

Джуди Грэммер

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*Английские  
слова  
и выражения для  
старших классов*

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Тематическая лексика и вопросы для  
подготовки к ОГЭ и ЕГЭ

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***believe in yourself***

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**Английские слова**  
**и выражения для старших**  
**классов. Тематическая**  
**лексика и вопросы для**  
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**Аннотация**

Эта книга помогает старшеклассникам систематически развивать словарный запас и навыки речи на английском языке. Тематическая лексика, полезные выражения и практические вопросы формируют умение строить развернутые ответы, выражать мнение, объяснять причины и следствия. Материал подготовлен с акцентом на подготовку к ОГЭ и ЕГЭ, а также на развитие уверенности и самостоятельности в использовании языка.

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**Джуди Грэммер**

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# Введение

Изучение английского языка – это не просто освоение слов и грамматики, это возможность понять и выразить свои мысли, расширить кругозор и уверенно общаться в разных ситуациях. Эта книга создана с одной целью: помочь старшеклассникам систематически развивать навыки, которые особенно важны для подготовки к ОГЭ и ЕГЭ.

Каждая глава представляет собой тщательно подобранную тему, актуальную для повседневной жизни, личностного развития и подготовки к экзаменам. В разделе «Useful Vocabulary» собрана полезная лексика, которая позволяет точно и разнообразно выражать мысли, а также по каждой теме есть практические вопросы и примерные ответы, способствующие развитию письменной и устной речи. Такой подход позволяет не просто заучивать слова, а учиться использовать их в конкретных контекстах, формируя уверенность при общении на английском языке.

Особое внимание уделено тому, чтобы материал был доступным для подростков: лексика и фразы подобраны так, чтобы ученики могли строить развернутые ответы, анализировать ситуации, выражать причины и следствия, сравнивать и аргументировать свою точку зрения. Каждая глава не только

ко расширяет словарный запас, но и развивает критическое мышление, умение логично излагать свои идеи и структурировать речь.

Моя цель – помочь ученикам почувствовать, что английский язык становится инструментом, а не просто предметом. Постепенно, шаг за шагом, вы сможете формировать навыки, необходимые для успешного выполнения экзаменационных заданий, уверенно отвечать на вопросы и создавать тексты, которые будут понятны и логичны.

# Daily Routine – Повседневный распорядок

## Useful Vocabulary

morning – утро

Example: People usually wake up early in the morning.

afternoon – день, после обеда

Example: One should study in the afternoon when energy is high.

evening – вечер

Example: Evening walks help relax after school.

night – ночь

Example: Teenagers need enough sleep at night.

wake up – просыпаться

Example: People usually wake up at seven o'clock.

alarm clock – будильник

Example: An alarm clock helps one wake up on time.

get up – вставать с кровати

Example: One should get up immediately after the alarm.

breakfast – завтрак

Example: A healthy breakfast starts the day well.

lunch – обед

Example: Teenagers usually eat lunch at school.

dinner – ужин

Example: Dinner is often eaten with the family.

snack – перекус

Example: Healthy snacks help maintain energy.

brush teeth – чистить зубы

Example: Everyone should brush teeth twice a day.

shower – принимать душ

Example: A morning shower refreshes the body.

get dressed – одеваться

Example: Teenagers get dressed before leaving for school.

go to school – идти в школу

Example: Students go to school by bus or on foot.

homework – домашнее задание

Example: Doing homework regularly improves grades.

study – учиться

Example: One should study daily to remember lessons.

break – перемена

Example: Breaks during lessons help students concentrate.

rest – отдых

Example: Rest is important to maintain energy.

free time – свободное время

Example: Teenagers spend free time on hobbies or sports.

exercise – физические упражнения

Example: Regular exercise supports a healthy lifestyle.

play sports – заниматься спортом

Example: Teenagers play sports after school.

watch TV – смотреть телевизор

Example: Watching TV can be relaxing for one hour.

read – читать

Example: Reading books improves vocabulary.

listen to music – слушать музыку

Example: Listening to music helps people relax.

social media – социальные сети

Example: Teenagers often check social media in free time.

chat – общаться

Example: Friends chat online or in person.

clean – убирать

Example: Cleaning the room is part of a daily routine.

cook – готовить

Example: Some teenagers cook simple meals for themselves.

chores – домашние дела

Example: Chores teach responsibility.

bed – кровать

Example: Going to bed at the same time improves sleep quality.

sleep – спать

Example: Teenagers need at least eight hours of sleep.

weekend – выходные

Example: Weekends are for rest and hobbies.

weekday – будний день

Example: Weekdays usually follow a strict schedule.

routine – распорядок

Example: A routine helps organize the day efficiently.

punctual – пунктуальный

Example: Being punctual is important at school.

plan – планировать

Example: Planning the day improves productivity.

early – рано

Example: Waking up early gives more time for study.

late – поздно

Example: Staying up late can affect energy levels.

habit – привычка

Example: Developing good habits improves daily life.

