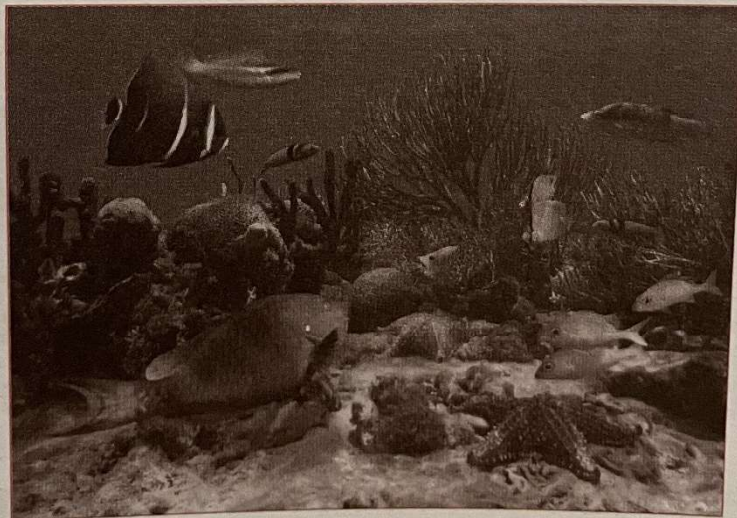
brac

ninepug

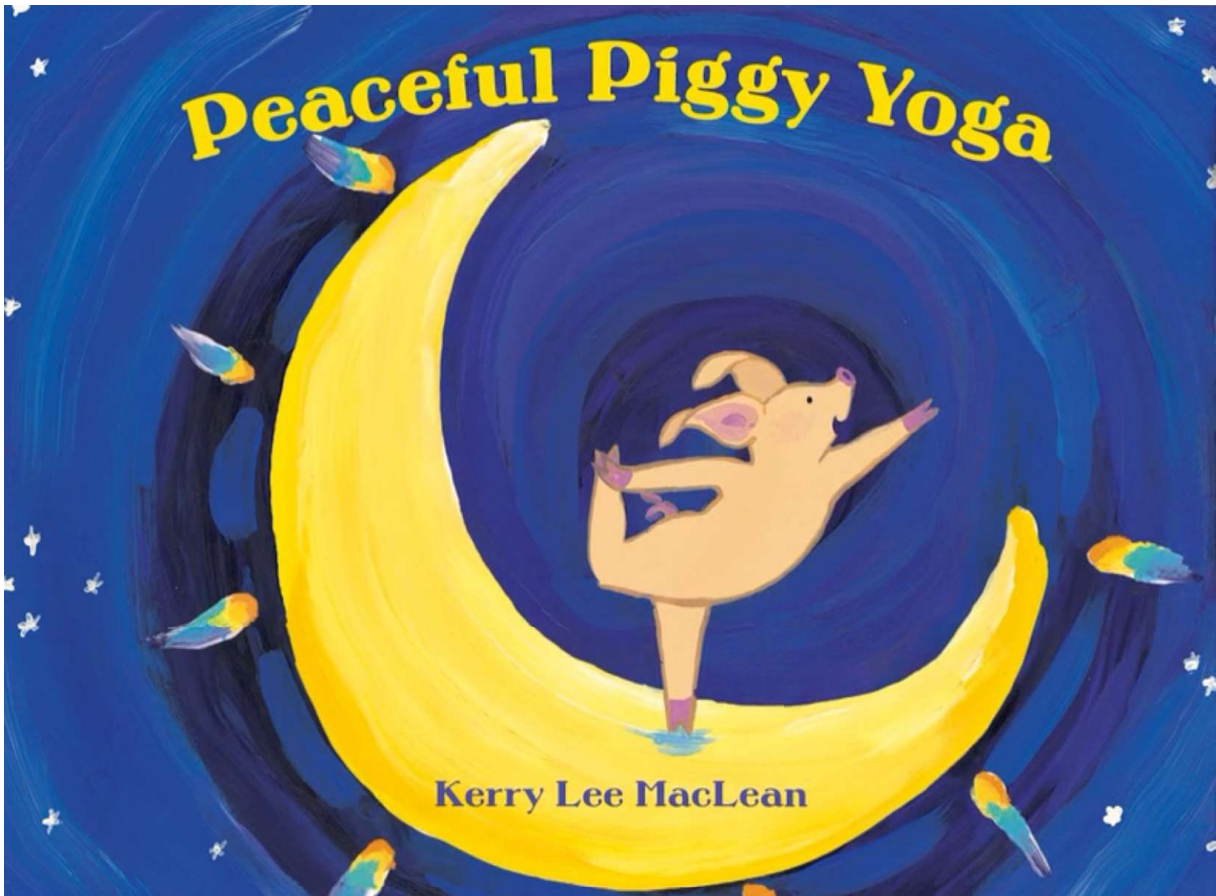
hifs

slantp

rikll



Exercise 6



Everyone loves yoga.

It is a nice, calm sport. It helps you to be fit and happy. Try to do the exercises slowly.

This is the tree pose. Let's try to do it.

## Tree Pose



- Start with your feet on the ground. Put your hands together.
- Stand on your right leg. Put your left foot on the inside of your right thigh.
- Now change sides: stand on your left leg. Practise this pose every day.

This exercise will give you great balance and a good feeling inside.

