

С. А. ОРЛОВА, А. З. МАНУКОВА

# ЕГЭ

## АНГЛИЙСКИЙ ENGLISH VOCABULARY

ПОДГОТОВКА  
*за* **15**   
МИНУТ  
В ДЕНЬ

Издательство АСТ  
Москва

УДК 811.111(038)  
ББК 81.2Англ-4  
О-66

**Орлова, Светлана Андреевна.**  
О-66 ЕГЭ. Английский. English vocabulary. Подготовка за 15 минут в день / С. А. Орлова, А. З. Манукова. — Москва: Издательство АСТ, 2025. — 288 с. — (Сам себе репетитор. Подготовка за 15 минут).

ISBN 978-5-17-161164-4

Путаете зависимые предлоги и сомневаетесь в том, какое слово подходит по смыслу? Не знаете, как написать блестящий аргумент?

Тогда смело берите это пособие. Вы выучите лексику, необходимую для сдачи ЕГЭ по английскому языку, и благодаря специальным упражнениям научитесь активно ее использовать в устных и письменных ответах. Ключевая особенность пособия в том, что вся изученная лексика отрабатывается за счет многократного повторения не только в текущем, но и в последующих уроках, что позволяет выучить новое и в то же время повторить пройденный материал.

Помимо этого, для каждой из основных тем, знание которых нужно для экзамена, представлен банк проблем и возможных решений, что позволит увереннее себя чувствовать при работе над письменной частью. А многочисленные упражнения, которые побуждают к самостоятельным рассуждениям, помогут в дальнейшем легко справляться с любой новой темой.

Также в пособии уделено внимание устной части: есть пошаговая отработка структуры отдельных заданий, банк преимуществ и недостатков, а после выполнения упражнений вы получите готовые образцы устных ответов, которые напишете самостоятельно.

Шаблоны, подсказки, структура заданий, комплексный подход к изучению темы — все это позволит подготовиться к сдаче ЕГЭ по английскому языку даже за пятнадцать минут ежедневных занятий.

УДК 811.111(038)  
ББК 81.2Англ-4

ISBN 978-5-17-161164-4

© Орлова С. А., Манукова А. З., 2024  
© ООО «Издательство АСТ», 2025

# UNIT 1. HOBBIES

## 1. VOCABULARY

### TYPES OF HOBBIES

1.1. What hobbies do you like? Why? Which ones would you like to try?

gardening, surfing the net, horse riding, playing musical instruments, playing board games, doing puzzles/crosswords, knitting, cooking, skiing, dancing, drawing, listening to music, cycling, singing, photography, reading, ice skating, pottery, playing computer games, crafts

Fill in the chart:

Active hobbies	Relaxing hobbies	Creative hobbies

### HOBBIES

1.2. Match the advantages of some hobbies with their Russian equivalents.

1. helps improve flexibility and muscular strength; 2. improves memory, attention span, and problem-solving skills; 3. helps individuals express their thoughts, emotions, and experiences; 4. enhances multitasking abilities; 5. broadens communication abilities; 6. reduces the risk of injuries; 7. fosters creativity, original thinking, and imaginative exploration of ideas; 8. exercises the brain; 9. has a soothing effect on the mind and body; 10. improves sleep quality; 11. improves the sense of rhythm; 12. enhances communication skills; 13. hones fine motor skills and attention to detail; 14. improves language skills; 15. helps to convey feelings that may be difficult to express in words; 16. promotes tolerance and empathy; 17. helps manage anxiety and depression; 18. enhances overall physical performance; 19. enhances cognitive abilities (memory, concentration, and problem-solving skills).