# Personal Questions and Sample Answers

1. What is a typical daily routine for teenagers, and why is it important?

A typical daily routine for teenagers includes waking up early, attending school, doing homework, and spending time on hobbies. A structured routine helps maintain energy and balance. It also improves study habits and overall well-being.

2. How can one organize free time effectively during weekdays?

Free time can be organized by planning activities such as reading, exercising, or chatting with friends. Prioritizing tasks ensures relaxation without stress. Effective time management helps teenagers stay productive and motivated.

3. What morning habits help people start the day positively?

Morning habits like waking up on time, taking a shower, and having a healthy breakfast help start the day positively. These habits improve mood and concentration. They also prepare teenagers for school and activities.

4. How do weekends differ from weekdays in terms of routine?

Weekends differ from weekdays because there is more free

time and fewer obligations. Teenagers can focus on hobbies, relaxation, or spending time with family. Weekends provide an opportunity to recharge before the next week.

5. What daily habits can improve sleep quality and energy levels?

Daily habits like going to bed at the same time, avoiding screens before sleep, and eating healthily improve sleep quality. Good sleep increases energy and supports overall health. Teenagers who follow these habits feel more focused and productive.

# Food and Nutrition – Питание и еда

## Useful Vocabulary

meal – приём пищи

Example: People usually have three main meals a day.

breakfast – завтрак

Example: A healthy breakfast provides energy for the morning.

lunch – обед

Example: Teenagers often eat lunch at school.

dinner – ужин

Example: Dinner is usually eaten with family.

snack – перекус

Example: Healthy snacks keep energy levels stable.

healthy – здоровый

Example: Eating healthy food improves overall health.

nutritious – питательный

Example: Fruits and vegetables are very nutritious.

balanced diet – сбалансированное питание

Example: A balanced diet includes proteins, fats, and carbohydrates.

vitamins – витамины

Example: Vitamins support the immune system.

minerals – минералы

Example: Minerals like calcium help strengthen bones.

protein – белок

Example: Meat, eggs, and beans are rich in protein.

carbohydrate – углевод

Example: Carbohydrates provide energy for daily activities.

fat – жир

Example: Healthy fats are important for brain function.

sugar – сахар

Example: High sugar intake can affect energy levels.

salt – соль

Example: Too much salt can increase blood pressure.

fibre – клетчатка

Example: Fibre helps digestion and prevents constipation.

hydration – гидратация

Example: Proper hydration is important for health.

water – вода

Example: Drinking enough water supports all body functions.

juice – сок

Example: Fresh juice is healthier than sugary drinks.

dairy products – молочные продукты

Example: Milk, cheese, and yogurt are dairy products.

meat – мясо

Example: Meat is a good source of protein.

fish – рыба

Example: Fish contains healthy fats and nutrients.

fruits – фрукты

Example: Fruits provide vitamins and minerals.

vegetables – овощи

Example: Vegetables are essential for a balanced diet.

grains – злаки

Example: Whole grains give long-lasting energy.

fast food – фастфуд

Example: Fast food is convenient but often unhealthy.

junk food – нездоровая пища

Example: Eating too much junk food can harm health.

calories – калории

Example: People should balance calories consumed and burned.

appetite – аппетит

Example: Healthy food can improve appetite naturally.

portion – порция

Example: Controlling portion sizes helps maintain weight.

organic – органический

Example: Organic food is grown without chemicals.

diet plan – план питания

Example: A diet plan helps organize meals effectively.

cooking – приготовление пищи

Example: Cooking at home is often healthier than eating out.

recipe – рецепт

Example: Following a recipe helps prepare nutritious meals.

taste – вкус

Example: People enjoy food with a good taste and aroma.

flavour – аромат/вкус

Example: Herbs and spices improve flavour without extra salt.

allergy – аллергия

Example: Some teenagers have allergies to nuts or dairy.

vegetarian – вегетарианец

Example: A vegetarian diet excludes meat but can be balanced.

vegan – веган

Example: A vegan diet excludes all animal products.

healthy habit – здоровая привычка

Example: Eating fruits daily is a healthy habit.

# Personal Questions and Sample Answers

1. What does a balanced diet include, and why is it important for teenagers?

A balanced diet includes proteins, carbohydrates, fats, vitamins, and minerals. It is important for teenagers because it supports growth, energy levels, and overall health. Proper nutrition also helps maintain focus and concentration at school.

2. How can one make healthy food choices during school or social events?

Healthy food choices can include fruits, vegetables, and whole grains instead of sweets or snacks. Choosing water instead of sugary drinks also helps. Making conscious decisions about food improves energy and well-being.

3. What are the advantages and disadvantages of fast food?

Fast food is convenient and often tastes good, but it usually contains high levels of sugar, salt, and fat. Regular consumption can lead to health problems. However, occasional fast food is acceptable if balanced with healthy meals.