Kids do yoga for fun!

This is the candlestick position...

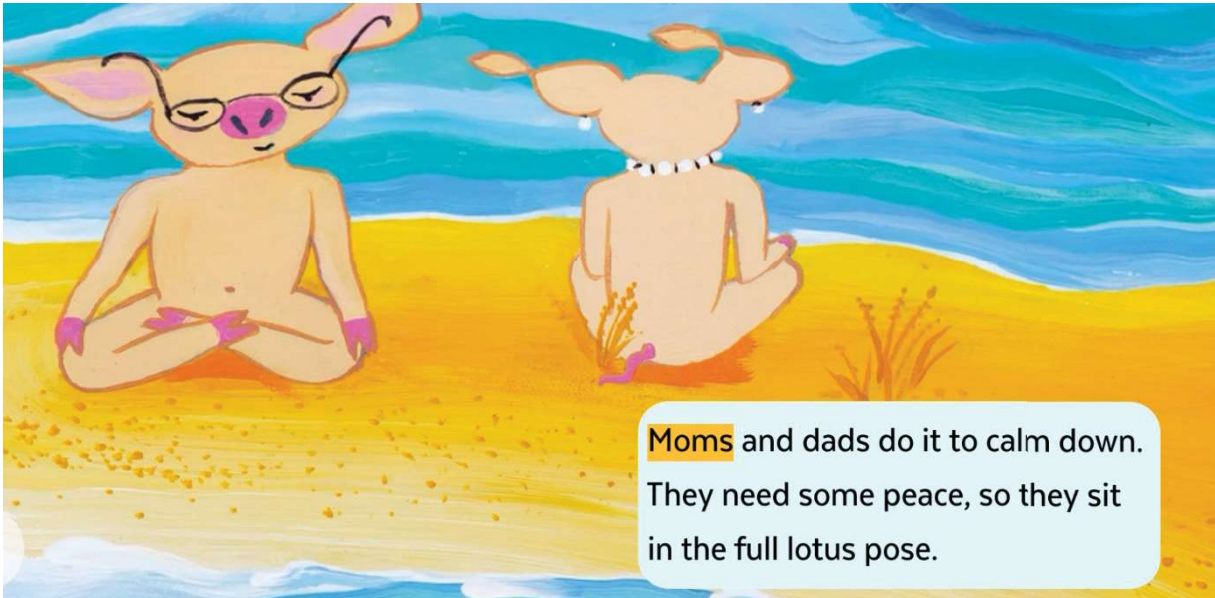


## Candlestick



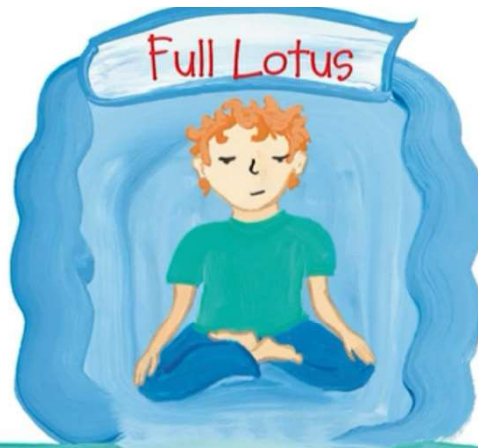
- Lie on your back. Bend your knees.
- Lift your legs up and straighten them.
- Hold your back with your hands.
- Put your weight on your shoulders—not your neck!

Feel your body's weight on your shoulders,  
This exercise stretches your back.  
It's good for the heart, too!



Moms and dads do it to calm down.  
They need some peace, so they sit  
in the full lotus pose.





- Sit cross-legged.
  - Pull your feet up to your thighs. It's okay if you can't. Check page 22 for the easier Half Lotus.
  - Keep your back straight. Push your chest forward so you can breathe better.
  - Keep your eyes open and look at the ground.
  - Breathe in and out, in and out. Count up to ten breaths.
- This pose will help you calm down.*

