"TÉCNICO FAP MANUEL POLO JIMÉNEZ" SCHOOL
SECONDARY LEVEL

READING ASSESSMENT

FOURTH UNIT

COMPETENCIA:. Lee textos escritos en inglés como lengua extranjera
CAPACIDAD: Infiere e interpreta información del texto escrito
DESEMPEÑO PRECISADO: Deduce relaciones lógicas en textos escritos para resolver ejercicios de acuerdo a su nivel.

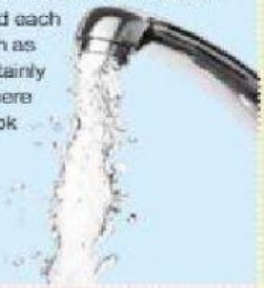
Grade: V **Level: Upper Intermediate 2** **Teacher: Pilar Rodas.**

Health news

SEARCH

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A We've heard it a million times. If you drink eight glasses (or two to three litres) of water a day, you'll have better skin, fewer headaches, healthier kidneys ... People think that as long as they drink water all day they'll be much healthier. But is it actually true? Of course, we all know that if you don't drink, you die. But the truth is that, apart from extreme situations, the body adjusts very well to drinking either too much or too little water. It's also true that the water we need each day can be contained in other drinks such as coffee, tea or juice, or even in food. It certainly does not have to be mineral water. So where does this myth come from? When you look more closely at some 'scientific' articles, you realise that they are sponsored by mineral water manufacturers. What appears to be scientific research can sometimes be pure marketing.



B If you sit at home watching TV all the time the lack of exercise could increase your risk of heart disease. But new research has discovered that the type of programme you watch also makes a difference to your health. A team at Cornell University had three groups of volunteers. Some watched an action film, others watched the same action film but without sound, and the third group watched a talk show. Some had healthy snacks in front of them, and others had snacks high in salt and sugar. The result? The volunteers watching the action film with sound ate 98% more than those watching the talk show. Even those watching the action film without sound ate 36% more! It seems that faster programmes make you eat faster and pay less attention to how much food you're eating. Interestingly, the viewers who had healthy snacks also ate more. So next time you watch an action film, put away the snacks!



C If you dropped a heavy object on your big toe, you probably wouldn't enjoy the sensation. Pain is not something most of us like feeling. But the alternative, not feeling any pain, is much, much worse. Steven Pete was born with a rare genetic disorder which means he cannot feel pain. When he was a boy he broke his leg while roller skating. He only found out when somebody saw him and told him. The problem is that unless we sense pain, we don't pay attention to our body and what hurts us. Pain prevents us from injuring a body part even more. If it didn't hurt to walk on a broken leg or a sprained ankle, we would keep using it and cause more damage. If your throat is really sore, you'll probably go to the doctor, who can treat the infection before it becomes serious. As an adult, Steven Pete will have to have regular check-ups in case he becomes dangerously ill without knowing it. So, the next time you go 'ouch', just remember how lucky you are.



D The scientific term is 'sphenopalatine ganglioneuralgia', but we usually just call it 'brain freeze'. Brain freeze is when you eat ice cream too quickly and you get a short, sharp pain in your forehead. There is a rapid change of temperature at the back of your throat, close to two important arteries which feed blood to the brain. The brain doesn't like things to change. Brain freeze is a mechanism to prevent that from happening. The brain can't actually feel pain despite its billions of neurons. But the pain associated with brain freeze is sensed by receptors where the two arteries meet. Analysing brain freeze may seem like silly science to some, but it can help neuroscientists understand other types of headaches. And the cure for brain freeze? Provided you don't eat your ice cream quickly, you'll be fine. You can also put your tongue up to the roof of your mouth or drink something neither hot nor cold to normalise the temperature in your mouth.



LIVEWORKSHEETS

Read the articles again. Are the sentences True (T) or False (F)?

1 The eight glasses we consume each day should be water, not juice, coffee or tea.

_____

2 Some companies that produce mineral water publish scientific magazines.

_____

3 When you watch an action film without sound, you eat less than when you watch it with sound.

_____

4 When you watch something exciting on TV, you don't think about how much you're eating.

_____

5 Pain helps you to stop making an injury worse.

_____

6 To stop brain freeze, you need to make your mouth warmer again.

_____

II. Match the words with their definitions:

1. Adjusts	_____an illness or medical condition
2. Sponsored	_____to change something slightly
3. Marketing	_____to stop us from doing something
4. Lack	_____paid for as a way to advertise products
5. Disorder	_____the ways in which a company encourages people
6. Prevents us from	_____the hard-top part of the inside of your mouth.
7. Roof	_____a situation in which you don't have any or enough

LIVEWORKSHEETS