4. How does hydration affect daily energy levels and concentration?

Hydration is essential for energy, concentration, and physical

performance. Drinking enough water prevents fatigue and supports mental focus. Teenagers who stay hydrated perform better at school and in sports.

5. What are some ways to develop healthy eating habits at home?

Healthy eating habits can be developed by planning meals, cooking at home, and including a variety of nutritious foods. Involving teenagers in cooking encourages responsibility and interest in food. Regular meals and snacks help maintain consistent energy levels.

# Shopping and Consumer Habits – Покупки и потребительские привычки

## Useful Vocabulary

shopping – покупки

Example: Teenagers enjoy shopping for clothes and accessories.

store – магазин

Example: People often go to a store to buy groceries.

supermarket – супермаркет

Example: A supermarket has a wide variety of products.

mall – торговый центр

Example: Many teenagers visit a mall with friends on weekends.

market – рынок

Example: Fresh fruits and vegetables are sold at the market.

online shopping – покупки онлайн

Example: Online shopping is convenient and saves time.

price – цена

Example: People always compare prices before buying items.

discount – скидка

Example: Stores offer discounts during holidays and sales.

sale – распродажа

Example: Black Friday is famous for big sales.

budget – бюджет

Example: Teenagers learn to manage their budget for personal expenses.

money – деньги

Example: Saving money helps people buy important items later.

wallet – кошелёк

Example: A wallet keeps money and cards organized.

cash – наличные

Example: People sometimes prefer paying with cash.

credit card – кредитная карта

Example: A credit card can be useful for online shopping.

purchase – покупка

Example: Making a thoughtful purchase avoids wasting money.

receipt – чек

Example: Always keep a receipt for proof of purchase.

return – возвращать

Example: People can return faulty products to the store.

exchange – обмен

Example: An exchange allows one to swap an item for a different size.

quality – качество

Example: Checking the quality of goods is important before buying.

brand – бренд

Example: Some teenagers prefer clothes from popular brands.

trend – тренд

Example: Fashion trends change every season.

advertisement – реклама

Example: Advertisements influence people's shopping choices.

consumer – потребитель

Example: A responsible consumer compares products before buying.

choice – выбор

Example: People make choices based on needs and preferences.

need – необходимость

Example: People should distinguish between needs and wants.

want – желание

Example: Teenagers often buy things they want but do not need.

product – продукт, товар

Example: Reading labels helps people choose the right product.

review – отзыв

Example: Checking reviews online can guide one's purchases.

delivery – доставка

Example: Fast delivery is a key advantage of online shopping.

shipping – доставка (почтой)

Example: Shipping costs are sometimes higher than the product price.

coupon – купон

Example: Using a coupon helps save money on purchases.

loyalty card – карта лояльности

Example: A loyalty card offers discounts to regular customers.

customer service – обслуживание клиентов

Example: Good customer service improves shopping experience.

brand loyalty – приверженность бренду

Example: Brand loyalty makes people buy the same brand repeatedly.

eco-friendly – экологичный

Example: Eco-friendly products reduce environmental impact.

packaging – упаковка

Example: Minimal packaging is better for the environment.

bargain – выгодная покупка

Example: Finding a bargain gives satisfaction to shoppers.

window shopping – просмотр витрин

Example: Window shopping is fun even without buying anything.

comparison – сравнение

Example: Price and quality comparison help make better decisions.

impulse buying – импульсивная покупка

Example: Impulse buying can lead to spending too much money.

# Personal Questions and Sample Answers

1. How do teenagers usually shop, and what are the advantages of online shopping?

Teenagers shop both in stores and online. Online shopping is convenient, saves time, and allows one to compare prices easily. However, shopping in stores helps check the quality of products in person.

2. How can people make smart choices when buying products?

People can make smart choices by comparing prices, reading reviews, and checking the quality. Planning purchases and sticking to a budget prevents unnecessary spending. Being a responsible consumer improves satisfaction.

3. What is the difference between needs and wants, and why is it important?

Needs are essential items like food or school supplies, while wants are things like clothes or gadgets. Distinguishing between needs and wants helps manage money wisely. Teenagers who understand this develop good financial habits.

4. How can discounts, coupons, and sales affect shopping habits?

Discounts, coupons, and sales encourage people to buy more

than planned. They can be helpful if the purchase is necessary, but may lead to impulse buying. Teenagers should learn to use such offers wisely.

5. What role do advertisements and trends play in consumer habits?

Advertisements and trends influence teenagers by creating interest in new products. They can encourage impulse buying or brand loyalty. Being aware of this influence helps people make conscious shopping decisions.

