

UNIT 7

Complete the paragraph with the correct words.

benefits	exercise	muscles	presentation	quickly
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1. I watched a _____ the other day about “high-intensity interval training” (HIIT). This is when you do very fast physical _____ in short periods. There are a number of _____ to HIIT that more gentle activity can’t give you. First, it helps you keep your _____ strong and able to stay working longer. But running or jumping _____ can also help you to lose weight and feel younger!

Choose the correct word to complete each sentence.

2. The noise woke me up in the _____ of the night.
a. cause
b. memory
c. middle
3. Do you know a way to improve your _____ for names?
a. memory
b. cell
c. rule
4. There are billions of tiny _____ in the human body.
a. muscles
b. memories
c. cells

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5. Why are we waiting? I don't understand the _____ of the delay.
 - a. middle
 - b. cause
 - c. rule

6. Do you know the _____ of this sport? I'm very confused!
 - a. middle
 - b. cause
 - c. rules

7. Doing _____ exercise is important for keeping our body healthy.
 - a. large
 - b. cell
 - c. daily

8. Learning a language can help to _____ you against problems of old age, such as Alzheimer's disease.
 - a. run
 - b. guard
 - c. work out

9. We usually think of exercise as being _____, but it's important to give your brain things to do, too.
 - a. physical
 - b. gentle
 - c. moderate

Complete the second sentence with the correct word.

cheerful	gentle	moderate	regulations	stressed
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10. After the flu, do small amounts of physical exercise to start with.

After the flu, only do _____ exercise to start with.

11. I would love to play baseball, but the rules look so complicated!

I would love to play baseball, but the _____ look so complicated!

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12. I like people who have a fun and positive personality!

I like people who are fun and _____!

Read the passage.**Exercise for Our Brain**

- A** In the **middle** of her graduate studies program, Constanza Cortes Rodriguez was feeling burnt out.¹ “Nothing was working in the lab, and I was very **stressed**,” she says. That’s when she joined a dance group at her school. She fell in love with dancing, and soon she was practicing nine or more hours a week. Dancing took hours away from her work, which she worried would affect it, but Rodriguez began to realize that dancing was actually making her a better scientist. “I could feel myself thinking differently and remembering things better,” she says.

THE BRAINY BENEFITS OF EXERCISE

- B** Researchers have known for a long time that **exercise** causes **positive** changes in the brain. When children play sports, for example, they get better grades. Exercising improves memory: adults who exercise regularly are less likely to get Alzheimer’s disease.² People in the early stages of Alzheimer’s can enjoy **benefits** from exercise, too: it improves their **memory**. And doctors say exercising helps people with stress and depression. Now, new research is showing *how* our **muscles** change our brains.

MUSCLE-BRAIN CONNECTION

- C** During exercise, muscles produce a chemical called irisin. Researchers looked at mice with a lot of irisin and mice with only a little. The researchers found that the mice with more irisin performed better at cognitive tasks— activities that involve thinking. For example, they were better able to see the difference between similar patterns. Why? Irisin helped the mice grow healthy new brain **cells**. The mice with less irisin grew new brain cells, too, but their new cells were abnormal,³ so they didn’t work correctly.
- D** Irisin may also **protect** the brain from some diseases. Researchers studied mice that had Alzheimer’s-like disease and low levels of irisin. When the mice were given more irisin, their symptoms⁴ began to improve. Scientists think that this is possibly because irisin keeps the brain’s immune system⁵ healthy. When the immune system is working correctly, it cleans up damaged cells in the brain. When it isn’t working correctly, it can kill healthy cells.
- E** So do these test results on mice apply to humans? Scientists believe so. Irisin in mice is exactly the same chemical as irisin in humans. That suggests that the effects would be the same, too.

AN EXERCISE MEDICINE?

- F** Rodriguez, who is now a professor at the University of Alabama, believes that this research means “we’re on the [edge] of a great age of discovery” that may help millions of people. We may be able to make medicines that copy the effects of exercise. It could help people who can’t exercise, such as those who

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have difficulty walking. This could also have incredible benefits for people with Alzheimer's disease, stress, and depression. Developing these medicines will probably not be easy. However, scientists are hopeful.

