

Colour and you

1 ____

Did you know that different people see colours differently? Some people, called tetrachromats, can see more colours than most people. Others, called bichromats, see fewer colours. This is important because colours can make you feel – and behave – differently, too.

2 ____

If a boy in your class comes to school tomorrow in pink jeans, you'll be surprised. And you probably won't be having your next lesson in a red classroom. But how we feel about colour depends on who we are and where we are born. In many cultures, people traditionally dress little girls in pink, and little boys in blue. So when we grow up, men and women like or hate these colours. And red walls aren't popular in Europe because red means 'danger'. But in China, red means 'good luck'.

3 ____

Artists know that paintings with warm reds and yellows sell better than pictures with cold greens and blues because warm colours make us feel excited. They may also wake us up, so if you put a big red picture in your bedroom, you probably won't sleep well! Blue might be a cool colour, but it helps us to relax. And yellow often makes people feel happier. It could also help people to get better more quickly, so hospital walls often have warm, yellow pictures.

4 ____

What football shirt will you be wearing to the next match? In a recent documentary, scientists showed that players in red football shirts felt more confident, and played better than players in blue shirts. Professional sports people also gave more points to players in red!

5 ____

Not all animals can see colour, but people, monkeys and birds can see it well. This may be because people – and these animals – eat fruit. Fruit like oranges and bananas are green when they are small. When they change colour, our eyes tell us they are ready to eat. So next time you eat a tasty orange, think how lucky you are to see the colour orange!

- A Colour and success
- B Colour in the natural world
- C How light makes colours
- D Do you see what I see?
- E Colours and your health
- F Colours can change your feelings
- G What different colours mean

9 Read the text and choose the correct answers.

A Scottish summer camp

Summer camps are becoming more and more popular with young people, but what are they like? Last month, junior reporter Sally Henshaw travelled to Loch Lomond, Scotland, to find out.

'I've been travelling for ten hours,' I thought, when the minibus finally drove past a sign saying 'Welcome to Camp Lomond'. It was dark, and I just wanted to go indoors and jump into a nice, soft bed. But the camp leaders had other ideas. We all had a barbecue, then we sat around a campfire and talked (or fell asleep). Finally, one of the leaders divided us into groups of three and gave us the really bad news.

'Now it's time to put up your tents,' he said.

I don't know how three of us managed to sleep in a tent the size of a single bed, but somehow we did. When we woke up the next day, my new friend Ingrid opened the front of the tent, and we all looked out. There, shining silver between the trees, was Loch Lomond. 'Loch' means 'lake' in Scottish, and Loch Lomond is one of the most beautiful places I've ever seen! That morning after breakfast, we went horse riding around the lake. I've never ridden in such an amazing place.

In the next few days, I went BMX biking, tried rock climbing and played volleyball every day until I couldn't stand up! It was great! The camp organises different activities every day. Most sports activities are in the afternoon, and in the morning you can choose lessons like drawing, chess, drama and cookery. I've never been very good at art or board games – and I'm not a great actor – so I went along to the cookery class. I love food, but I didn't know how to cook anything before I went to Scotland. Since I've been home, I've been baking cakes for my parents! (And they haven't been to hospital with food poisoning yet, so I must be quite good at it!)

You have to work hard on a summer camp. Everybody has to do chores, and you do activities all day, too – you can't just sit around and hang out. But I really had a great time. The best thing about the camp was making new friends. Since I came home, Ingrid and I have been texting every day. The activities are great, but the people are even better.

Have you ever wondered what it's like to go on a summer camp? I'll tell you the answer in two words: *exhausting* and *fun*!

- 1 How did Sally feel when she first arrived?
 - A She was hungry and cold.
 - B She missed her family.
 - C She was angry with the camp leaders.
 - D She wanted the evening to end early.
- 2 The next morning, Sally
 - A put up a tent.
 - B saw something amazing.
 - C rode a horse for the first time.
 - D cooked breakfast on a campfire.
- 3 What types of activities did Sally do at the camp?
 - A sports and cooking
 - B drama and art
 - C art and sports
 - D drama and cooking
- 4 What happened after she came home from the camp?
 - A Ingrid visited her.
 - B Her parents went into hospital.
 - C She made something for her parents.
 - D She emailed Ingrid photos of the camp.
- 5 Overall, how does Sally feel about Camp Lomond?
 - A It was too tiring.
 - B It was a very good experience.
 - C She didn't like sleeping in a tent.
 - D It helped her to become a friendlier person.