HOMEWORK

EXERCISE 1[34]. Read the passage below and do the following task

How Baby Talk Gives Infant Brains A Boost

Fathers don't use baby talk as often or in the same ways as mothers – and that's perfectly OK, according to a new study. Mark Van Dam of Washington State University at Spokane and colleagues equipped parents with recording devices and speech-recognition software to study the way they interacted with their youngsters during a normal day. 'We found that moms do exactly what you'd expect and what's been described many times over,' VanDam explains. 'But we found that dads aren't doing the same thing. Dads didn't raise their pitch or fundamental frequency when they talked to kids.' The idea is that a kid gets to practice a certain kind of speech with mom and another kind of speech with dad, so the kid then has a wider repertoire of kinds of speech to practice,' says VanDam. Scientists from the University of Washington and the University of Connecticut collected thousands of 30-second conversations between parents and their babies, fitting 26 children with audio-recording vests that captured language and sound during a typical eight-hour day. The study found that the more baby talk parents used, the more their youngsters began to babble. And when researchers saw the same babies at age two, they found that frequent baby talk had dramatically boosted vocabulary, regardless of socioeconomic status. Those children who listened to a lot of baby talk were talking more than the babies that listened to more adult talk or standard speech,' says Nairan Ramirez-Esparza of the University of Connecticut. 'We also found that it really matters whether you use baby talk in a one-on-one context,' she adds. The more parents use baby talk one-on-one, the more babies babble, and the more they babble, the more words they produce later in life.'

In a study published in Proceedings of the National Academy of Sciences, a total of 57 babies from two slightly different age groups – seven months and eleven and a half months – were played a number of syllables from both their native language (English) and a non-native tongue (Spanish). The infants were placed in a brain- activation scanner that recorded activity in a brain region known to guide the motor movements that produce speech. The results suggest that listening to baby talk prompts infant brains to start practicing their language skills. Finding activation in motor areas of the brain when infants are simply listening is significant, because it means the baby brain is engaged in trying to talk back right from the start, and suggests that seven-month-olds' brains are already trying to figure out how to make the right movements that will produce words,' says co-author Patricia Kuhl. Another interesting finding was that while the seven-month-olds responded to all speech sounds regardless of language, the brains of the older infants worked harder at the motor activations of non-native sounds compared to native sounds. The study may have also uncovered a process by which babies recognize differences between their native language and other tongues.

[34] *Tham khảo https://ieltsmaterial.com/reading-matching-features-example-6/*

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Look at the following ideas and the list of researchers below.

Match each statement with the correct person, ***A-C***

Write the correct letter, ***A-C****, in boxes 1-4 on your answer sheet*

NB You may use any letter more than once

1. The importance of adults giving babies individual attention when talking to them
2. The connection between what babies hear and their own efforts to create speech
3. The advantage for the baby of having two parents each speaking in a different way
4. The connection between the amount of baby talk babies hear and how much vocalizing they do themselves

List of Researchers	
A	Mark Vandam
B	Nairan Ramirez-Esparza
C	Patricia Kuhl

EXERCISE 2[35]. Read the passage below and do the following task

The Science of Yoga

The term yoga comes from the Sanskrit word 'yuji' meaning yoke or union. Yoga is said to unite the mind and body. There are many different forms but all include physical poses, meditation and breathing exercises intended to bring relaxation and stress reduction. It's physical and mental benefits have been lauded for centuries and now science can back up some of these claims.

A number of studies have looked at the effect of yoga on stress. Research carried out in 2005 by Andreas Michalsen of the University of Duisberg-Essen in Germany, followed 24 women suffering from emotional distress on a three-month yoga programme. Findings showed a significant reduction in their levels of cortisol which is the primary stress hormone. Their levels of anxiety, stress, fatigue and depression also dropped considerably.

A comparable study was carried out in 2007 at the University of South Australia by researcher Caroline Smith, in this case, comparing the effect of yoga and relaxation on stress and anxiety. Smith's work with 131 people over a period of 10 weeks showed similar results. In addition, yoga did appear to provide a comparable improvement in stress, anxiety and health status compared to relaxation.

Another area of health that has been subject to research is heart health. Scientists at the Department of Physiology, Government College, Nagpur, focused their research on the effect of yoga on the cardiovascular system in subjects over 40 years old. The results were encouraging with Vijay Bharshankar reporting that, "participants over 40 years of

[35] *Tham khảo https://www.ieltsjacky.com/ielts-reading-name-matching.html*

LIVEWORKSHEETS

age who practiced yoga for five years had a lower blood pressure and pulse rate than those who didn't".

Other research suggests that making yoga a part of a healthy lifestyle can actually help to slow the progression of heart disease. A study on 113 patients with heart disease conducted by Dr Jayadeva Yogendra of The Yoga Institute, Santacruz, Mumbai, looked at the effects of a lifestyle change that included one year of yoga training combined with dietary modifications and stress management. The encouraging results showed an average decrease in cholesterol of 23% and the progression of heart disease stopped in 47% of patients. While it was unclear how much of a role yoga had versus other factors like diet, yoga was shown to reduce stress which is one of the major contributors to heart disease.

Look at the following ideas and the list of researchers below.
Match each statement with the correct researcher, ***A-D***
Write the correct letter, ***A-D****, in boxes 1-4 on your answer sheet*

1. the importance of yoga in decreasing the main hormone linked to stress.
2. the advantage of yoga compared to relaxation in decreasing stress and anxiety.
3. the significance of yoga in relation to existing cases of heart disease.
4. the connection between practicing yoga and improvements in the circulatory system.

List of Researchers	
A	Caroline Smith
B	Jayadeva Yogendra
C	Andreas Michalsen
D	Vijay Bharshankar

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