

USES OF LEISURE TIME

Words

Write the letter of each definition with the word it defines. If you don't know the definition, use the context of the reading passage to help you. Look for the words in bold as you read the passage.

PARAGRAPHS 1-2

Words	Definitions
1 obesity	A adj., very important
2 physical	B adj., related to thinking
3 crucial	C n., the condition of being very overweight
4 intellectual	D adj., related to the body

PARAGRAPH 2

Words	Definitions
5 overwhelming	E n., a feeling such as anger or love
6 suffer	F adv., only
7 merely	G adj., overpowering; very large
8 emotion	H v., to experience something difficult or painful

PARAGRAPH 3

Words	Definitions
9 rejuvenate	I adv., intentionally; on purpose
10 deliberately	J adj., not active
11 passive	K n., a free time activity
12 pastime	L v., to refresh; restore

PARAGRAPH 4

Words	Definitions
13 reluctant	M v., to admit, accept as true
14 depression	N n., person with power or special knowledge
15 authority	O n., constant sadness
16 acknowledge	P adj., not wanting to do something; unwilling

PARAGRAPH 5

Words	Definitions
17 obvious	Q n., a large piece
18 chunk	R v., to participate in something
19 industrious	S adj., hardworking
20 engage	T adj., easy to see, clear

Reading

Uses of Leisure Time

A

Although it may seem that people are working more, studies show that we have more leisure time than ever before. Yet researchers are reporting higher levels of both stress and **obesity**. These reports appear to be a sign that we are not using our leisure time to our best advantage.

B

Health experts agree that the best way to restore body and mind is to spend time in nature pursuing a comfortable level of **physical** exercise. Spending time in natural surroundings is especially **crucial** now because, for the first time, a majority of the world's population live in cities. Recent studies show that **intellectual** function weakens as a result of the energy expended simply sorting out the **overwhelming** stimuli of city life. Tests demonstrate that people **suffer** decreases in attention span, memory, and problem-solving ability after taking a short walk on a busy city street or **merely** seeing pictures of city life. Tests also show that time spent in the city results in a decreased ability to concentrate and to control **emotions** and impulses. On the other hand, spending time in the country produces the opposite effects.

C

Unfortunately, as society becomes more centered¹ on city life, we have to **rejuvenate** ourselves in nature **deliberately** rather than as a matter of course. Yet research shows that we are not spending our leisure time rejuvenating ourselves. Around the world, the most popular way to spend free time is watching television. This, the most **passive** of **pastimes**, is how Americans spend more than half their leisure time. Globally, the next most popular is using the Internet, also passive, and it ranks as the most favored² among the billions in China. The third is shopping, which may be slightly more active but is still as far from nature as possible. Modern shopping malls remove shoppers from everything natural, leaving them to experience the outdoors only between the paved parking lot³ and the mall doors.

D

Children are most negatively affected by city life. Parents are **reluctant** to let children play freely in the city, fearing for their health and safety, and nature is something many children in the city may never have a chance to experience. Childhood obesity and **depression** are reaching epidemic levels. **Authorities** have begun to **acknowledge** the problem, and innovative programs⁴ that give children an opportunity to spend time in nature are being introduced in countries around the world.

E

Vacations⁵ are the most **obvious chunk** of leisure time. The countries with the most vacation time are Italy, with an average of forty-two days a year, and France, with thirty-seven. The **industrious** Americans have the least: thirteen days. Yet the country most satisfied with their vacations are not the Italians but the British. The British usually divide up their vacation time, taking it in pieces throughout the year rather than all at once. Of all nationalities, the British spend the most time vacationing outdoors in their national-trust parks, where they **engage** in a comfortable level of physical activity. The British report the greatest satisfaction with their leisure time. Perhaps the rest of the world would do well to follow their lead.

¹BrE: centred

²BrE: favoured

³BrE: car park

⁴BrE: programmes

⁵BrE: holidays

Answer the questions about **Uses of Leisure Time**.

Questions 1–3

The reading passage contains five paragraphs, **A–E**. Which paragraphs discuss the following information?

Write the correct letter, **A–E**.

- **1** The most popular pastimes in different countries around the world
- **2** Why it is crucial to spend time in nature
- **3** In which country people spend the largest chunk of vacation time engaged in outdoor activities

Questions 4–6

Choose the correct letter, **A, B, C, or D**.

