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ETAPA LOCALĂ
12 FEBRUARIE 2026

CLASA a XI-a

SECTIUNEA B

SUBIECTUL A - USE OF ENGLISH

40 points

I. Read the paragraph below and do the tasks that follow.

20 points

The role of meal timing and composition in human health has **garnered** significant attention, yet the specific consequences of skipping breakfast remain a subject of ongoing debate.

Numerous observational studies and systematic reviews indicate inverse associations between breakfast consumption and weight gain, with additional findings linking breakfast omission to increased body mass index (BMI), disrupted glucose metabolism, and adverse lipid profiles. The physiological **rationale** behind these associations suggests that meal timing plays a critical role in glycemic control, as fasting-induced hormonal fluctuations may exacerbate insulin resistance and impair metabolic flexibility. However, causality remains challenging to establish, given the influence of confounding factors such as diet quality, physical activity, genetic predisposition, and socioeconomic status.

It appears that too many of us are missing the most important meal of the day, either because we're watching our weight or we have a tight daily schedule and prefer spending a few extra minutes in bed rather than using that precious time to eat. According to nutritionists and dieticians, missing breakfast encourages us to eat heavier meals at lunch and dinner, which can disrupt our sleep **patterns**, too. Specialists claim that starting the day on an empty stomach has a negative effect on our ability to focus at work. It can be a vicious circle. Eating more, later, is our body's way of making up for not eating earlier in the day. This can result in a dearth of appetite on waking, which then leads to skipping breakfast and so on.

Going too long without eating can drop our blood sugar levels - which may make it difficult for your body to metabolize foods - and may also alter our level of cortisol, a stress hormone. "Cortisol greatly impacts your mood, your stress response and how you respond to daily tasks and situations. Generally, cortisol levels are higher when you wake up and decline as the day goes on. Eating a morning breakfast can help manage these levels and stress, giving you a mental boost to take on the day," says Laura Purdy, M.D., M.B.A., a board-certified family medicine physician.

So, follow the advice - eat breakfast and it will tide you over until later in the day. You will feel the benefit!

A. Answer the following questions, according to the text above.

8 points

1. In which way can skipping breakfast affect a person's ability to focus during the day?
2. Which are two possible reasons why skipping breakfast may lead to weight gain?
3. What deters people from applying themselves to a healthy eating habit?



4. According to the text, at what time of the day is our body better able to deal with difficult situations, and why?

B. Choose the right synonym for the words given below, according to their meaning in the text. **6 points**

1. **garnered** a. stockpiled b. accumulated c. assembled d. gained
2. **rationale**: a. reasoning b. argument c. principle d. hypothesis
3. **pattern**: a. design b. sequence c. routine d. Template

C. Rephrase the following sentences so as to preserve the meaning. Use the word given in bold WITHOUT changing it. **6 points**

1. The physiological **rationale** (...) suggests that meal timing plays a critical role in glycemic control (...) However, causality remains challenging to establish (...) **SUGGESTING**

Causality remains challenging to establish _____ that meal timing plays a critical role in glycemic control.

2. Specialists claim that starting the day on an empty stomach has a negative effect on our ability to focus at work. **TO**

Starting the day on an empty stomach _____ a negative impact on our ability to focus at work.

3. Cortisol greatly impacts your mood, your stress response and how you respond to daily tasks(...) **ONLY**

Not _____ your mood, but also your stress response and how you respond to daily tasks (...)

II. Use the word given in brackets to form a word that fits each gap.

10 points

As society grapples with (1) ____ (rise) obesity rates and the (2) ____ (proliferate) of "McWorld" dining (convenience-driven, fast-food (3) ____ (consumer)), a debate has emerged regarding personal (4) ____ (account). Some argue that maintaining personal health through diet is a civic duty, as individual poor choices often result in higher tax and (5) ____ (sure) burdens. Conversely, others argue this perspective (6) ____ (simplify) the issue, (7) ____ (neglected) complex socioeconomic factors that dictate food access.

As we look to the future, the mantra "let food be thy medicine" is becoming (8) ____ (increase) relevant. Emerging trends, such as the "Healthy Eating Plate" model, (9) ____ (size) that the type of carbohydrates and fats consumed is more critical than the sheer volume. Ultimately, moving towards a healthier, more sustainable future requires not only individual discipline but also societal and political commitment to improving nutritional (10) ____ (access).

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

”Și totuși acest lucru absurd avu loc: într-o după-amiază, cam la o lună după vizita mea la ei, mă pomenii cu ea în ușă. „Bună ziua, domnule Petrini, mi-a spus soțul că te-a invitat la noi de câteva ori și ne-ai refuzat, începu ea chiar din prag. E adevărat?!” mă interogă în timp ce îi țineam blana, cu care mă lăsă în mâna și intră în biroul meu cu pași fermi, ca și când ar mai fi fost pe la mine și era familiarizată cu casa. Se așeză chiar pe scaunul meu și își ridică fruntea să-i văd chipul fascinant, cu întrebarea în frumoșii ei ochi verzi neclintiți [...]. Uitai să-i răspund, prinț de o tulburare care mă indigna și din care nu-mi revineam; deschisei gura să vorbesc, dar glasul îmi pierise. Și totuși în același timp, [...] eram stăpân pe mine, deși îmi dădeam seama că sunt paralizat. Simțeam în clipele aceleia, într-un mod aproape fizic, diferența de vârstă dintre noi...”