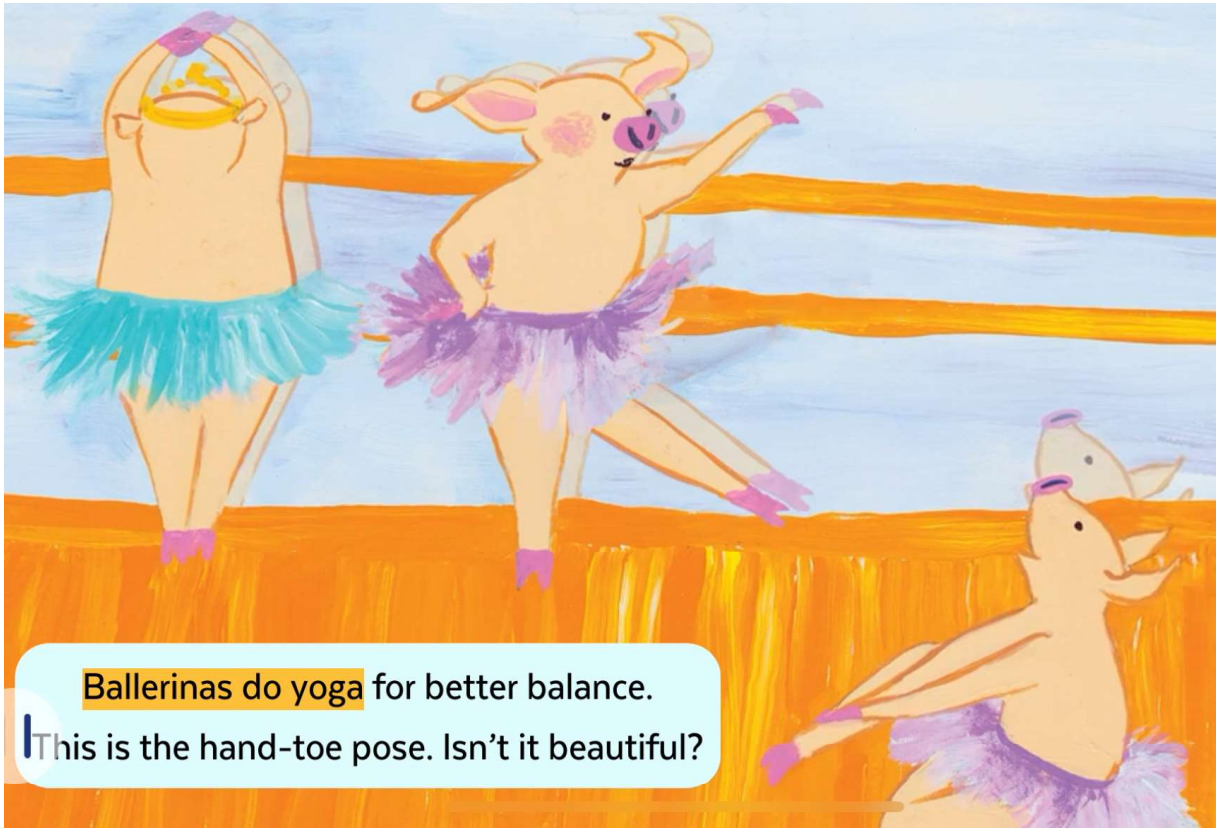


## Gate Pose



- Kneel on your right knee. Stretch out your left leg. Bend your right knee.
- Put your left hand on your left ankle.
- Stretch your right arm over your head carefully.
- Repeat on the other side.

This pose helps you breathe more deeply.



Ballerinas do yoga for better balance.

This is the hand-toe pose. Isn't it beautiful?

## Hand-Toe Pose



- Start in the Tree Pose position.
- Put your left hand on your hip—or on the back of a chair.
- Hold your right ankle in your right hand.
- Slowly pull your leg up in front of you,

You'll need to practice to do this pose. It gives you great balance and makes your stomach strong.

Movie stars do it to look good!

Try to do the warrior pose! You look like a real fighter!

But a peaceful warrior who makes peace, not war!

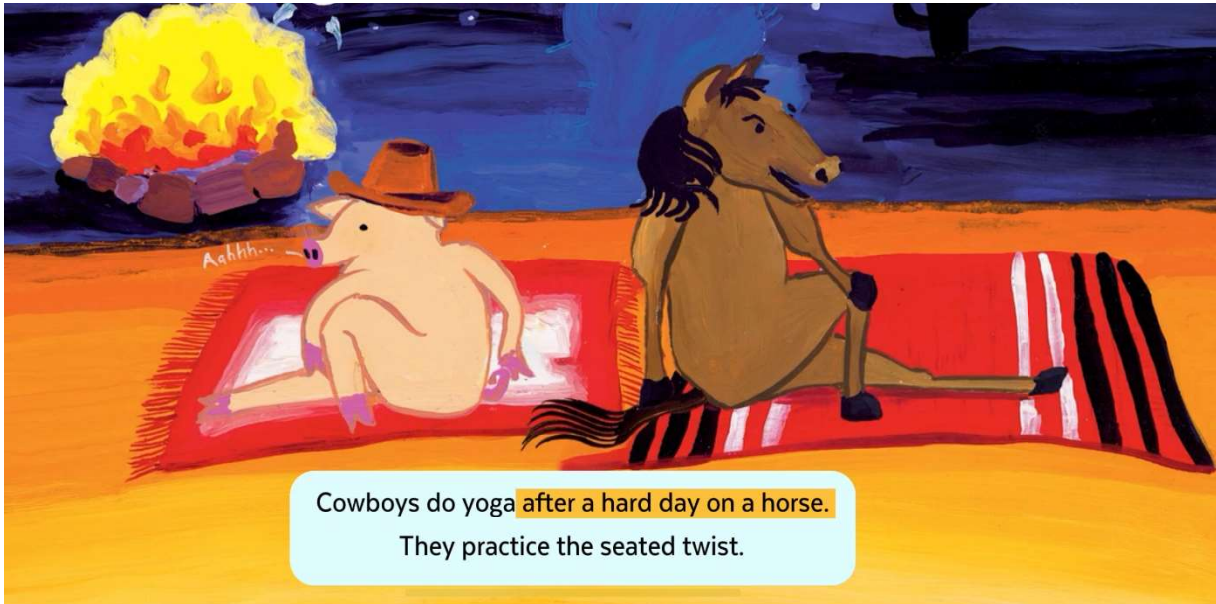


## Warrior Pose



- Take a big step to the side with your left foot.
- Turn your left foot. Now your toes are facing left.  
Turn your right foot a bit to the left.
- Bend your left knee. Keep your right leg straight.
- Keep your knee over your ankle.