- G** But what can we do while we wait for these new medicines? Karina Alviña, a scientist, says, "Keep yourself **active**—even if it's walking a few minutes a day. If you can, then do that."

¹ If you are **burnt out**, you are very tired, usually because of your work.

² **Alzheimer's disease** affects a person's brain. It can cause problems such as memory loss, confusion, and changes in personality.

³ If something is **abnormal**, it is different from usual in a bad way.

⁴ **Symptoms** are changes in the body that suggest a disease.

⁵ The **immune system** is the system in the body that protects you from diseases.

Choose *True* or *False*.

13. Exercise can make people who have Alzheimer's disease completely better.
 - a. True
 - b. False
14. Irisin is made in the brain.
 - a. True
 - b. False
15. Mice with less irisin can grow new brain cells.
 - a. True
 - b. False
16. Scientists think that they will see the benefits of irisin in people in the same way that they have seen the benefits in mice.
 - a. True
 - b. False
17. Some scientists believe that the discoveries about irisin will lead to creating new medicines with many benefits.
 - a. True
 - b. False

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Read the passage.**Why Do I Have to Go to Bed?**

Everyone knows that not getting enough sleep—"sleep deprivation"—is bad. Scientists have shown that it creates health problems, such as losing your memory, and heart disease. If you stay awake for days, this can even make it hard for you to move properly.

We still don't fully understand what sleep is for, but there are a few suggestions. For example, sleep helps us remember better by making important memories from the day before stronger. There is a lot of research to support this explanation, but scientists are not sure exactly how this works. Most scientists also believe that sleep is the time for the brain to clean itself, getting rid of bad chemicals so that it is ready for the next day. Sleeping was probably also a way not to lose energy in the middle of the night in the wild, when food was hard to find.

Of course, there are almost certainly many reasons why we sleep, which explains why we see so many different effects of sleep deprivation. One interesting example is that it seems that people with less sleep feel pain more than people getting a good amount of sleep. In addition, they are not as good at understanding other people's feelings. One strange result of going without sleep is that people become less careful about losing money.

A famous effect of sleep deprivation is that it reduces your "reaction time." This is the amount of time between seeing something and doing something about it, and it is the main reason you shouldn't drive when you are tired. One possible reason for this is that the brain doesn't have enough of the chemicals that allow signals to go from one brain cell to another.

Finally, is it true that children who sleep less may be smaller? Research has found that less sleep may change how much of a chemical called "human growth hormone" that the body makes. This helps people grow, and because most human growth hormone is made at night, children with sleep deprivation may have less of it. But if you're thinking you would like to be taller, don't get excited! Sleeping a lot as an adult is not going to add a centimeter to your height.

Choose the correct answers.

18. What is the main idea of the passage?
- a. Sleep helps you remember and prepare for the next day.
 - b. We don't completely understand why we sleep, but we know it is important.
 - c. We still don't know the effects of sleep deprivation.
19. Why do scientists think that sleep helps improve memory?
- a. It saves energy, which we need to make memories stronger.
 - b. It makes memories stronger.
 - c. It cleans the brain of dangerous chemicals.

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20. Which of these effects of sleep deprivation is NOT mentioned in the passage?
 - a. Your brain doesn't react as fast.
 - b. You may lose more money.
 - c. You can't walk as fast.
21. Who would NOT feel as much pain if they hurt themselves?
 - a. A person who slept well.
 - b. A person who was unable to recognize other people's emotions.
 - c. A person who slept badly.
22. Which of these statements is true?
 - a. Children who don't get enough sleep are usually taller than other children.
 - b. More human growth hormone is made in the night.
 - c. Adults may grow a little bit if they sleep a lot.

Read each sentence. What type of information does the sentence present? Choose *Fact* or *Speculation*.

23. Sleep definitely helps us remember better by making important memories from the day before stronger.
 - a. Fact
 - b. Speculation
24. One possible reason that sleep deprivation reduces "reaction time" is that the brain doesn't have enough of the chemicals that allow signals to go from one brain cell to another.
 - a. Fact
 - b. Speculation

Complete the sentence with *should*, *shouldn't*, *better*, or *better not*.