# Home and Family Life – Дом и семья

## Useful Vocabulary

home – дом

Example: A comfortable home creates a peaceful environment for teenagers.

family – семья

Example: Family support is important for emotional well-being.

parents – родители

Example: Parents guide teenagers in making important decisions.

siblings – братья и сестры

Example: Siblings often share responsibilities at home.

grandparents – бабушки и дедушки

Example: Grandparents enjoy spending time with grandchildren.

relatives – родственники

Example: People visit relatives during holidays and celebrations.

household – домашнее хозяйство

Example: Maintaining a household requires cooperation from all family members.

chores – домашние дела

Example: Teenagers help with chores like cleaning and cooking.

responsibilities – обязанности

Example: Sharing responsibilities at home teaches discipline.

routine – распорядок

Example: A family routine helps organize daily activities efficiently.

dinner table – обеденный стол

Example: Families often discuss their day at the dinner table.

meal – приём пищи

Example: Eating meals together strengthens family bonds.

conversation – разговор

Example: Open conversation between family members

improves understanding.

support – поддержка

Example: Emotional support from family helps teenagers overcome stress.

love – любовь

Example: Love and respect are the foundation of a happy family.

respect – уважение

Example: Respect for each other creates a peaceful home atmosphere.

rules – правила

Example: Household rules teach teenagers responsibility and discipline.

privacy – личное пространство

Example: Teenagers need privacy to study and relax at home.

sibling rivalry – соперничество между братьями и сестрами

Example: Sibling rivalry is normal but should be managed carefully.

family traditions – семейные традиции

Example: Family traditions help strengthen relationships.

holiday – праздник

Example: Families celebrate holidays together.

gathering – собрание, встреча

Example: Family gatherings are a good opportunity to communicate.

conversation topics – темы для разговора

Example: Conversation topics can include school, hobbies, or plans.

trust – доверие

Example: Trust between parents and teenagers is essential.

communication – общение

Example: Good communication prevents misunderstandings at home.

responsibility – ответственность

Example: Taking responsibility for tasks builds character.

household budget – семейный бюджет

Example: Planning the household budget teaches money management.

caring – забота

Example: Caring for family members strengthens relationships.

patience – терпение

Example: Patience is important when resolving family conflicts.

compromise – компромисс

Example: Compromise helps resolve disagreements in a peaceful way.

teamwork – командная работа

Example: Teamwork at home ensures all chores are done efficiently.

routine maintenance – регулярный уход

Example: Routine maintenance keeps the house safe and clean.

cleanliness – чистота

Example: Cleanliness at home contributes to health and comfort.

home environment – домашняя обстановка

Example: A positive home environment supports emotional growth.

rules enforcement – соблюдение правил

Example: Rules enforcement helps teenagers understand boundaries.

family activities – семейные мероприятия

Example: Family activities like hiking or games improve bonding.

shared responsibilities – общие обязанности

Example: Shared responsibilities teach cooperation and respect.

problem-solving – решение проблем

Example: Families use problem-solving to deal with conflicts.

celebration – празднование

Example: Celebrations bring family members closer together.

household management – управление домом

Example: Effective household management makes life easier for everyone.

# Personal Questions and Sample Answers

1. How does family life influence a teenager's development?

Family life provides emotional support, guidance, and stability. Positive relationships at home help teenagers develop confidence, responsibility, and social skills. A supportive family environment also reduces stress and encourages good habits.

2. What responsibilities do teenagers usually have at home?

Teenagers often help with chores such as cleaning, cooking, or caring for younger siblings. These responsibilities teach discipline and teamwork. Completing tasks also builds a sense of contribution to the household.

3. How can family traditions and gatherings strengthen relationships?

Family traditions and gatherings allow family members to spend quality time together. Celebrating holidays, birthdays, or special events helps build trust and communication. Such activities create lasting memories and a sense of belonging.

4. How should conflicts between siblings or family members be resolved?

Conflicts should be resolved through conversation, compromise, and patience. Family members can discuss

problems calmly and find solutions together. Learning problem-solving skills at home prepares teenagers for future social situations.

5. What makes a positive home environment, and why is it important?

A positive home environment includes love, respect, communication, and cleanliness. It allows teenagers to feel safe and supported. This environment encourages emotional growth, healthy habits, and better academic performance.

# Friendship and Relationships – Дружба и отношения

## Useful Vocabulary

friend – друг

Example: A true friend supports and understands during difficult times.

best friend – лучший друг

Example: Teenagers often share secrets with their best friend.

friendship – дружба

Example: Friendship helps people feel connected and supported.

acquaintance – знакомый

Example: People often meet acquaintances at school or events.

trust – доверие

Example: Trust is the foundation of any strong relationship.

honesty – честность

Example: Honesty strengthens friendship and prevents misunderstandings.

loyalty – верность

Example: Loyalty to friends shows reliability and respect.

support – поддержка

Example: Friends provide emotional support during stressful times.

conflict – конфликт

Example: Conflicts sometimes occur even between close friends.

misunderstanding – недопонимание

Example: Misunderstandings can harm friendships if not resolved.