This pose makes your legs strong!



Cowboys do yoga after a hard day on a horse.  
They practice the seated twist.

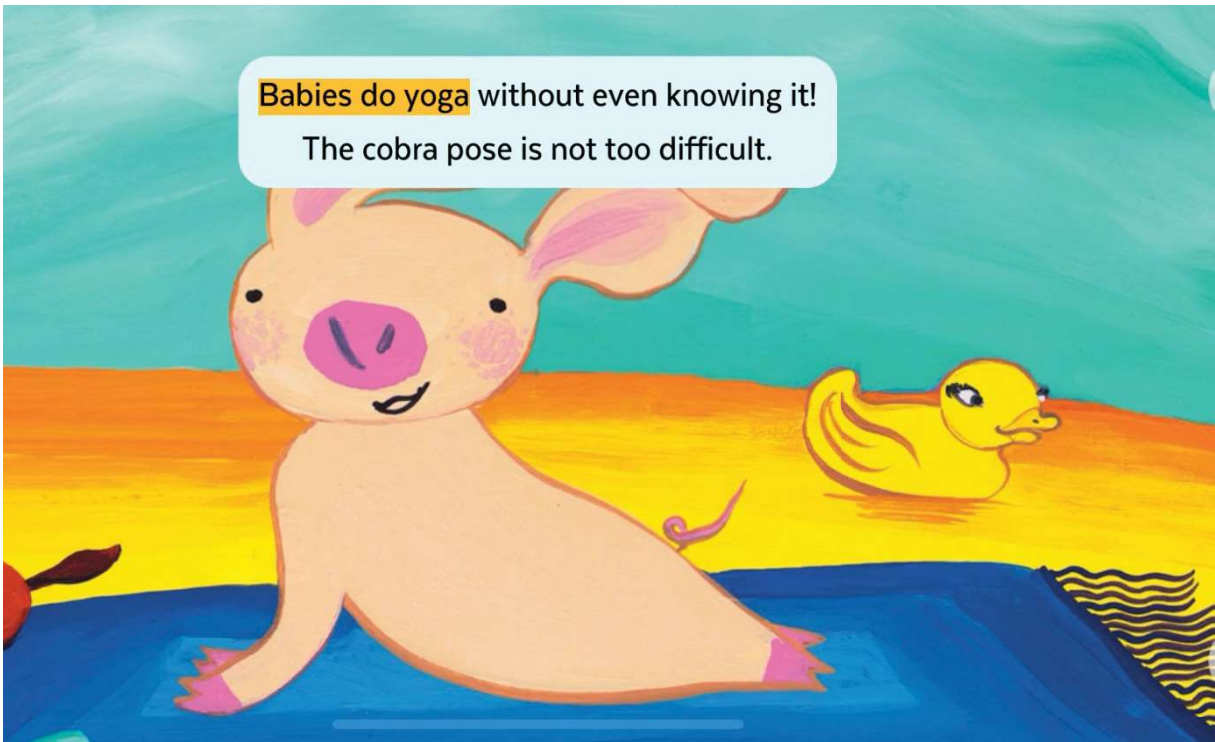
## Seated Twist

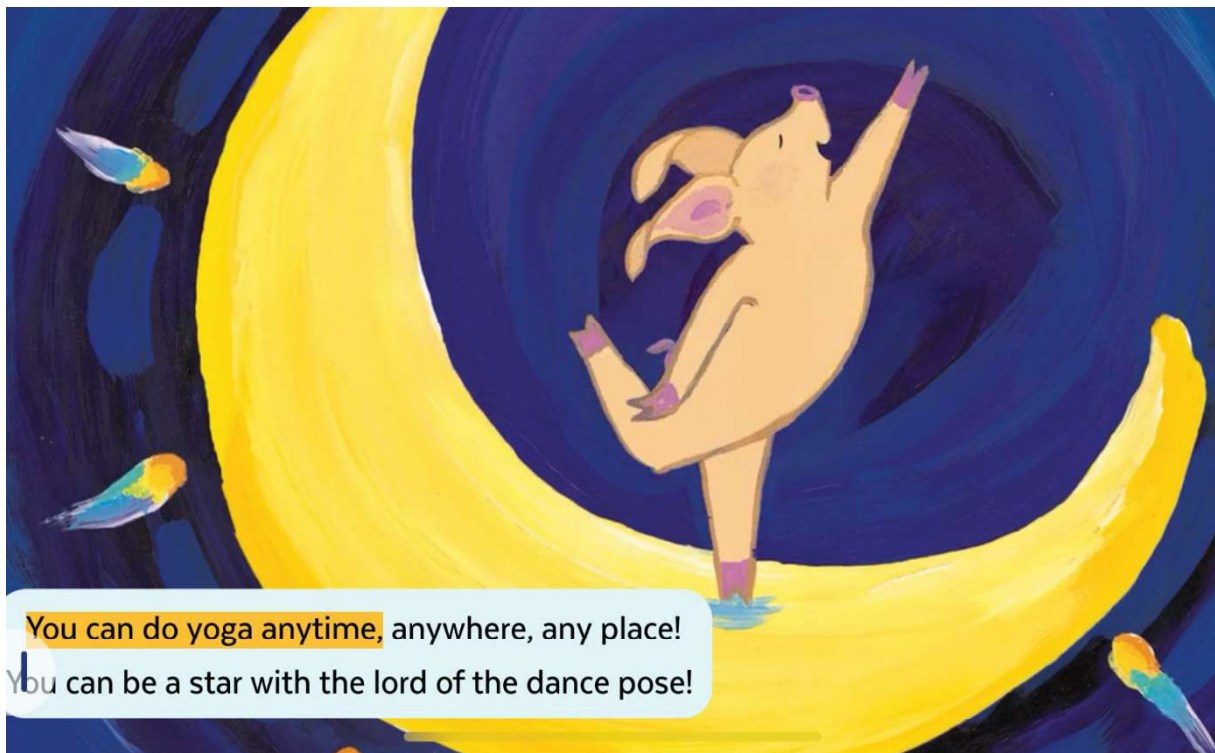
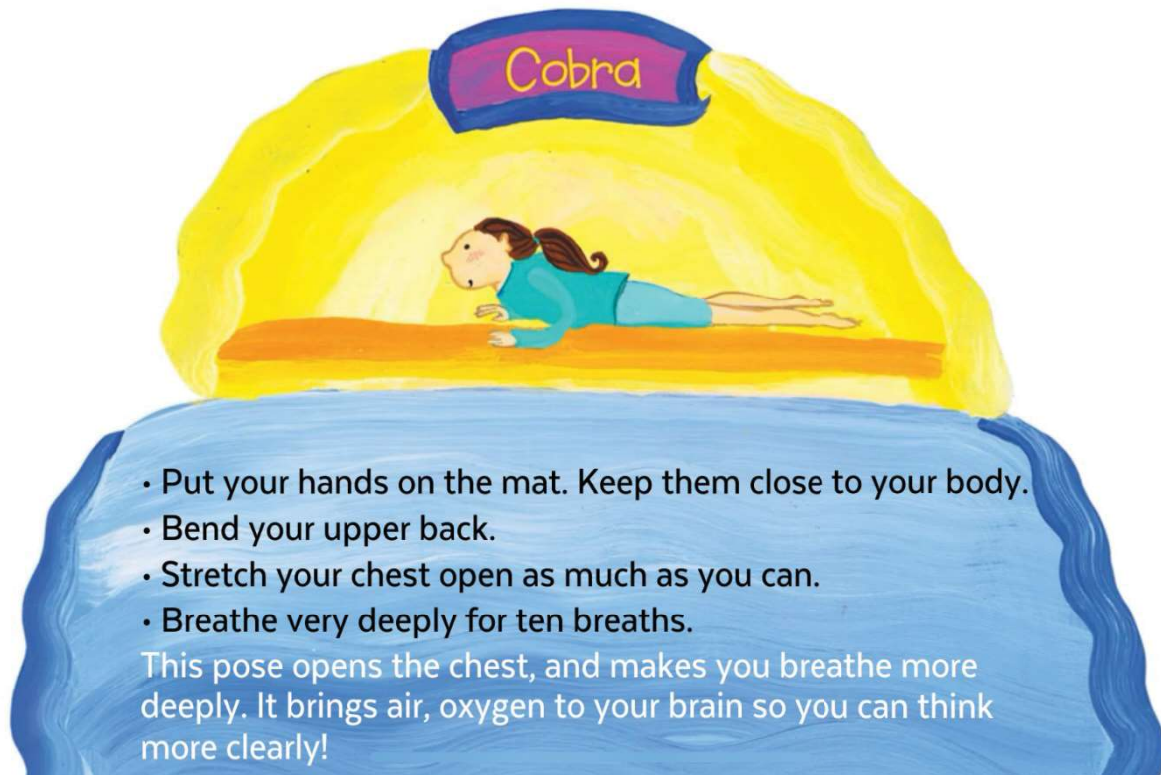



- Sit down and bend your left knee. Straighten your right leg.
- Put your left hand on the floor behind your back.
- Put your right elbow around your left knee. Now try to twist yourself a bit.
- Hold for one to five breaths.

This pose stretches your whole upper body.