	улучшает когнитивные способности (память, концентрацию и навыки решения проблем)
	оттачивает мелкую моторику и внимание к деталям
	способствует толерантности и сопереживанию
	оказывает успокаивающее действие на разум и тело
	помогает передать чувства, которые сложно выразить словами
	помогает людям выражать свои мысли, эмоции и переживания

	снижает риск травм
	способствует творчеству, оригинальному мышлению и творческому исследованию идей
	тренирует мозг
	помогает справиться с тревогой и депрессией
	улучшает память, концентрацию внимания и навыки решения проблем
	улучшает качество сна
	улучшает способность к многозадачности
	расширяет коммуникативные способности
	улучшает коммуникативные навыки
	помогает улучшить гибкость и мышечную силу
	улучшает чувство ритма
	повышает общую физическую работоспособность
	улучшает языковые навыки

Match the hobbies with the benefits they bring. There can be more than one possible answer.

Fitness. Drawing. Doing crosswords. Doing yoga. Learning languages. Writing stories. Knitting. Playing musical instruments.

Which hobbies can take a lot of time?

Which ones can be addictive?

Which ones can be really boring?

Which ones can be expensive?

Which ones are potentially dangerous?

## 2. SPEAKING

### TASK 4. TRAINING

2.1. Use some of the language below to describe the pictures. Use some of the language in the previous exercises to speak about some advantages and disadvantages of these hobbies.



## UNIT 1. HOBBIES



wearing ice skates, holding knitting needles, lots of plants, a video lesson, in the comfort of his home, on the mat, riding a bike, lots of lights, magnificent views, sitting with her eyes closed, some cards and game pieces, brushes and paints, holding game controllers, wearing a helmet, a large bowl of popcorn, a watering can, looks fit, knitting a scarf, in an ice rink, replanting flowers, looking at the board

### TASK 3. TRAINING

#### 2.2. Complete the sentences with your own ideas about hobbies.

I like ... very much because....

When I was a child, my favourite pastime was .... However, my preferences have changed. Now I prefer ... because ...

I would like to take up ... because I have always found it fascinating. Also, I think I'll be good at it.

I've always wanted to try ... because ...

In my opinion, .... reduces stress after a long day at school.

In my view, ... boosts creativity and gives plenty of opportunity for self-expression.

I find ... beneficial for teenagers because it ....

I ... because it helps ...

Such hobbies as ... help to meet like-minded individuals.

I think hobbies play an important role in teenagers' lives as ...

### TASK 3. EXAM PRACTICE

When you practice on your own, make sure to follow these steps:

- 1) Formulate your response by speaking 2-3 complete sentences out loud. Vocalizing your responses aloud, rather than merely formulating them mentally, is crucial for effectively improving your spoken English skills.
- 2) Record your spoken answers using a voice recording device or app.
- 3) Repeat the process for each question multiple times, as your speaking fluency and accuracy will improve through repetition.

#### Tapescript for Task 3

**Interviewer:** Hello everybody! It's *Teenagers Round the World* Channel. Our guest today is a teenager from Russia and we are going to **discuss leisure activities**. We'd like to know our guest's point of view on this issue. Please answer five questions. So, let's get started.

**Interviewer:** What is your favourite hobby? Why do you like it?

Student: \_\_\_\_\_

**Interviewer:** What are the most useful pastimes for teenagers? Why do you think so?

Student: \_\_\_\_\_

**Interviewer:** What leisure activities did you use to enjoy when you were a child? Have your preferences changed over the years?

Student: \_\_\_\_\_

**Interviewer:** What hobby would you like to take up? Why?

Student: \_\_\_\_\_

**Interviewer:** What hobbies will be popular in the future?

Student: \_\_\_\_\_

**Interviewer:** Thank you very much for your interview.

### 3. LINKING DEVICES

**Study tip:** in tasks 30-36 you will need to demonstrate your good command of linking devices. They are also necessary in tasks 37 and 38, and in speaking tasks 3 and 4. Let's look at some of them and learn how to use them.

#### 3.1. Read these examples and translate them.

*Although I don't like Maria, I think she's a great professional.*

*Even though I don't like Maria, I think she's a great professional.*

*I think Maria's a great professional. However, I don't like her.*

*In spite of the numerous accidents, people continue to cross the road in the wrong place.*

*Despite the numerous accidents, people continue to cross the road in the wrong place.*

*There are numerous accidents here. People still cross the road in the wrong place, **though**.*

*There are numerous accidents here. **However**, people still cross the road in the wrong place.*

**Although, even though, in spite of, despite** are used to connect two contrasting ideas or show that one fact makes the other fact surprising. They can all be used at the beginning or in the middle of the sentence.