- 4** We can best rejuvenate ourselves by spending time engaged in
 - A** physical activities.
 - B** passive activities.
 - C** activities with children.
 - D** activities in the city.
- 5** When children do not spend time in nature, they
 - A** fear for their health and safety.
 - B** suffer from obesity and depression.
 - C** are reluctant to spend time with their parents.
 - D** have more time to develop their intellectual functioning.
- 6** The overwhelming character of city life affects our
 - A** interest in nature.
 - B** choice of pastimes.
 - C** relationships with children.
 - D** emotions and intellectual function.

Word Families

A

Complete each sentence with the correct word from the word family chart. Make nouns plural where necessary. Use the correct form of verbs.

noun	verb	adjective	adverb
authority	authorize ¹	authoritative	authoritatively

- The expert wrote about exercise and its effects on mental health.
- The school director has the teachers to spend a larger chunk of the school day outdoors with their students.
- According to an source, spending time in nature improves our health.
- The have decided to keep the park open in the evenings so families can spend more time in nature.

noun	verb	adjective	adverb
deliberation	deliberate	deliberate	deliberately

- The group for an hour before they were able to reach a decision.
- She chose the longer route for her walk home in order to have more time outdoors.
- After, he decided to spend some time everyday engaged in outdoor activities.
- It is obvious that people need to make a decision to spend more time in nature.

noun	adjective	adverb
emotion	emotional	emotionally

- The stress of city life can make difficult to control.

¹BrE: authorise

- 10 People respond to the overwhelming stimuli of the city.
- 11 Children who don't spend a lot of time playing outdoors can end up with problems.

noun	adjective	adverb
industry	industrious	industriously

- 12 He is always even when engaged in leisure time activities.
- 13 He worked on his project
- 14 His favorite pastime is building model ships and he always goes about this activity with great

noun	noun	adjective	adverb
intellect	intellectual	intellectual	intellectually

- 15 I enjoy reading the works of the great of the nineteenth century.
- 16 Some people look for experiences that engage them
- 17 Some people enjoy spending their leisure time engaged in activities.
- 18 The stress of city life has effects on the

noun	adjective	adverb
reluctance	reluctant	reluctantly

- 19 She agreed to spend fewer hours watching TV on the weekend.
- 20 People can be to leave their familiar surroundings to explore unknown places.
- 21 to spend time in nature is a problem for modern children.

Word Families

B

Choose the correct word family member from the list below to complete each blank.

1	emotions	emotional	emotionally
2	industry	industrious	industriously
3	intellect	intellectual	intellectually
4	deliberation	deliberate	deliberately
5	reluctance	reluctant	reluctantly
6	authorities	authorizes	authoritative

It is crucial to acknowledge the importance of leisure-time activities. They are not merely a way to use up free time. They are important for our physical and **1**..... health. We need to choose activities that rest our minds and bodies so that we can feel rejuvenated when we return to work and can do our jobs more **2**..... . Some people enjoy **3**..... pastimes; other people choose different sorts of leisure-time activities. The key is to be **4**..... about choosing a pastime that is active rather than passive. Many people feel **5**..... to be physically active after a tiring week at work. However, **6**..... tell us that this is actually the best way to decrease stress and relax.

Paraphrases

Read the sentence from the reading passage. Then, choose the sentence that has the same meaning.

- 1** Spending time in natural surroundings is especially crucial now because, for the first time, a majority of the world's population live in cities. (paragraph 2)
- A** Since most of us live in cities now, it is important for us to make time to be in nature.

- B** Many people live in cities because they are not interested in spending time in nature.
- C** Spending time in nature is becoming more popular around the world these days.
- 2** *This, the most passive of pastimes, is how Americans spend more than half their leisure time. (paragraph 3)*
- A** Americans don't make their own choices about free-time activities.
- B** Americans prefer to spend half of their free time doing things at home.
- C** Americans spend most of their free time inactive.

Dictionary Skill

DIFFERENT MEANINGS

Many words have more than one meaning.

Read the definitions below. Then read the sentences and write the letter of the correct definition for each sentence.

QUESTIONS 1–2

en-gage [en-GAYJ]

A verb. to participate

B verb. to hire

- **1** The school *engaged* a special teacher to teach classes about nature.
- **2** Every afternoon, the children *engage* in outdoor activities.

