

OLIMPIADA DE LIMBA ENGLEZĂ – ETAPA NAȚIONALĂ

BRAȘOV

Aprilie 2026

Probă scrisă

CLASA a IX-a - SECȚIUNEA B

- Toate subiectele sunt obligatorii.
- Nu se acordă puncte din oficiu.
- Timpul de lucru efectiv este de 90 de minute.

I. Read the text below and do the tasks that follow on your answer sheet.

10 points

In the era of TikTok and Instagram, teenagers often start their fitness journeys in the wrong place. They build workouts around information **gleaned** from 90-second social-media posts by uncredentialed fitness influencers who don't truly understand the science of muscle and strength. The resulting fitness routines are typically *not optimized* for teenaged bodies as they grow. The result: frustration, which can manifest in many ways in the social media era. When kids become unhealthily obsessed with fitness, that frustration can transform into questionable supplement usage – and, sometimes, body dysmorphia. The problem with Instagram strength advice is that it can often lead you to do exercises that simply don't get you the gains you truly want. For teens in particular, too many social-media-driven workouts can lead to poor training fundamentals, which **curtail** their gains in the long term. Worst of all, these flashy routines invite an overall lack of results: plenty of influencers deliver quick bodyweight ab workouts, but that won't get teens the washboard abs they seek. It's for all these reasons that some might tell you not to let your teen strength train at all. But that's not the best solution. Choosing the right plan helps to keep teens from spending hours upon hours in the weight room, leaving plenty of time for active social lives and classroom gains, too.

A. Choose the right synonym for the words given below, according to their meaning in the text.

3 points

- | | | | | |
|----------------------|-------------|----------------|--------------|--------------|
| 1. gleaned: | a. glimpsed | b. culled | c. glared | d. dispersed |
| 2. optimized: | a. refined | b. marred | c. recurrent | d. sloppy |
| 3. curtail: | a. expand | b. deteriorate | c. hinder | d. amplify |

B. Rephrase the following sentences so as to preserve the meaning. Use the word given WITHOUT changing it.

3 points

1. The resulting fitness routines are typically not optimized for teenaged bodies as they grow. **NOT**
More _____ fitness routines are not optimized for teenaged bodies as they grow.
2. Plenty of influencers deliver quick bodyweight ab workouts, but that won't get teens the washboard abs they seek. **MEANS**
Plenty of influencers deliver quick bodyweight ab workouts, but _____ teens the washboard abs they seek.
3. Choosing the right plan helps to keep teens from spending hours upon hours in the weight room. **RISK**
Unless teens _____ spending hours upon hours in the weight room.

C. Four words have been removed from the summary of the text above. Choose the right words to fill-in the summary. There are four extra words which you do not need to use.

4 points

inadequate, balance, rarely, situations, misuse, eventually, unqualified, consummation

Teenagers often follow social-media fitness advice from (1) _____ influencers. However, these flashy, short workouts (2) _____ suit growing bodies and cause frustration. Frustration can lead to unhealthy habits, like supplement (3) _____ or body dysmorphia. Poorly designed routines limit gains and fail to teach proper training fundamentals. Age-appropriate, well-planned programs support effective exercise while preserving social and academic (4) _____.

II. Use the word given in brackets to form a word that best fits each sentence.**10 points**

With stress and burnout rates on the rise, having a (1) _____ (FUR) friend waiting at home is (2) _____ (SCIENCE) proven to improve both mental and physical health. Research shows that petting, playing with, or even maintaining eye contact with animals, releases oxytocin in the brain, a hormone that lowers stress levels. (3) _____ (INTEREST), studies involving dogs indicate that they experience a similar oxytocin boost during these interactions, (4) _____ (STRONG) the human – animal bond. Pets also enhance their owners' (5) _____ (RESILIENT) to stress by encouraging regular routines and social engagement, such as going outside for walks, visiting dog parks, and meeting new people. Physical activities associated with pet (6) _____ (OWN) – like walking a dog, riding a horse, or playing with pets – can improve sleep quality, though sleeping with pets does not necessarily guarantee eight (7) _____ (INTERRUPT) hours of rest. Additionally, owning a pet has been shown to (8) _____ (MOTIVE) some individuals to quit smoking, further supporting overall health. Beyond familiar therapy animals like dogs and cats, mental health (9) _____ (CLINIC) also work with rabbits, birds, llamas, and even guinea pigs. Niki Vettel, specializing in addiction disorders, has shared that time spent with guinea pigs helps her patients practise (10) _____ (MIND) and build trust.

III. For questions 1-10, read the text below and look carefully at each line. Some of the lines are correct and some have a word that should not be there. On your answer sheet, if a line is correct, put a tick (✓) by the number on your answer sheet. If a line has a word which should not be there, write the word down next to the number on your answer sheet.

10 points

- (0)✓... Binging refers to the compulsive overconsumption of food, media,
 (00) more.. or substances within a short period of time, more often accompanied
 (1) by a loss of no control. While commonly associated with eating disorders,
 (2) binging also characterizes modern habits such as streaming entire
 (3) television series or some excessive social media use. At its core,
 (4) binging does reflects a dysregulation of reward systems in the brain,
 (5) particularly those involving dopamine. The behaviour is only frequently
 (6) linked to stress, emotional avoidance, and the desire for immediate
 (7) gratification. Rather than not pleasure, binging often results in guilt, fatigue,
 (8) and diminished satisfaction. Digital platforms should deliberately encourage
 (9) binge behaviour through autoplay features and algorithmic reinforcement.
 (10) Over in time, repeated binging can erode self-regulation and alter patterns of
 attention and motivation.

IV. Translate the following text into English.**10 points**

La fiecare sfârșit de mai sau început de iunie, luam la rând străzile cu tei. Într-o seară, când Bucureștiul mirosea a ceainărie, ne plimbam la șosea, pe sub teii bătrâni de acolo, iar apoi pe străzile puțin umblate din preajmă, și el mi-a propus, cu totul neașteptat, un concurs de fugă. Strada se întindea în fața noastră pustie și dreaptă, ca o pistă de alergare. Mă simțeam în stare să-l bat, mi-am suflecat rochia de vară și, la semnal, am luat-o la fugă ca din pușcă. Poate aș fi reușit să termin prima, nu știu, pentru că după scurt timp am alunecat și am plonjat, julindu-mă pe palma stângă și tare, pe umărul drept. "Ar trebui să te vezi acum! Cât de rău îmi pare că nu te poți privi! Și, de fapt, ar trebui să te privească toată lumea, nu numai eu!" "Doamne ferește! Parcă văd un film viral pe internet! Mai ai și alte idei din astea?" Și iar râdeam.

(Ioana Pârvulescu, *Aurul pisicii*)