*Despite the rain, we enjoyed the concert.*

Несмотря на дождь, концерт нам понравился.

*We enjoyed the concert, **despite** the rain.*

Нам понравился концерт, несмотря на дождь.

The main difference between **although, even though, in spite of** and **despite** is that they are used with different structures.

**in spite of / despite + a noun OR an -ing form OR this/that**

*He never made much money, in spite of working in IT.*

*In spite of the headache, he completed the race.*

*Despite having a stomachache, I had a great party.*

*The taxi got stuck in heavy traffic. In spite of that, we arrived on time.*

**in spite of /despite + the fact that + a subject and verb.**

*In spite of the fact that she trained very hard, she didn't manage to complete the race.*

*Despite the fact that she trained very hard, she didn't manage to complete the race.*

### 3.2. Join the two short sentences using “in spite of” or “despite”

*Example: The weather was bad. We went on a school picnic. — Despite the fact that the weather was bad, we went on a school picnic.*

Benny was ill. He went to school because he had an important exam.

I studied hard for my English test. I still got a low grade.

My mother is never pleased with my grades. I get nothing less than a ‘B’.

I have so many cavities. I brush my teeth regularly.

We couldn't win the game. We played well.

She still loves her husband. They broke up in 2006.

After “**although**” and “**even though**”, we use a subject and a verb. “**Even though**” is slightly stronger than “**although**”.

*Enjoyed the course, **although** we didn't get much practice.*

***Although** we went to the same school, we didn't really know each other.*



### 3.4. Paraphrase:

*Example: I tried to lift the box, but it was too heavy for me. (however) -> I tried to lift the box; however, it was too heavy for me*

1. Although I go to the gym every day, I can't lose any weight. (despite) 2. She still loves him, even though he treated her very badly. (however) 3. Our plane arrived on time in spite of the delay during takeoff. (although) 4. We won the match despite having three fewer players. (in spite of) 5. Although he was almost deaf, he was a fantastic musician. (despite)

### 3.5. Fill in the gaps:

1. We need to buy a new car. \_\_\_\_\_, we can't afford it right now.  
 2. \_\_\_\_\_ this actor is very rich and famous, he lives a very normal life. 3. She went on working \_\_\_\_\_ being exhausted.  
 4. I didn't like the film. \_\_\_\_\_, everybody else seemed to enjoy it. 5. We managed to complete the task \_\_\_\_\_ our teacher hadn't given us clear instructions.  
 6. COVID-19 spread across the world \_\_\_\_\_ all efforts to control it.

## 4. VOCABULARY. VIDEO GAMES

### 4.1. Answer the questions.

Do you play any video games? Which ones? If you don't, do you know anyone who does?

How much time do you spend playing video games?

### 4.2. Read the text about video games and notice the new language.

One of the main advantages of video games is that they can improve problem-solving skills.

Many games require players to think critically and come up with creative solutions.

Additionally, video games often involve complex strategies, which can help develop analytical thinking.

Одним из основных преимуществ видеоигр является то, что они могут **улучшить навыки решения проблем.**

Многие игры **требуют от игроков критического мышления** и творческих решений.

Кроме того, видеоигры часто включают в себя сложные стратегии, которые помогают **развивать аналитическое мышление.**

