## READING

**6 A** Read the introduction to the article. Which questions can you answer? Which can only be answered by experts?

# I NEVER KNEW THAT!

What is worse for you: boredom or stress? Why is ocean air good for you? If you throw water into the air during the Russian winter, will it come back down as ice? What three foods should you take to a desert island?

People love trivia*. In 2005, a book called *Does Anything Eat Wasps?* was a surprise hit. It was a collection of questions and answers from readers of a magazine called *New Scientist*. We at *Lynx Mag* decided to come up with our own questions, and then we asked a panel of experts for answers.

*trivia: unimportant facts

**B** Read the rest of the text to find the answers.

**1: You are going to stay on a desert island for several months and you can only choose three foods to take with you. What do you choose, and why?**
Broccoli, walnuts and orange juice. Broccoli has a chemical that helps detoxify your liver. It's also a superfood. Walnuts have protein and plenty of healthy fats. Orange juice is a source of clean water, and the orange contains Vitamin C. *Dr. Leah Morecombe*

**2: What's worse for you: boredom or stress?**
Boredom. Stress can have benefits. Weightlifting is a type of stress. So are other sports and pressures at work. All of these are good for you in small doses. Boredom means you have no purpose in life, and no dose of boredom is good for you. *Dr. Semran Naipaul*

**3: Why is ocean air good for you?**
It isn't particularly. It got a reputation for being good for you in Victorian times because there was so much unhealthy smog in big cities. *Dr. Robina Whitman*

**4: Why do flies like rotting food?**
Flies like rotting food because soft environments provide perfect conditions for breeding. When a fly's eggs hatch, the larvae live in and eat the rotting food until they grow into adult flies. *Dr. Kelvin Marsh*

**5: If you throw water into the air during the Russian winter, will it come back down as ice?**
It depends where you are in Russia and what the temperature is at the time. But, potentially, yes. At a temperature of -30 °C, small amounts of water will turn into ice almost immediately. *Immanuel Kanevsky*

**C Complete the questions for the answers.**

1 Q: _____ helps detoxify your liver?
A: Broccoli.

2 Q: What does the writer say _____ ?
A: It can be good for you, while boredom can't.

3 Q: In the past, who thought ocean air was _____ ?
A: The Victorians.

4 Q: What creatures live in and _____ ?
A: Fly larvae.

5 Q: At -30 °C, when will a small _____ ?
A: Almost immediately.

**D Find words in the text in Exercise 6B that match meanings 1–5.**

1 remove dangerous chemicals or poison from something (paragraph 1) *detoxify*

2 measured amounts of something that you experience at one time (paragraph 2) _____

3 unhealthy air that is full of smoke and pollution (paragraph 3) _____

4 going bad; becoming soft and useless (paragraph 4) _____

5 when an egg breaks and a baby bird, fish or insect comes out (paragraph 4) _____

LIVEWORKSHEETS