(Marin Preda – **Cel mai iubit dintre pământeni**)**SUBIECTUL B – INTEGRATED SKILLS****50 points****Read the text below and do the tasks that follow.**

Machines work well at a constant speed - and the faster the better. They are designed and built for it. Whether they are spinning cotton or crunching numbers, regular, repetitive actions are what they excel at. Increasingly, our world is designed by machines, for machines. Digital technology brings them ever more intimately into our lives. We hold our phones in the palm of our hand, but it is they that have us in their grasp. We adapt to machines and hold ourselves to their standards: people are judged by the speed with which they respond, not the quality of their response. We find ourselves in a state of 'continuous partial attention' - rarely stopping, never fully present.

Such ideas are being woven into our culture. Most of us are busy most of the time these days, if not with work, then with family, domestic tasks, or our social networks - real and virtual. When I ask people how they are, they almost always answer 'busy' or some variation of it. 'Always on' has become something to aspire to. The moral high ground belongs to those who get on with things, not those who delay. We feel we are being 'sensible', 'logical', 'responsible', 'practical'. Ticking things off the 'to-do' list becomes a means of defining, or escaping ourselves. Faced with this, we try to keep calm by carrying on, but what are we missing out on?

A few years ago I became very interested in what it means to pause. I realised that this isn't as simple as it might seem. A pause could be a moment of silence or a year's sabbatical. I sought out people who pay attention to pauses: from actors and artists to musicians and film-makers. I asked them about the value of gaps and spaces, about how they create them and what they get as a result. I realised that a pause is not nothing. It acts as a kind of switch or opening. As Helene Simonsen, a classical musician, says, 'Whatever you are doing, if you want something else to happen, you need to pause.' A film director spoke of how he used a tiny delay to grab the crew's attention on set: 'Pause for the space of a breath or two, before you say "Action!" and it changes everything.'

It became clear to me that a pause is not so much an absence of thought or action, but an integral part of it. I started to notice where pauses show up. For example, I realised that when writing, a short walk was a more effective way to break a creative block than concentrating harder. When people came to visit me at my rural Spanish home, I saw how powerful brief periods of disconnection could be. As one friend commented, 'After a day here, I found myself solving problems I didn't know I had.' Time can have a profound effect, when it's allowed to.

Some people were distinctly unsettled when I told them I was working on a book about pauses. There was one who immediately and indignantly declared, 'But there is always a cost to



pausing.' The very idea created a kind of panic for her. There was an awkward silence. A pause, in fact. After a minute or so her husband added, 'Perhaps ... but there is always a cost to not pausing as well.' This illustrates the dilemma we are caught in. If time is money, then pausing will cost you. But what about the cost of not pausing? What about the opportunities you miss, the perspective you lose, the connections you don't make, the enjoyment you forsake? It's clear which option we've become conditioned to choose.

I. For each question decide which answer (A, B, C or D) fits best according to the text.**10 points****1. In the first paragraph, the writer refers to mobile phones in order to**

- A make an observation about the efficiency of machines.
- B point out an irony in people's use and appreciation of machines.
- C show how machines have negatively impacted on human relationships.
- D draw a comparison between machine and human behaviour.

2. In the second paragraph, the writer suggests that people's motivation for staying busy is driven by

- A a deep sense of commitment.
- B an increased need to be organised.
- C a response to technological change.
- D a desire to feel superior to others.

3. In the third paragraph, the writer is

- A outlining how he benefits from pausing in daily life.
- B summarising others' definitions of what pauses are.
- C describing how his understanding of pauses has shifted.
- D illustrating contrasting views on the importance of pausing.

4. In the fourth paragraph, what is the writer emphasising in the sentence 'Time can have a profound effect, when it's allowed to'?

- A Certain contexts offer more opportunities to pause.
- B Different activities appear to pass at different rates.
- C Travelling can alter people's perception of time.
- D The effects of pausing are stronger when with other people.

5. What does the writer suggest in the fifth paragraph?

- A There are several unexpected drawbacks to pausing.
- B The need to pause is generally misunderstood.
- C Certain people gain more from pausing than others.
- D The majority of people value the material over the spiritual.

II. Starting from the text above, write an article on the importance of time management. (250-280 words)**40 points****TOTAL: 90 POINTS****NOTĂ: TOATE SUBIECTELE SUNT OBLIGATORII.****TIMPUL DE LUCRU ESTE DE 3h.****SE ACORDĂ 10 PUNCTE DIN OFICIU**