<p>Moreover, multiplayer games can <u>foster</u> teamwork and collaboration among players.</p>	<p>Более того, многопользовательские игры могут <b>способствовать командной работе и сотрудничеству между игроками.</b></p>
<p>Another advantage of video games is that they can <u>enhance</u> hand-eye coordination and fine motor skills.</p>	<p>Еще одним преимуществом видеоигр является то, что они <b>улучшают зрительно-моторную координацию и мелкую моторику.</b></p>
<p>Studies have shown that action-based games can <u>improve</u> reaction time and agility.</p>	<p>Исследования показали, что игры, основанные на действиях, могут <b>улучшить время реакции и ловкость.</b></p>
<p>Furthermore, some video games <u>involve</u> physical movements, such as dancing or sports simulations, which can be a fun way to stay active.</p>	<p>Кроме того, некоторые видеоигры включают физические движения, такие как танцы или спортивные симуляторы, которые могут быть <b>интересным способом оставаться активным.</b></p>
<p>On the other hand, excessive video game playing can have negative effects on one's health.</p>	<p>С другой стороны, чрезмерное использование видеоигр может <b>иметь негативные последствия для здоровья.</b></p>
<p>Sitting for long periods in front of a screen can lead to a sedentary lifestyle, which increases the risk of obesity and other health problems. Moreover, exposure to violent video games has been linked to aggressive behavior.</p>	<p>Длительное сидение перед экраном <b>может привести к малоподвижному образу жизни, что увеличивает риск ожирения и других проблем со здоровьем.</b> Более того, воздействие жестоких видеоигр связано с агрессивным поведением.</p>

4.3. Match the halves and write these phrases down in your notebook in two categories: the advantages of video games and the disadvantages of video games.

improve	analytical thinking
develop	to stay active
enhance hand-eye coordination	collaboration among players
lead to	and other health problems
a fun way	problem-solving skills
foster teamwork and	a sedentary lifestyle
increases the risk of obesity	on one's health
have negative effects	and fine motor skills

#### 4.4. Find the English equivalents:

развить/улучшить аналитическое мышление, увеличивает риск ожирения и других проблем со здоровьем, привести к малоподвижному образу жизни, улучшить/развить навыки решения проблем, оказывать негативное влияние на здоровье, улучшить координацию рук и глаз и мелкую моторику, способствовать командной работе и сотрудничеству между игроками, интересный способ оставаться активным

## 4.5. Complete the text with the phrases from the task above.

One of the main advantages of video games is that they can \_\_\_\_\_ skills. Many games require players to think critically and come up with creative solutions. Additionally, video games often involve complex strategies, which can help develop \_\_\_\_\_. Moreover, multiplayer games can \_\_\_\_\_ and collaboration among \_\_\_\_\_. Another advantage of video games is that they can \_\_\_\_\_. Studies have shown that action-based games can improve reaction time and agility. Furthermore, some video games involve physical movements, such as dancing or sports simulations, which can be \_\_\_\_\_. On the other hand, excessive video game playing can \_\_\_\_\_ effects \_\_\_\_\_. Sitting for long periods in front of a screen can \_\_\_\_\_ lifestyle, which \_\_\_\_\_ and other health problems. Moreover, exposure to violent video games has been linked to aggressive behavior.

## 4.6. Read the text out loud, translating the Russian phrases into English.

One of the main advantages of video games is that they can **улучшить навыки решения проблем**. Many games require players to think critically and come up with creative solutions. Additionally, video games often involve complex strategies, which can help **развить аналитическое мышление**. Moreover, multiplayer games can **способствовать командной работе и сотрудничеству между игроками**. Another advantage of video games is that they can **улучшить координацию рук и глаз и мелкую моторику**. Studies have shown that action-based games can improve reaction time and agility. Furthermore, some video games involve physical movements, such as dancing or sports simulations, which can be **интересным способом оставаться активным**. On the other hand, excessive video game playing can **оказывать негативное влияние на здоровье**. Sitting for long periods in front of a screen can **привести к малоподвижному образу жизни**, which **увеличивает риск ожирения и других проблем со здоровьем**. Moreover, exposure to violent video games has been linked to aggressive behavior.

