



Unit 7_Advanced reading 1

(A) Laugh with friends or giggle at a cartoon. It doesn't matter why you're laughing – laughter is good for you, and that's no joke.

(B) A good laugh helps you right away. When you laugh, changes happen in your body. For example, you take in more air, which is good for your heart. A good laugh increases your heart rate. When you laugh, your brain also releases chemicals that make you feel happy. Laughing can also make you feel relaxed for up to 45 minutes.

(C) Laughter can also reduce pain. You probably don't want to laugh when you're injured, but laughter helps the body make its own pain medicine. Laughing is also great exercise! Research shows that laughing 100 times is as good as riding a bike for 15 minutes.

(D) Negative thoughts can cause you to feel sad or worried. But when you laugh, your brain makes chemicals that make these feelings go away. These chemicals also prevent some illnesses. Many scientists also believe laughter is good for your mental health – it helps people communicate better with each other.

(E) So why don't you try laughing out loud every day? See how you feel. Are your muscles less tense? Do you feel more relaxed? That's laughter at work.

giggle: cười khúc khích

chemical: hóa chất

prevent: ngăn chặn

I. Read. Circle T (True) or F (False).

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|---------------------------------------------------------|----------|----------|
| 1. The reading is about the bad points of laughter. | T | F |
| 2. Laughter can help you feel better right away. | T | F |
| 3. You don't usually want to laugh when you're in pain. | T | F |
| 4. You feel happy when you have negative thoughts. | T | F |
| 5. You should try to laugh out loud every day. | T | F |

II. Read. Fill in the blanks with ONE word.

1. Laughing can help you feel for up to 45 minutes.
2. You can feel less when you laugh.
3. Laughing is also a good like riding a bike.
4. Your brain makes special to prevent some illnesses.
5. After you laugh, your can become less tense.

III. Which paragraph contain this information? Write A-E.

1. What laughter does to your heart
2. Opinions of scientists about laughter
3. Examples of laughter type
4. The writer's advice to readers
5. Laughter makes you happy