communication – общение

Example: Open communication helps maintain strong relationships.

empathy – эмпатия

Example: Empathy allows one to understand a friend's feelings.

kindness – доброта

Example: Kindness strengthens bonds between people.

respect – уважение

Example: Mutual respect is important in all relationships.

advice – совет

Example: Teenagers often ask friends for advice.

peer – ровесник, сверстник

Example: Peers influence each other's habits and interests.

companionship – товарищество

Example: Companionship makes people feel less lonely.

social skills – социальные навыки

Example: Friendship helps teenagers develop social skills.

group – группа

Example: Teenagers often join a group of friends at school.

inclusion – включение, участие

Example: Inclusion ensures that nobody feels left out in a group.

exclusion – исключение

Example: Exclusion can cause sadness or loneliness among friends.

shared interests – общие интересы

Example: Shared interests strengthen connections between friends.

hobbies – хобби

Example: Participating in hobbies together improves friendship.

peer pressure – давление сверстников

Example: Peer pressure can influence teenagers' decisions positively or negatively.

jealousy – ревность

Example: Jealousy can harm friendship if not managed properly.

cooperation – сотрудничество

Example: Cooperation in group projects improves relationships.

forgiveness – прощение

Example: Forgiveness helps repair friendships after conflicts.

bonding – укрепление связей

Example: Traveling together helps in bonding between friends.

social media – социальные сети

Example: Social media can help friends stay in touch.

message – сообщение

Example: Teenagers send messages to communicate with friends.

invitation – приглашение

Example: Sending an invitation shows that one cares about friends.

celebration – празднование

Example: Celebrating birthdays together strengthens friendship.

honesty – честность

Example: Honesty is crucial in maintaining trust between friends.

compromise – компромисс

Example: Compromise resolves disagreements without

harming the friendship.

loyalty – верность

Example: Loyalty ensures that friends support each other in difficult times.

understanding – понимание

Example: Understanding a friend's feelings improves communication.

gratitude – благодарность

Example: Showing gratitude strengthens emotional bonds.

encouragement – поддержка, ободрение

Example: Encouragement motivates friends to achieve their goals.

advice – совет

Example: Teenagers often ask friends for advice when making decisions.

respect – уважение

Example: Respecting differences is important in friendships.

# Personal Questions and Sample Answers

1. What makes a friendship strong, and why is trust important?

A strong friendship is built on trust, honesty, and support. Trust allows friends to share feelings without fear. Teenagers with trustworthy friends feel more confident and supported.

2. How do shared interests and hobbies affect relationships?

Shared interests and hobbies give friends opportunities to spend time together. They improve communication and understanding. Teenagers who enjoy activities together often have closer friendships.

3. How should conflicts or misunderstandings between friends be resolved?

Conflicts should be resolved through conversation, compromise, and forgiveness. Open communication helps prevent negative feelings from growing. Learning to resolve conflicts strengthens relationships.

4. How can peer pressure influence friendships positively or negatively?

Peer pressure can encourage positive behaviors like studying or exercising. However, negative peer pressure may lead to unhealthy habits. Teenagers need awareness to make good

decisions while maintaining friendships.

5. What role do social media and communication play in maintaining friendships?

Social media and messaging allow friends to stay connected even when apart. They provide a platform for sharing news, experiences, and support. However, face-to-face communication is also important to maintain emotional bonds.

# Celebrations and Traditions – Праздники и традиции

## Useful Vocabulary

celebration – празднование

Example: Families often organize a celebration for birthdays and holidays.

tradition – традиция

Example: Cultural traditions are passed down from generation to generation.

holiday – праздник

Example: National holidays bring families together.

festival – фестиваль

Example: Music festivals attract teenagers from different cities.

birthday – день рождения

Example: Teenagers enjoy celebrating their birthday with friends.

anniversary – годовщина

Example: Parents often celebrate wedding anniversaries together.

ceremony – церемония

Example: Graduation ceremonies are important milestones in life.

gift – подарок

Example: People exchange gifts during holidays and special occasions.

present – подарок

Example: Teenagers often receive presents from friends on birthdays.

party – вечеринка

Example: A party is a fun way to celebrate achievements.

decoration – украшение

Example: Decorations make celebrations more festive and enjoyable.

tradition-based food – традиционная еда

Example: Families prepare tradition-based food during

holidays.

costume – КОСТЮМ

Example: Teenagers wear special costumes for festivals and events.

music – МУЗЫКА

Example: Music is an important part of celebrations.

dance – ТАНЕЦ

Example: Dancing is popular during festivals and parties.

greeting – ПРИВЕТСТВИЕ

Example: People exchange greetings on holidays and special occasions.

invitation – ПРИГЛАШЕНИЕ

Example: Sending an invitation is polite when organizing a party.

ceremony – ЦЕРЕМОНИЯ

Example: Award ceremonies honor achievements of students and teenagers.