## 5. MULTIPLE CHOICE

## 5.1. Check the text above and make sure you understand the meanings of the following verbs:

to foster, to increase, to develop, to require, to enhance, to improve,  
to involve, to lead

1. Engaging in various hobbies can foster/enhance/develop one's overall quality of life. 2. Learning a new language can lead/increase/foster cognitive abilities and cultural awareness. 3. Participating in group activities can foster/lead/require connections with like-minded individuals. 4. Being an active member of a book club can involve/lead/increase stimulating discussions. 5. Taking up photography can develop/enhance/lead to new opportunities for creative expression. 6. Regular practice of yoga can greatly improve/involve/lead your flexibility and mental well-being. 7. Painting and drawing regularly can require/develop/involve one's artistic skills over time. 8. Mastering a musical instrument may foster/require/enhance years of dedication and practice.

### EXAM PRACTICE

#### 5.2. Choose the correct option.

(1) \_\_\_\_\_ the fact that many people think hobbies are a waste of time and money, research shows that they can 2) \_\_\_\_\_ our lives in various ways. For instance, engaging in leisure activities can 3) \_\_\_\_\_ our physical and mental well-being. Photography, for example, 4) \_\_\_\_\_ a lot of walking, because we're always looking for new subjects to photograph. Hobbies can also 5) \_\_\_\_\_ our creativity. Spending time on artistic pursuits, like painting or writing, allows us to express ourselves and think more imaginatively. Moreover, participating in activities can 6) \_\_\_\_\_ to new friendships and a sense of belonging. 7) \_\_\_\_\_, there is no denying that some hobbies can be expensive or time-consuming. Collecting rare items or traveling to exotic locations, for instance, may 8) \_\_\_\_\_ significant financial investment. Similarly, certain pastimes, such as playing a musical instrument or learning a new language, demand a great deal of practice and dedication. Although it is true that not everyone has the resources or opportunity to pursue these hobbies, there are plenty of low-cost or free activities that can bring us pleasure and help us to 9) \_\_\_\_\_ new skills. 10) \_\_\_\_\_ of their potential drawbacks, hobbies offer numerous benefits and should be encouraged as an important part of a balanced lifestyle.

- 1) 1. despite, 2. in spite, 3. although, 4. though
- 2) 1. require, 2. develop, 3. enhance, 4. involve
- 3) 1. require, 2. increase, 3. involve, 4. develop
- 4) 1. improves, 2. requires, 3. enhances, 4. fosters
- 5) 1. foster, 2. require, 3. lead, 4. involve
- 6) 1. enhance, 2. lead, 3. improve, 4. foster
- 7) 1. Though, 2. Despite, 3. Although, 4. However
- 8) 1. improve, 2. lead, 3. enhance, 4. require
- 9) 1. enhance, 2. develop, 3. require, 4. improve

10) 1. although, 2. however, 3. despite, 4. in spite

## 6. WRITING

### TASK 37. EXAM PRACTICE

You have received an email message from your English-speaking pen-friend **Maria**:

**from:** maria@mail.uk

**to:** friend@ege.ru

**subject:** game time!

*My mum said she's going to throw our game console away because my brother is always playing games. Are video games popular among teenagers in Russia, and why? Are there any negative effects of video games? What video games do you enjoy playing, and how often do you play them?*

*Anyway, my brother has just got a new video game and ...*

Write an email to **Maria**. In your message:

- answer her questions;
- ask 3 questions about **the game**.

Write 100-140 words.

Remember the rules of email writing.

### TASK 38. TRAINING IDEAS FOR CONCLUSIONS

**Exam Tip:** In the concluding paragraph of your essay, you may be asked to discuss the significance or role of a particular concept or issue. To be well-prepared, it is beneficial to have a repertoire of relevant ideas and expressions that can be adapted and applied across a variety of tasks.

#### 5.3. Complete the tasks.

a) To get some ideas (and good phrases) read this text about the importance of hobbies and highlight some phrases that can be used in essays on other topics.

Hobbies are important because they help to develop our personalities. For instance, if you are interested in music, sport or reading, it shows that you are a well-rounded person who is passionate about something other than your job. In addition, having a hobby often means being part of a group of like-minded people who share our interests. This can be very satisfying and gives us a sense of belonging.