**Babies do yoga** without even knowing it!  
The cobra pose is not too difficult.



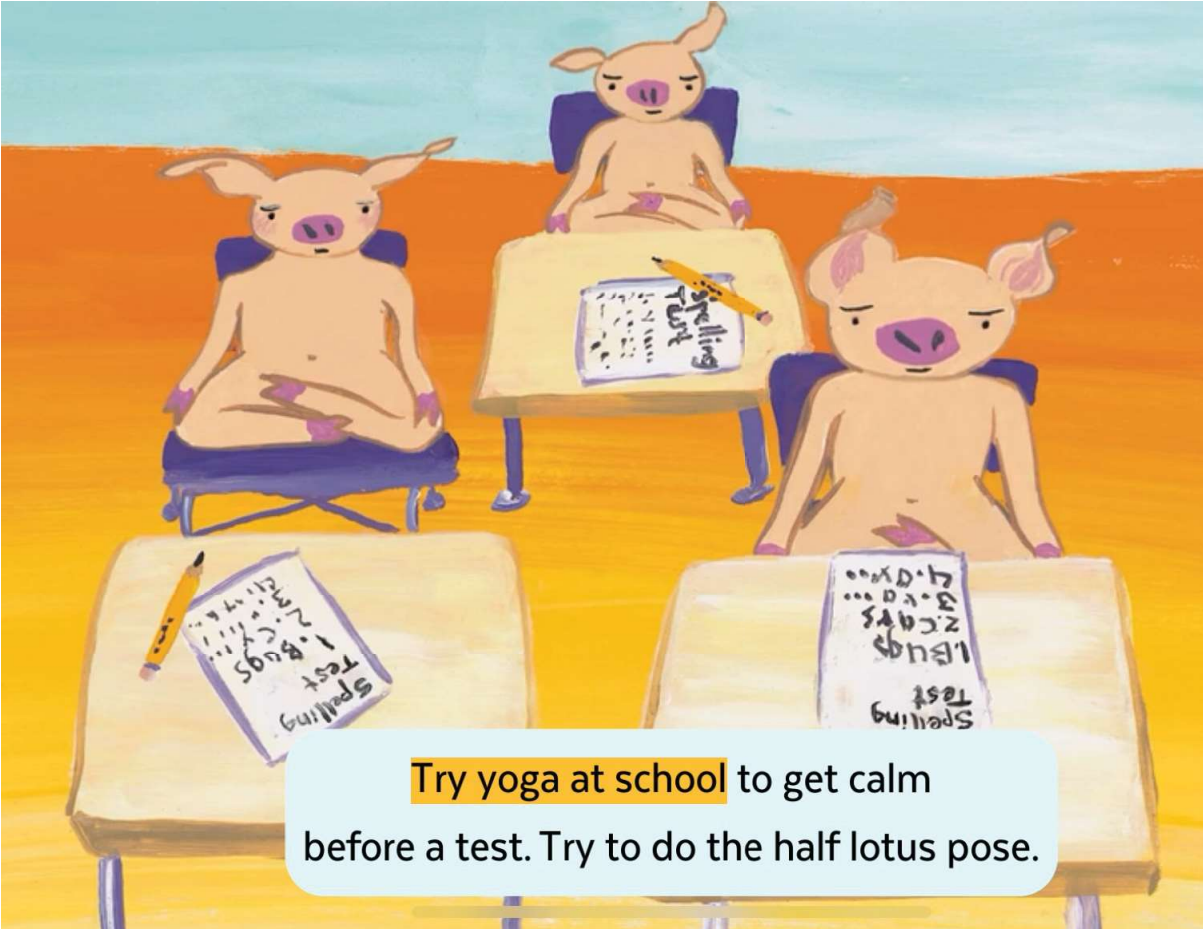




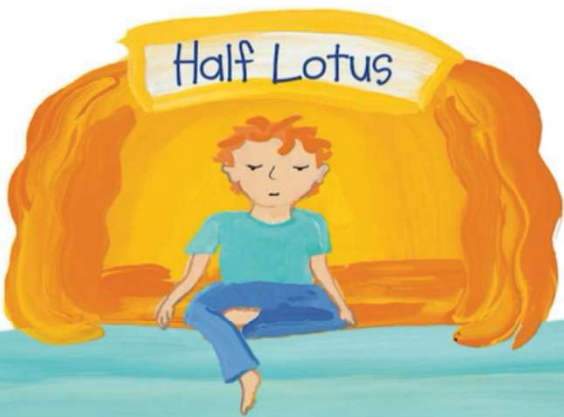
Lord of the Dance

- Lift your right leg up. Balance on your left foot.
- Now reach back and grab your right foot with your right hand.
- Slowly raise your left arm. Try to lift your right leg a little higher.

This pose stretches your body and helps you with balance.



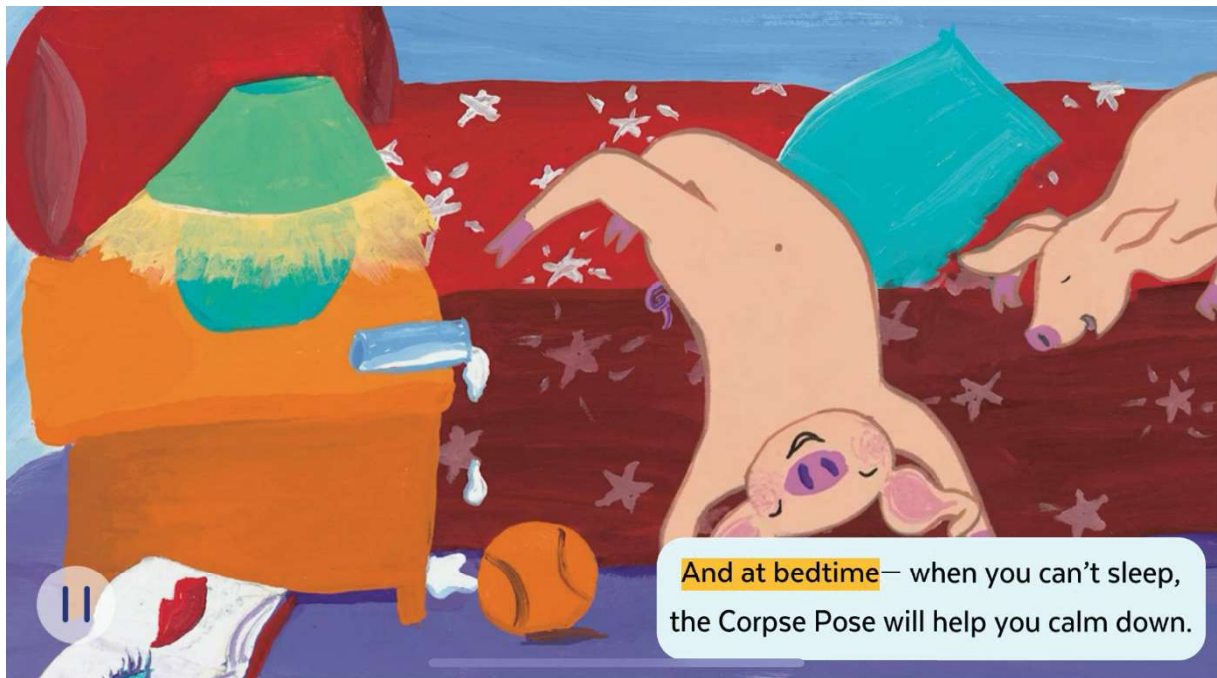
Try yoga at school to get calm before a test. Try to do the half lotus pose.