QUESTIONS 3–4

in-dus-try [IN-dus-tree]

A noun. hard work

B noun. production and sale of goods

- **3** Many people in this city work in the clothing *industry*.
- **4** *Industry* will help you move up in your profession, but don't forget to spend some time in leisure activities as well.

Listening

Track
6

Listen to the talk. Complete the notes below.
Write **NO MORE THAN ONE WORD** for each answer.

Research on Leisure

People engaged in **1**..... pastimes don't feel rejuvenated.

Popular Pastimes:

2..... Activities

- Sports
- Playing with children
- Gardening

3..... Activities

- Reading
- Playing computer games
- Doing puzzles
- Using the Internet

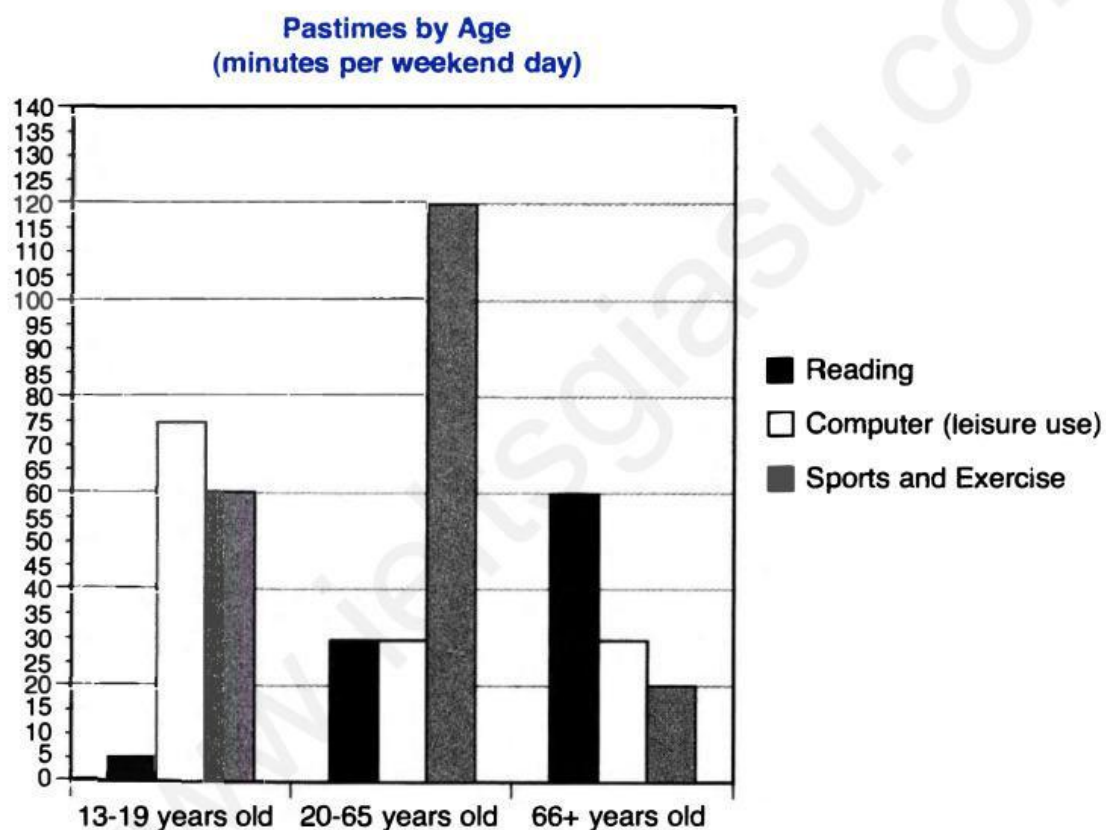
Activities that exercise both our minds and bodies help us avoid **4**..... and **5**..... .

Writing (Task 1)

The bar graph below shows basic information about uses of leisure time among different age groups.

Summarize¹ the information by selecting and reporting the main information and making comparisons.

Write at least 150 words.



¹BrE: summarise

Speaking

Talk about the following topics.

What are some of your favorite¹ pastimes? Why do you enjoy them?

Do you prefer physical or intellectual activities for relaxation?

¹BrE: favourite