

**$10\text{m}^{\times} 3\text{m}$**

Ten metres by three metres

**$32\%$**

Thirty two per cent

**$8.3$**

Eight point three

**$3^2$**

Three  
Squared

**$2^3$**

Two  
Cubed

**$2^4$**

Two to the  
power of four

**1975**

Nineteen seventy-five

**2001**

Two thousand and one

**$26^{\circ}$**

Twenty six degrees

**$\frac{3}{4}$**

Three quarters

**$1\frac{2}{3}$**

One and  
two thirds

**263-3847**

Two-six-three, three-eight-four-seven

**1,325,476**

One million, three hundred and twenty-five thousand  
four hundred seventy-six

**21st**

Twenty-first

**92nd**

Ninety-second

**53rd**

Fifty-third

**67th**

Sixty-seventh



1.15

Listen and complete the facts with the numbers and measurements you hear.

- 1 Your body makes \_\_\_\_\_ new blood cells every second.
- 2 There are nearly \_\_\_\_\_ kilometres of blood vessels in an average adult body.
- 3 Only \_\_\_\_\_ of the cells in our body are human; the other \_\_\_\_\_ are bacteria.
- 4 Your brain is only \_\_\_\_\_ of your body's weight, but it uses \_\_\_\_\_ of the oxygen.
- 5 Your temperature is usually about \_\_\_\_\_ lower in the morning than in the evening.
- 6 Blondes have about \_\_\_\_\_ more hairs on their head than people with black hair.
- 7 Adult humans have \_\_\_\_\_ bones, but newborn babies have a lot more.
- 8 The smallest muscle in the body is inside the ear; it is only \_\_\_\_\_ millimetres long.
- 9 Men usually stop growing when they are \_\_\_\_\_ years old, women when they are \_\_\_\_\_.

**1.29** Read and listen to the article. Complete the article with numbers and measurements

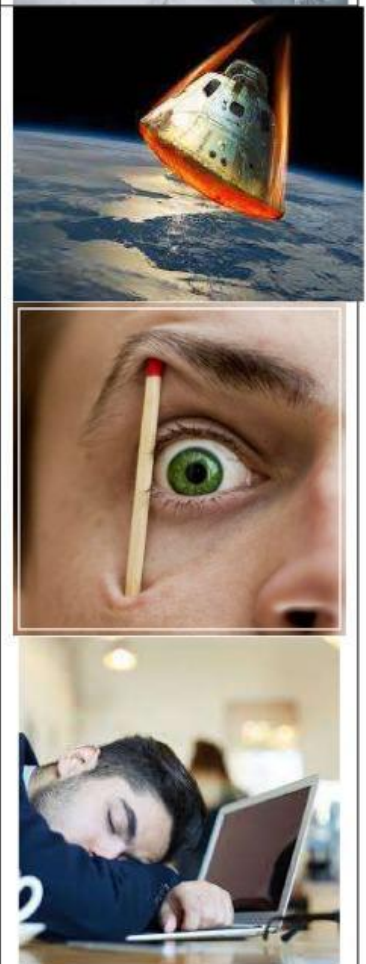
There are many amazing stories of human survival, but actually our bodies are very fragile and do not cope well with extremes. Polar explorers can cope with temperatures of <sup>1</sup>\_\_\_\_, but only if they keep warm. Most people will collapse if their body temperature drops by only <sup>2</sup>\_\_\_\_, and if it drops by <sup>3</sup>\_\_\_\_, they'll die. Heat can be just as dangerous. Temperatures of 35°C are safe, provided humidity is not above <sup>4</sup>\_\_\_\_. High altitudes are dangerous too. We pass out when the pressure falls below <sup>5</sup>\_\_\_\_ of normal atmospheric pressure. This happens at about <sup>6</sup>\_\_\_\_ metres. Climbers can go higher because their bodies gradually get used to it, but no one survives for long at 8,000 metres. At high altitudes, lack of oxygen is another problem. At ground level, about <sup>7</sup>\_\_\_\_ of the air is oxygen. If that falls below <sup>8</sup>\_\_\_\_, we die.



**1.31** Listen to an interview with a scientist. Which of the people he talks about tested the body's limits deliberately?

**1.31** Read the sentences aloud, paying attention to the numbers. Then listen again and decide whether the sentences are true or false. Write T or F and correct the false sentences.

- 1 When a Russian space capsule had a major problem in 1971, the cosmonauts died in less than 30 seconds. \_\_\_\_
- 2 In 1966, a scientist passed out after 15 seconds in a vacuum. \_\_\_\_
- 3 The scientist passed out for 27 seconds. \_\_\_\_
- 4 In the 1960s, Randy Gardner stayed awake for more than 250 hours. \_\_\_\_
- 5 After staying awake for so long, Randy Gardner then slept for almost 50 hours. \_\_\_\_





**1.16** Read the three short texts below about a Swedish woman called Anna Bågenholm, who had an accident. Then listen to an interview about her and decide which is the best summary of the accident. Underline the incorrect parts of the other options.

- a Anna had an accident while skiing. Nobody found her for several hours and when they did, they believed she was dead. But when she arrived at the hospital, she came back to life. ☐
- b Anna tried to rescue a colleague who had an accident in the mountains, but fell into some freezing water. She only survived because a helicopter took her to hospital. ☐
- c Anna had an accident while skiing. She became so cold that her breathing and heartbeat stopped for hours, but she made a full recovery. ☐



**1.16** Listen again. Are the sentences true (T) or false (F)?  
Correct the false sentences.

- 1 About a third of people whose body temperature drops to below 28°C do not survive. ☐  
\_\_\_\_\_
- 2 Anna's colleagues called for help seven minutes after the accident. ☐  
\_\_\_\_\_
- 3 The first rescue team cut a hole in the ice and the second team pulled her out. ☐  
\_\_\_\_\_
- 4 Anna's body temperature was 30.7°C when she arrived at the hospital. ☐  
\_\_\_\_\_
- 5 Her heart did not begin beating again until her body temperature reached 36.4°C. ☐  
\_\_\_\_\_