Half Lotus

- Sit cross-legged.
- Pull one foot up to your thigh.  
Leave the other foot on the ground.
- Keep your back straight.
- Keep your eyes on the ground.

Angry thoughts? Let them go. Happy thoughts? Let them go.  
Just focus on the breath going in and out, in and out.



And at bedtime— when you can't sleep, the Corpse Pose will help you calm down.

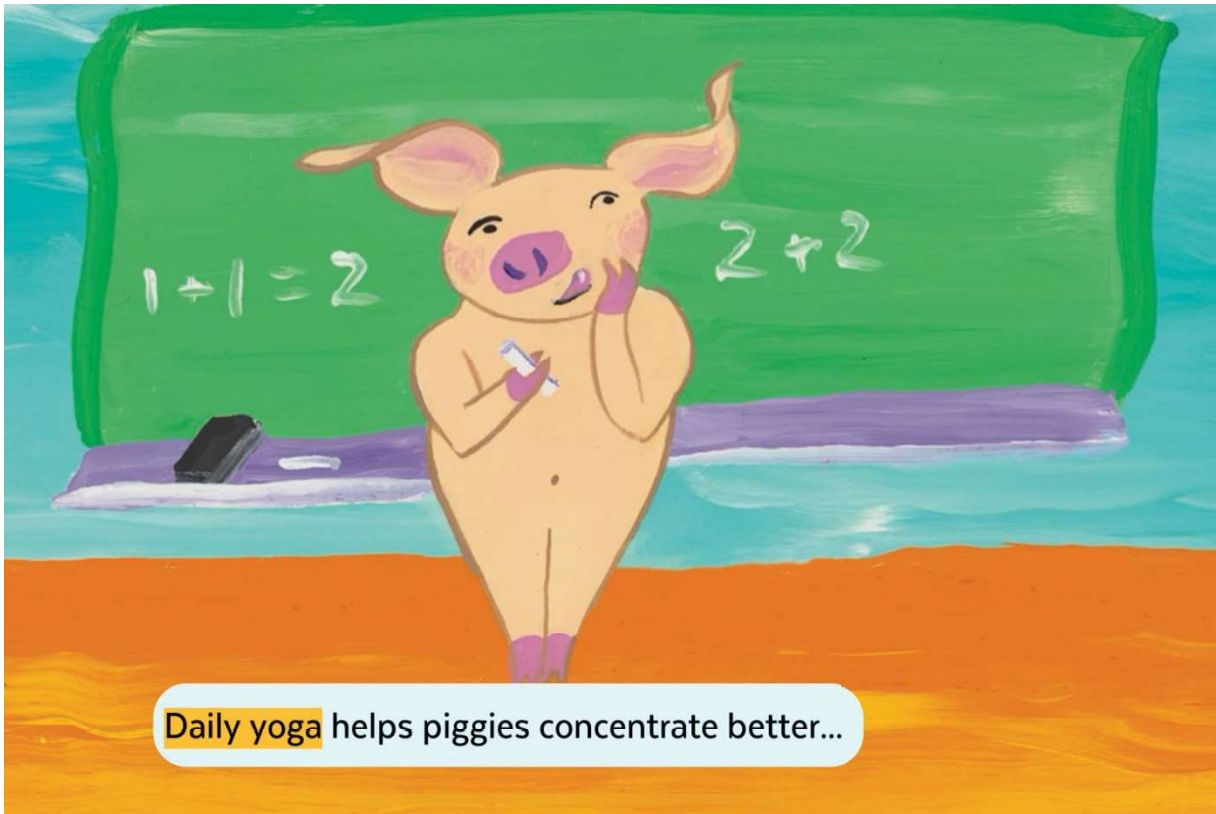


## Corpse Pose



- Lay on your back.
- Close your eyes.
- Keep your arms next to your body. Relax.  
Keep your arms straight. Turn your palms up.
- No snoring!

