



1. Read the text carefully and answer the questions.

Most people think tears are only connected to sadness,

THE SECRET OF TEARS

but scientists have discovered that tears are actually very important for the human body. We cry every day, even when we do not notice it.

There are three main types of tears. The first type is called basal tears. These tears are always in our eyes. They work like a natural protection system. Basal tears keep our eyes clean, moist, and safe from dust and small particles in the air.

The second type is reflex tears. We produce these tears when our eyes are irritated. For example, when we cut onions, the strong smell can make our eyes water. Smoke, wind, or dust can also cause reflex tears. These tears help wash away harmful things from the eyes quickly.

The third type is emotional tears. These tears are the most interesting ones. People cry emotional tears when they feel strong feelings such as sadness, happiness, fear, or even relief. Scientists believe that emotional tears may help the body reduce stress. After crying, many people say they feel lighter and calmer.

However, people do not cry in the same way. Some people cry very easily, even during small emotional moments. Others try to hide their tears or do not cry often at all. This difference depends on personality, culture, and personal experiences in life.

In conclusion, tears are not just a sign of sadness. They are a natural and important part of the human body. They protect our eyes, remove irritants, and help us manage emotions.

1. How many types of tears are mentioned in the text?

→ _____

2. What do basal tears do?

→ _____

3. Give two things that can cause reflex tears.

→ _____

4. When do people produce emotional tears?

→ _____

5. Why do scientists think crying is helpful?

→ _____

2. Fill in the blanks with: must / mustn't / should / shouldn't / needn't / ought to / may / might

DIALOGUE: Before Class Presentation

Sam: You look tired. Late night?

Alex: Yeah... I barely slept. I've got that presentation today.

Sam: Oh right, that one. You'll be fine.

Alex: I'm not sure. I feel like I (1) _____ mess it up.

Sam: Honestly, you probably won't. You know the topic.

Alex: I wish I had prepared earlier though.

Sam: Yeah, but what's done is done. You (2) _____ be so stressed about it now.

Alex: My teacher said we can use notes, but I don't know if I should.

Sam: You (3) _____ use them. No one really cares if you do.

Alex: I just don't want to look like I don't know anything.

Sam: That (4) _____ happen if you've practiced even a little.

Alex: I did, but not enough...

Sam: Well, you (5) _____ panic. It's only a short presentation.

Alex: Maybe I (6) _____ asked someone to listen to me before.

Sam: Yeah, that would've helped. But it's still okay now.

Alex: I might try again during lunch.

Sam: Good idea. It (7) _____ help you feel more confident.

Thanks. I think I'll survive it.

Sam: Of course you will. And hey, you (8) _____ forget – everyone messes up sometimes.

3. Write about the time you felt proud of yourself

In your writing, you should include:

- When it happened
- What you did
- What problems you had
- How you solved the problems
- How you felt after
- What other people said (if any)