25. She has been studying all day. She probably _____ spend much longer in front of that screen.
26. We had _____ wash our hands. It is dinner time.
27. You didn't have any breakfast? You really _____ miss meals, especially breakfast!

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28. If his hearing is not very good, he _____ probably stop going to loud concerts.
29. I had _____ eat any more. I won't be able to walk home!
30. It is very hot today, so everyone _____ drink plenty of water.

Read the sentences. How many examples are given? Choose the correct answer.

31. To stay healthy, regular exercise is important. For example, you can go for a quick walk, or run in the park, go to a yoga class, or try out a new dance workout video at home.
- 1
 - 2
 - 3
 - 4
32. Take advantage of medical experts to prevent disease and other health issues. For instance, make sure you visit your doctor regularly. You should also see your dentist every six months or so.
- 1
 - 2
 - 3
 - 4
33. Eating a healthy diet is necessary to maintain good health. To give an example, include a variety of colorful fruits and vegetables in your meals, opt for whole grains instead of refined carbs, and choose lean proteins.
- 1
 - 2
 - 3
 - 4
34. Getting enough sleep is important for your overall well-being. For instance, try to get seven to nine hours of quality sleep each night, decide on the same daily bedtime routine, and avoid screens before bedtime to improve the quality of your sleep.
- 1
 - 2
 - 3
 - 4

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35. There are a number of benefits to going outside and enjoying the countryside. Studies have shown that spending time in nature, such as hiking in the mountains or walking in a park, can have positive effects on mental well-being and reduce stress levels.
- a. 1
 - b. 2
 - c. 3
 - d. 4

Complete the paragraph with the correct words.

also	as	example	for	such
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36. Everyone knows that not getting enough sleep—“sleep deprivation”—is bad. Scientists have shown that it creates health problems, _____ losing your memory, and heart disease. If you stay awake for days, this can even make it hard for you to move properly.
- We still don’t fully understand what sleep is for, but there are a few suggestions. _____, sleep helps us remember better by making important memories from the day before stronger. Most scientists _____ believe that sleep is the time for the brain to clean itself, getting rid of bad chemicals so that it is ready for the next day.

You are going to write a paragraph on the following topic.

37. **Think about your own experiences with one of these two topics.**
- Topic 1:** What should people do to stay mentally healthy?
- Topic 2:** What should people do to protect themselves from disease?

LEVEL 1 Assessment

A. OUTLINE Plan an outline for your paragraph.

Start by explaining the causes of poor mental or physical health.

Give three or four pieces of advice. Explain the benefits of each or use examples to support them.

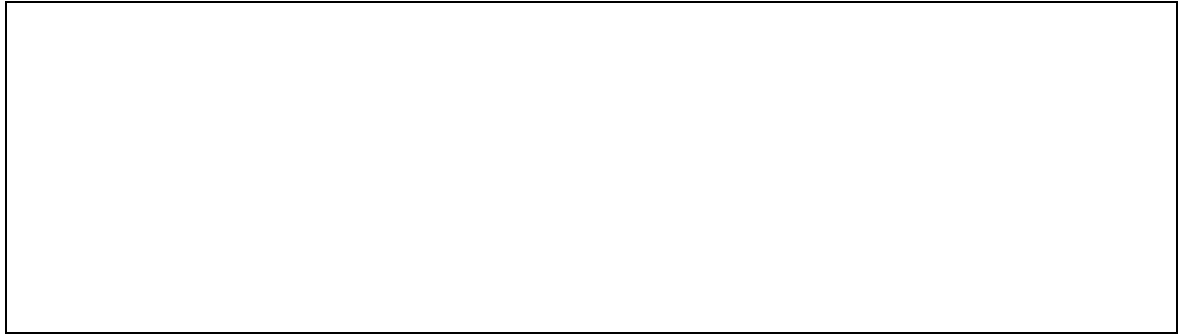
End with something you do that keeps you mentally or physically healthy.

B. Think of some words and phrases you can use in your paragraph. Write them in the box.

The words and phrases below can be useful when writing about health.