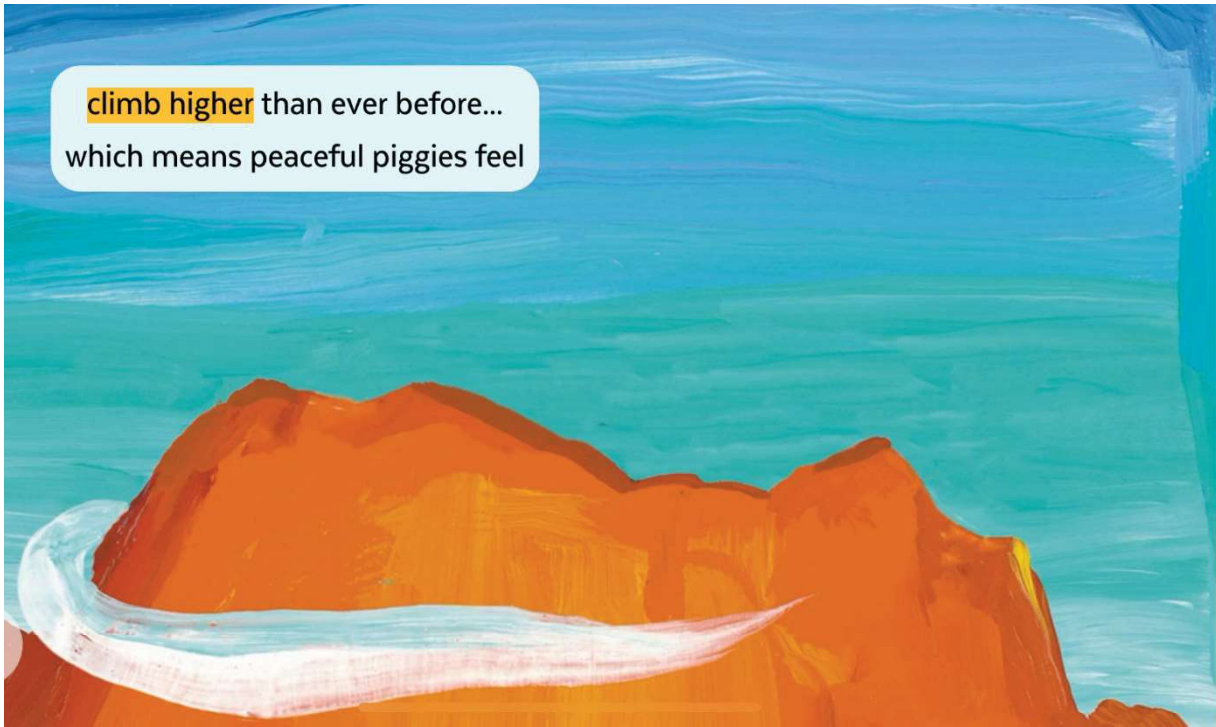
This posture is very calming. Sweet dreams!



Daily yoga helps piggies concentrate better...



run faster...



climb higher than ever before...  
which means peaceful piggies feel



Exercise 6.1

**Are you a yogi? Decide if the sentences are true or false.**

Yoga makes you strong.

True False

✓ × ✓ × ✓ ×

Morning is yoga time.

True

False

Yoga helps you calm down.

True

False

Some poses are difficult, so you need to practise.

True

False

Yoga can help you at school.

True

False

Exercise 6.2

Match the names to the yoga poses.

The image shows five yoga poses in white frames on a yellow background. The poses are:

- 1. A person in a yellow outfit performing the Hand-to-Toe Pose (Urdhva Dhanurasana).
- 2. A person in a blue shirt and blue pants performing the Full Lotus Pose (Padmasana).
- 3. A person in an orange shirt and green shorts performing the Warrior Pose (Virabhadrasana).
- 4. A person in a yellow shirt and blue pants performing the Cobra Pose (Bhujangasana).
- 5. A person in a blue outfit performing the Candlestick Pose (Dhanurasana).

Below the frames are five labels in white rounded rectangles:

- candlestick
- warrior pose
- hand-toe pose
- cobra
- full lotus

Exercise 6.3

## Which yoga pose is it? Read the instructions, fill in the gaps with the body parts.

Lay on your \_\_\_\_\_. Breathe in, breathe out. Let your \_\_\_\_\_ move up and down. Close your \_\_\_\_\_. Listen to the world. Keep your \_\_\_\_\_ next to your body. Don't put them on your stomach or under your \_\_\_\_\_. Relax. Keep your \_\_\_\_\_ and arms straight. Don't move them. Turn your \_\_\_\_\_ up. Can you feel the air between your \_\_\_\_\_?

palms   stomach   fingers  
back   eyes   legs   arms   head

Exercise 6.4

## Now you know eleven different yoga poses that can help you feel better. Find 6 here.

C	Y	W	L	U	V	Q	N	L	O	W
Y	A	I	H	U	I	E	Y	V	U	Y
E	F	N	T	F	T	D	S	X	R	Y
R	Q	N	D	D	C	K	C	Q	S	X
H	Y	B	W	L	H	I	K	I	H	J
I	X	D	A	C	E	F	D	Y	Y	G
X	M	P	R	L	O	S	Q	I	J	B
B	L	T	R	E	E	B	T	R	N	A
Q	H	L	I	C	R	U	R	I	U	C
U	D	L	O	T	U	S	R	A	C	L
G	Q	O	R	B	G	A	T	E	J	K

GATE  
TREE  
CANDLESTICK  
LOTUS  
WARRIOR  
COBRA