family gathering – СЕМЕЙНАЯ ВСТРЕЧА

Example: Family gatherings happen during holidays and

birthdays.

tradition – обычай

Example: Lighting candles is a tradition in many celebrations.

festival activities – мероприятия фестиваля

Example: Festival activities include games, contests, and performances.

national holiday – национальный праздник

Example: National holidays are celebrated with parades and ceremonies.

cultural heritage – культурное наследие

Example: Celebrations often reflect cultural heritage of a country.

souvenir – сувенир

Example: People buy souvenirs to remember special celebrations.

fireworks – фейерверк

Example: Fireworks are common on New Year's Eve and other holidays.

tradition keeper – хранитель традиций

Example: Grandparents often act as tradition keepers in families.

customary – обычный, привычный

Example: It is customary to greet guests with a smile.

ritual – ритуал

Example: Lighting candles can be part of a holiday ritual.

celebration cake – праздничный торт

Example: Birthday parties often include a celebration cake.

toast – тост

Example: During anniversaries, people make a toast to celebrate.

festive mood – праздничное настроение

Example: Decorations and music create a festive mood.

gathering place – место встречи

Example: Parks and halls are common gathering places for celebrations.

family tradition – семейная традиция

Example: Baking cookies together is a family tradition for many teenagers.

customs – обычаи

Example: Customs vary between different cultures and regions.

social event – общественное мероприятие

Example: Festivals are a popular social event for teenagers.

celebration day – день праздника

Example: Christmas is a special celebration day in many countries.

anniversary celebration – празднование годовщины

Example: Parents often organize an anniversary celebration with friends and relatives.

symbolic meaning – символическое значение

Example: Many traditions have symbolic meaning connected to culture and history.

annual – ежегодный

Example: Annual festivals are eagerly awaited by teenagers.

joyful – радостный

Example: Celebrations create a joyful atmosphere for everyone.

# Personal Questions and Sample Answers

1. What are the most popular celebrations for teenagers, and why?

Teenagers often celebrate birthdays, school achievements, and national holidays. Celebrations give opportunities to meet friends, have fun, and create memories. They also help teenagers feel included in family and social life.

2. How do family traditions influence a teenager's life?

Family traditions teach values, strengthen bonds, and create a sense of belonging. Teenagers learn respect, responsibility, and cultural heritage through traditions. Participating in traditions also improves communication and emotional connection with family.

3. What activities usually take place during festivals or celebrations?

Festivals and celebrations often include music, dancing, games, parties, and special meals. People exchange gifts and greetings, and sometimes participate in rituals. These activities make celebrations exciting and memorable.

4. How can teenagers participate in cultural or national traditions?

Teenagers can participate by joining family rituals, helping organize events, or attending festivals. They can also learn about the symbolic meaning of customs. Active participation strengthens understanding of culture and heritage.

5. Why is it important to maintain traditions and celebrate special occasions?

Maintaining traditions helps preserve cultural identity and family bonds. Celebrations provide joy, shared experiences, and emotional support. Teenagers who participate in traditions develop appreciation for heritage and social connections.

# Personal Finances – Личные финансы

## Useful Vocabulary

money – деньги

Example: Teenagers learn to manage money for personal expenses.

budget – бюджет

Example: Creating a budget helps people plan their spending.

income – доход

Example: Part-time jobs give teenagers extra income.

expenses – расходы

Example: Tracking expenses helps avoid overspending.

saving – сбережения

Example: Saving money regularly prepares one for future needs.

bank account – банковский счёт

Example: A bank account allows safe storage of money.

debit card – дебетовая карта

Example: A debit card helps pay for purchases without cash.

credit card – кредитная карта

Example: Using a credit card responsibly builds good financial habits.

loan – займ, кредит

Example: A loan may be needed for big purchases, but it requires repayment.

interest – процент (по кредиту или вкладу)

Example: Saving money in a bank account earns interest.

investment – инвестиция

Example: Investments can grow money over time.

income source – источник дохода

Example: Part-time jobs or allowances are common income sources for teenagers.

allowance – карманные деньги

Example: Teenagers often receive an allowance from parents.

expense tracking – учёт расходов

Example: Expense tracking helps maintain financial discipline.

financial goal – финансовая цель

Example: Setting a financial goal motivates saving money.

debt – долг

Example: Managing debt carefully prevents financial problems.

financial literacy – финансовая грамотность

Example: Financial literacy is important for responsible money management.

purchase – покупка

Example: Planning a purchase prevents unnecessary spending.

needs – нужды

Example: People should prioritize spending on needs before wants.

wants – желания

Example: Teenagers often buy things they want but do not need.

savings account – сберегательный счёт

Example: A savings account encourages regular saving habits.

emergency fund – резервный фонд

Example: An emergency fund is useful for unexpected expenses.

spending habit – привычка тратить

Example: Developing good spending habits prevents financial trouble.