- *feel stressed*
- *stay positive*
- *daily/ regular / mental / physical / moderate / gentle exercise*
- *... has lots of benefits*
- *You should ...*
- *... can cause mental/physical problems such as ...*
- *For example/instance ...*
- *A great example of this is ...*
- *Personally, I ...*

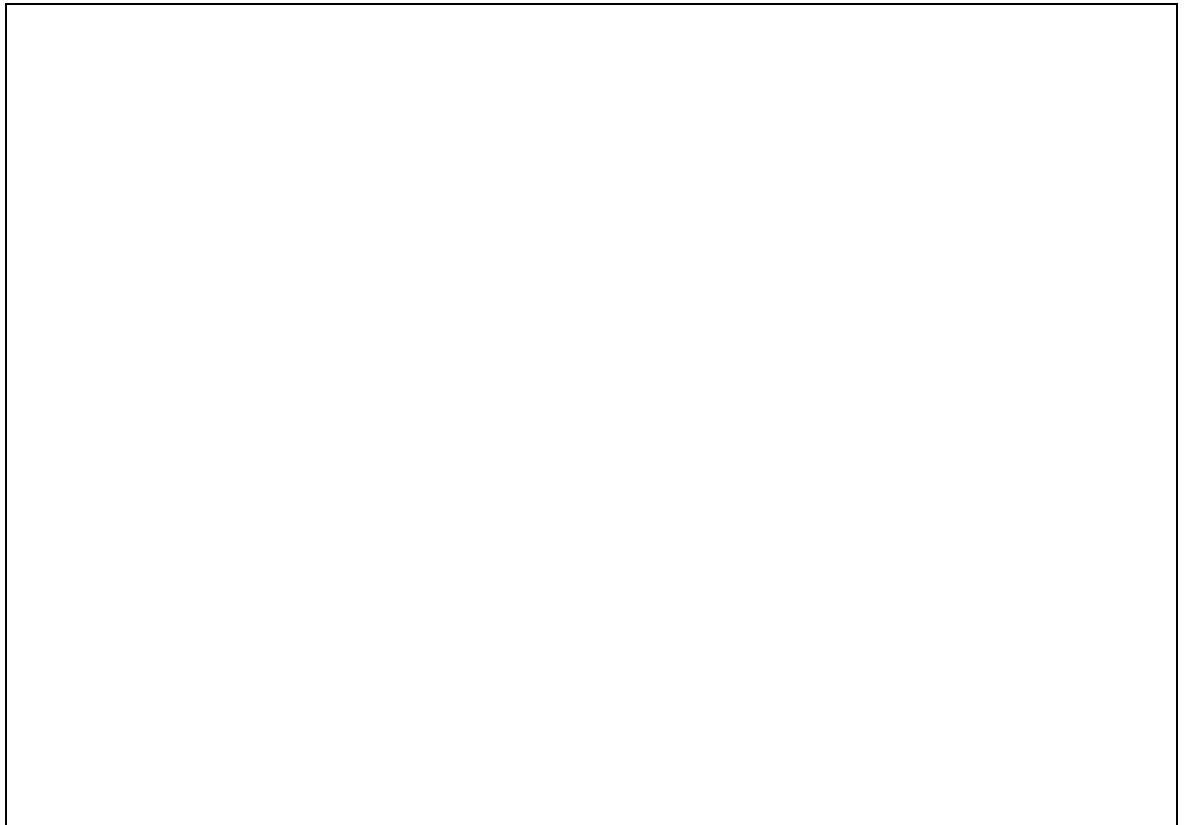
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- C. Write your paragraph based on your outline. Use the model to help you. Remember to use the vocabulary you wrote down.

Model:

Being stressed or lonely can cause mental problems. Here are three important things to protect yourself. First, exercise daily. For instance, walk or do yoga to feel more positive and less stressed. You should also spend time with friends and family or join clubs to feel supported and connected. Another good example of active mental exercise is to take a few minutes each day to breathe and focus. Personally, I stay mentally healthy by spending time with my friends, doing my hobbies, and reading. All these things have lots of benefits and keep me positive and strong when life is difficult.



(12 points)