2 **Listen.** Then circle the best answers. **TR: 13**

1. Ella walks to school in **darkness** / **daylight**.
2. The students see the **sunrise** / **sunset**.
3. The playground is **lit up** / **not lit up**.
4. When Ella walks home from school, cars drive with **headlights on** / **headlights off**.
5. People in Stockholm **go to sleep** / **are active** when it's dark early.

3 **Read.** Then match the sentence halves about daylight hours in Stockholm. Write the letters.

In Stockholm, Sweden, there are 18 hours of daylight during the month of June. However, in December, there are only 5 hours. This causes some health problems. People need the sun's vitamin D for healthy bones and skin. So the residents add extra vitamin D to their winter diet by eating more yogurt and drinking extra milk. Also, they usually take two vacations a year to enjoy the sun.

There are other problems, too. People feel sad, lose energy, and go out to festivals less often. In the downtown area, tall buildings block the sunlight from reaching the sidewalks, so sometimes offices and homes get less than 5 hours of light a day. However, when it snows, the city looks brighter because streetlights and cars' headlights light up the snow.

____ 1. In the downtown area, tall buildings

____ 2. Eating more milk products

____ 3. Some people feel unhappy

____ 4. Although Stockholm has very few hours of sunlight in the winter,

____ 5. One good thing is that when it snows

a. helps people be healthy in the winter months.

b. it has fewer hours of darkness in the summer.

c. the city appears lighter because of the streetlights shining on the snow.

d. when they don't have enough daylight.

e. block the sun, so it's dark.

LIVEWORKSHEETS