PASSAGE 51

Tra ID Đề [5845] - Tra ID Video [5846]

Scientists have learned that music affects both our bodies and brains. Our hearts beat at the same speed (1) _____ the rhythms we hear. (2) _____, fast music makes our hearts beat faster and slow music makes our hearts beat more slowly. Our brains translate these different heart rates into emotions. So, a loud, fast rock song can make us feel like we have more energy, and a slow, classical violin piece can make us feel calmer and less (3) _____. Music also affects the

hormones in our bodies. Studies have shown that when we listen to slow, quiet music, our bodies produce fewer stress hormones and more of the hormones that make us feel happy. But it's not only calm, quiet music that makes us feel good. Loud, fast music can move a small part of the ear (4) _____ then tells the brain to produce endorphins. Endorphins can make us feel positive and happy. More endorphins are (5) _____ at higher volume levels. The louder the music, the higher the level of endorphins.

So, the next time you're sad and you want to feel happy, or you're in pain and you want to feel better, listen to your favorite song. Music really can help you feel better.

Question 1:	A. like	B. as	C. such as	D. alike
Question 2:	A. Although	B. However	C. For example	D. Because
Question 3:	A. stressed	B. stresses	C. stressful	D. stressing
Question 4:	A. who	B. which	C. where	D. when
Question 5:	A. emitted	B. reduced	C. released	D. invented

LIVEWORKSHEETS