Furthermore, we all need to do something enjoyable with our free time. If we just work all the time, we will become bored and unhappy. Our lives will also lack balance. Doing something different in our

spare time helps us to relax and to forget about our problems for a while. This means that we will feel more refreshed and ready to face the challenges of our everyday lives.

Finally, some hobbies are actually useful in themselves. For example, learning to play a musical instrument or speak a foreign language can be very rewarding. We may never become professional musicians or fluent speakers, but these activities give us a great deal of pleasure and satisfaction. What is more, many hobbies involve learning new skills or finding out about new topics. These things can be useful in other areas of our lives too.

In conclusion, it seems to me that hobbies are an essential part of life. They help us to develop our characters and make us more interesting people. They also give us the opportunity to relax and to enjoy ourselves. In addition, many hobbies are useful in themselves and can provide us with new knowledge and skills. For all of these reasons, I would strongly recommend that everybody should find a hobby that they love and become involved in it.

**b) Translate into Russian:**

улучшить общие знания; развивать нас как личность; всесторонне развитый человек; группа единомышленников, разделяющих наши интересы; расслабиться и забыть на время о наших проблемах; может быть очень полезным; приносить огромное удовольствие и удовлетворение; изучение новых навыков; существенная часть жизни; дают нам возможность расслабиться и получить удовольствие.

**c) Translate the following:**

1. Joining a book club is a great way to meet **группу единомышленников, разделяющих наши интересы**. 2. Reading books can help **улучшить общие знания** about different topics. 3. Painting allows us **забыть на время о наших проблемах** and focus on creating something beautiful. 4. Going for a hike can **дать нам возможность расслабиться и получить удовольствие** in nature. 5. If we don't pursue our hobbies, we will **нам станет скучно и невесело**. 6. By engaging in various activities, we aim to become **всесторонне развитым человеком**. 7. Taking up a new hobby should not be seen as **ненужная трата времени**. 8. Cooking new recipes is a great way of **изучить новые навыки** and techniques. 9. Sports can be **существенная часть** of staying active and healthy. 10. Gardening **может быть очень полезным** as we see our plants grow and flourish. 11. Learning to play a musical instrument can help **развивать нас как личность**. 12. Completing a challenging puzzle can bring **удовольствие и удовлетворение**.

GIVING COMMENTS

When we write a comment in paragraph 3, we can explain why one parameter is higher than the other by considering various factors, for example, financial implications, the level of challenge, or safety concerns. For example, watching TV is more popular among the respondents than gardening, probably because it is less tiring. Another example: yoga is more popular among those surveyed than horse riding, probably because a yoga mat is cheap, while riding lessons are extremely expensive.

**5.4. Complete these sentences for Paragraph 3 with these phrases. There are some phrases which you do NOT need to use.**

more appealing, very tiring, less popular, take much effort,  
more popular, very monotonous, very challenging,  
requires a lot of effort, while

Learning languages (18%) is a) \_\_\_\_\_ among the respondents than listening to music (25%), which is not surprising because the former b) \_\_\_\_\_ while the latter is very relaxing.

Watching TV (20%) is c) \_\_\_\_\_ among those polled than cycling (12%). It can be explained by the fact that the former is very relaxing, while the latter can be d) \_\_\_\_\_.

e) \_\_\_\_\_ 20% of the respondents enjoy knitting, 34% of those surveyed love surfing the Net, which is not surprising because knitting is g) \_\_\_\_\_ and sometimes boring. In addition, it requires a lot of practice whereas surfing the Net does not h) \_\_\_\_\_.

**Compare and make a comment:**

- playing board games (10%) and singing (18%)
- doing sport (13%) and photography (22%)
- reading magazines (4%) and hanging out with friends (15%)
- doing crosswords (12%) volunteering (25%)

**PROBLEMS AND SOLUTIONS**

**5.5. Fill in the chart:**

1. and give up after making several attempts. 2. A solution is to research and implement time management strategies, which can help individuals optimise their use of time. 3. because there are so many options and it is hard to decide which hobby will suit one better. 4. it can take too much time. 5. A solution is to look up some recommendations on how to increase one's motivation online.