financial planning – финансовое планирование

Example: Financial planning helps organize income, savings, and expenses.

cash – наличные

Example: People sometimes prefer cash for small purchases.

online payment – онлайн-платёж

Example: Online payment is convenient for shopping at home.

discount – скидка

Example: Using a discount reduces the cost of purchases.

sale – распродажа

Example: Teenagers enjoy sales for affordable shopping.

comparison shopping – сравнение цен

Example: Comparison shopping helps find the best price.

luxury – роскошь

Example: Teenagers should distinguish between necessary expenses and luxury items.

subscription – подписка

Example: Monthly subscriptions require regular payments.

financial responsibility – финансовая ответственность

Example: Financial responsibility is important for teenagers managing money.

budgeting app – приложение для бюджета

Example: A budgeting app helps track income and expenses.

financial mistake – финансовая ошибка

Example: Avoiding financial mistakes improves long-term money management.

reward – вознаграждение

Example: Saving money can bring the reward of buying something special.

interest rate – процентная ставка

Example: A high interest rate increases the cost of a loan.

profit – прибыль

Example: Small business projects can give teenagers some profit.

cost – стоимость

Example: Knowing the cost of items helps plan spending.

value – ценность

Example: Understanding the value of money teaches responsible spending.

financial independence – финансовая независимость

Example: Financial independence allows teenagers to make their own choices responsibly.

# Personal Questions and Sample Answers

1. Why is it important for teenagers to manage their money wisely?

Managing money wisely helps teenagers develop responsibility and plan for the future. Good money management prevents debt and unnecessary spending. Teenagers who handle money carefully gain financial independence and confidence.

2. How can one create a budget and track expenses effectively?

A budget can be created by listing income and estimating expenses. Tracking expenses regularly ensures that spending stays within limits. Using apps or notes helps people maintain financial discipline.

3. What is the difference between needs and wants, and why should it be considered when spending?

Needs are essential items like food or school supplies, while wants are non-essential items like gadgets or clothes. Prioritizing needs prevents overspending and financial stress. Teenagers who understand this distinction develop responsible habits.

4. How can saving money and having an emergency fund benefit teenagers?

Saving money ensures resources are available for future needs. An emergency fund provides financial security during unexpected situations. Teenagers with savings learn patience and planning.

5. How can financial literacy and responsibility influence future life?

Financial literacy helps people understand income, expenses, and investments. Responsible financial habits prevent debt and encourage goal-setting. Teenagers who develop financial literacy are better prepared for adulthood.

# Fashion and Style – Мода и стиль

## Useful Vocabulary

fashion – мода

Example: Teenagers often follow fashion trends from magazines and social media.

style – стиль

Example: Personal style allows people to express their individuality.

clothing – одежда

Example: Clothing choices reflect personality and comfort.

outfit – наряд

Example: Teenagers choose outfits carefully for school or parties.

accessory – аксессуар

Example: Accessories like hats or jewelry complete an outfit.

trend – тренд

Example: Fashion trends change every season.

designer – дизайнер

Example: Designer clothes are often expensive but fashionable.

casual – повседневный

Example: Casual clothes are comfortable for school or home.

formal – официальный

Example: Formal attire is required for ceremonies or interviews.

elegant – элегантный

Example: Elegant dresses are popular for special occasions.

sneakers – кроссовки

Example: Sneakers are comfortable for sports and casual wear.

jeans – джинсы

Example: Jeans are a staple item in every teenager's wardrobe.

t-shirt – футболка

Example: A t-shirt can be worn alone or under a jacket.

jacket – куртка

Example: Jackets protect from cold weather and complete the outfit.

coat – пальто

Example: A warm coat is essential in winter.

shoes – обувь

Example: Comfortable shoes are important for daily activities.

bag – сумка

Example: A backpack is a practical bag for school.

hat – шляпа, кепка

Example: Hats protect from the sun and add style.

dress – платье

Example: A summer dress is comfortable and fashionable.

skirt – юбка

Example: Skirts can be casual or formal depending on the occasion.

blouse – блузка

Example: A blouse is often worn with a skirt or trousers.

trousers – брюки

Example: Trousers are suitable for both school and formal events.

pattern – узор

Example: Patterns like stripes or checks add style to clothes.

colour – цвет

Example: People choose colours that suit their personality and mood.

fabric – ткань

Example: Natural fabrics like cotton are comfortable to wear.

brand – бренд

Example: Teenagers sometimes prefer clothes from popular brands.

shopping – покупки

Example: Shopping for clothes is a popular activity among teenagers.

sale – распродажа

Example: Sales allow people to buy fashionable items at lower prices.

fitting room – примерочная

Example: Teenagers check outfits in the fitting room before buying.

mirror – зеркало

Example: A mirror helps people see how an outfit looks.

style icon – икона стиля

Example: Many teenagers follow a style icon from social media.

fashion magazine – модный журнал

Example: Fashion magazines show current trends and styles.

wardrobe – гардероб

Example: A well-organized wardrobe helps choose outfits quickly.

casual wear – повседневная одежда

Example: Casual wear is comfortable for school and weekends.

formal wear – официальная одежда

Example: Formal wear is required for weddings and ceremonies.

accessory – аксессуар

Example: Accessories like scarves or watches complete an outfit.

hairstyle – причёска

Example: A new hairstyle can change a person's overall look.

makeup – макияж

Example: Makeup is used to enhance features and create style.

personal image – личный образ

Example: Fashion and style help teenagers create a personal image.

self-expression – самовыражение

Example: Clothing and style are forms of self-expression.

