

EXERCISES

A. Please, check this exercise

1. Look at the girls in the photo. How do you think they feel? Why do you think they feel this way?
2. How has science helped to improve people's health over the last 100 years? Give examples.
3. Think of three ways in which science affects your daily life. Share your ideas with the class.



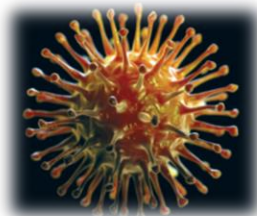
B. READ THE TEXT AND SUMMARIZE IT, USING A GRAPHIC DESIGNER

What's happening in your body when you feel sick?.

How are you feeling today? Do you have a **sore** throat? Are you coughing? Sneezing? These are all very common **symptoms** that signal your body is fighting a **disease**. Your **immune system** works to protect you from diseases, but when it is weakened, you feel sick. The illness that you feel could be caused by one of two things: **bacteria** or **viruses**.

Bacteria are organisms with just one **cell**. They can survive outside the body, but we also have trillions of bacteria living in our bodies.

In fact, there are more bacteria than human cells in our bodies. But don't worry: ninety-nine percent of these bacteria are good for us. They allow us to feel positive emotions, **protect** us from disease, and help us **digest** food. Your mouth alone contains more bacteria than there are people on Earth! Unfortunately, there are also bad bacteria that cause illnesses. We can **treat** these bacterial **infections** with **antibiotics**.



Viruses are smaller than bacteria. They cannot exist without a host—an animal or plant to live in. That person next to you who's sneezing? She's the host of a virus. So, watch out! With each sneeze, she sends you over 100,000 virus cells, traveling at a speed of over 160 kph (100 mph)! Once those cells **invade** your body, you become the host. The virus then changes in order to make more viruses in your body. If you get a virus, you can't treat it with antibiotics. You simply need to wait until your body gets rid of it. Of course, you can protect yourself from viruses such as the flu by getting **vaccinations**, or even just by washing your

hands. Over eighty percent of viruses are spread by touching an infected person or thing, so be sure to take care of yourself and stay healthy!

C. Read and circle the correct word

If you're like a lot of teens, you like to sleep. And that's a good thing! But many people sleep **always / poorly**, and this has harmful effects on the body and mind. While you sleep, your body **well / regularly** produces cells that work to fight infections. If you don't sleep **enough / easily**, fewer cells are produced, and your immune system doesn't work as **effectively / always**. As a result, you can become sick more **rarely / easily**, especially when you don't get enough sleep.

Lack of sleep also affects your mind. You're more likely to feel angry or depressed, so you react **negatively / usually** to almost everything. A lack of sleep makes it difficult to pay attention **rarely / carefully** to what's happening in school. Making good decisions, solving problems, and remembering **always / poorly** seem much harder when you don't get a good night's sleep. Lack of sleep also makes you react to things more **sometimes / slowly**. In fact, tired drivers may be responsible for around twenty percent of all traffic accidents. Sleeping at least seven hours a night is important for your health, your grades, and even your safety

D. Read and 4 circle the correct word.

Pardis Sabeti is a doctor and a researcher. In her recent research on the **antibiotic / virus** that causes Lassa Fever, she wanted to find out why some people get the **disease / cell** and others don't. Pardis didn't just do research in her lab.

She traveled to hospitals in Africa to learn more about diseases. There, she helped train medical workers to **treat / digest** people. She hopes that one day her research will help scientists to make a **symptom / vaccination** available that can **protect / invade** people against Lassa Fever.

E. Learn new words and match them to the definitions.

emotion illness positive to survive

1. state of being sick
2. confident and happy
3. to continue to live
4. feeling