# Personal Questions and Sample Answers

1. How do teenagers choose their fashion style, and why is it important?

Teenagers choose fashion style based on comfort, trends, and personal taste. Style is important because it allows self-expression and boosts confidence. Clothing choices reflect personality and individuality.

2. How can accessories and clothing colours affect a person's image?

Accessories and colours can enhance an outfit and create a specific mood. Bright colours can show energy, while neutral tones give elegance. Teenagers who choose accessories carefully express creativity and style.

3. What are the advantages and disadvantages of following fashion trends?

Following fashion trends helps teenagers stay stylish and socially included. However, trends can be expensive and change quickly. Balancing personal taste with trends creates a practical and unique style.

4. How does shopping for clothes influence teenagers' habits and preferences?

Shopping for clothes teaches teenagers decision-making, budgeting, and awareness of quality. It also helps explore personal preferences and style. Regular shopping experiences improve confidence and social skills.

5. How do personal image and self-expression relate to fashion?

Personal image is reflected in clothing, hairstyle, and accessories. Fashion allows teenagers to express creativity and individuality. Self-expression through style builds confidence and social identity.

# Housing and Living Arrangements – Жильё и условия проживания

## Useful Vocabulary

house – дом

Example: A house provides comfort and privacy for a family.

apartment – квартира

Example: Teenagers often share an apartment with family or roommates.

flat – квартира

Example: Flats in cities are smaller but convenient for living.

room – комната

Example: Teenagers usually decorate their own room according to taste.

bedroom – спальня

Example: A bedroom is a private space for rest and study.

living room – гостиная

Example: Families spend time together in the living room.

kitchen – кухня

Example: Cooking and meals usually happen in the kitchen.

bathroom – ванная

Example: Bathrooms need to be clean and organized.

furniture – мебель

Example: Furniture makes a home comfortable and functional.

sofa – диван

Example: A sofa in the living room is used for relaxation.

bed – кровать

Example: A comfortable bed is important for good sleep.

table – стол

Example: A table is used for meals, study, or work.

chair – стул

Example: Chairs are necessary for sitting at a table or desk.

wardrobe – шкаф

Example: Teenagers keep clothes organized in a wardrobe.

desk – письменный стол

Example: A desk provides a place for study and homework.

shelf – полка

Example: Shelves are used to store books and decorations.

rent – аренда

Example: Renting an apartment is common in big cities.

landlord – арендодатель

Example: The landlord manages the property and collects rent.

tenant – арендатор

Example: Tenants are responsible for taking care of rented property.

mortgage – ипотека

Example: Many families pay a mortgage for buying a house.

utilities – коммунальные услуги

Example: Utilities include electricity, water, and heating.

electricity – электричество

Example: Electricity powers lights, computers, and

appliances.

water supply – водоснабжение

Example: A reliable water supply is essential in every home.

heating – отопление

Example: Heating keeps the house warm during winter.

cooling – охлаждение

Example: Air conditioning provides cooling in hot weather.

neighborhood – район

Example: A safe neighborhood is important for families and teenagers.

community – сообщество

Example: Living in a supportive community improves social life.

privacy – личное пространство

Example: Teenagers need privacy in their rooms for study and relaxation.

shared space – общая зона

Example: Living arrangements often include shared spaces like kitchen or living room.

roommate – сосед по квартире

Example: Teenagers living in dorms often share a room with a roommate.

lease – договор аренды

Example: A lease defines the rights and responsibilities of tenants.

renovation – ремонт

Example: Renovation can improve the comfort and style of a home.

decoration – украшение

Example: Decorations personalize living spaces and create a cozy atmosphere.

comfort – комфорт

Example: Comfort at home improves relaxation and well-being.

security – безопасность

Example: Security measures include locks, alarms, and safe neighborhoods.

landlord responsibilities – обязанности арендодателя

Example: Landlord responsibilities include maintenance and repairs.

tenant responsibilities – обязанности арендатора

Example: Tenant responsibilities include paying rent and keeping the property clean.

rental agreement – договор аренды

Example: A rental agreement ensures legal protection for both parties.

shared household – совместное проживание

Example: Shared households teach cooperation and respect among roommates.

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