

1 Your brain controls everything you do. This fantastic part of your body makes it possible for you to breathe, blink, move, feel, learn, create and make sense of the world. So how can this small grey organ, which weighs less than one and a half kilos, do so much? Amazingly, your brain contains about 100 billion microscopic cells called neurons. When you dream, laugh, think, see or move, it's because signals are racing between these neurons. Imagine this: a bee lands on your foot. Neurons in your skin send this information to your brain at a speed of more than 240 kilometres per hour. Neurons in your brain then send the message back to your foot to
10 shake the bee off quickly.

No computer has your brain's incredible ability to cope with the amount of information coming from your eyes, ears and other sensory organs all the time. Your neurons create and send more messages than all the phones in the world, and the activity never stops. Although one neuron creates only a very small amount of electricity, all your neurons together can produce enough electricity to power a light bulb.

But how does your brain help you learn new things? For example, riding a bike seems impossible at first, but most people learn how to do it quite quickly. How? The structure of your brain changes every time you have a
20 new thought, remember or learn something. As you practise, your brain sends 'bike riding' messages again and again, forming new connections until the actions are learned and you are able to ride a bike.

There are some things which can help us learn faster and, surprisingly, exercise is one of them. We know that any exercise that makes your heart beat faster is great for your body and can even help improve your mood. However, scientists have recently discovered that after you've exercised, your body produces a chemical that makes it easier for your brain to learn. So, if you can't solve a difficult problem, go out and play a game of football, then try again. You might discover that you're able to work out the answer
30 after all.

Exam TASK

Multiple choice with one text

For each question, choose the correct answer.

- 1 We know that neurons
 - A send messages very slowly.
 - B are only found in your skin.
 - C send messages to and from your brain.
 - D need electricity to work.
- 2 Why does the writer mention computers?
 - A to compare them to the human brain
 - B to show how fast they have become
 - C to say that computers have no abilities
 - D to say that computers need eyes and ears
- 3 When you think or do something new,
 - A your heart beats faster.
 - B the connections in your brain become different.
 - C you learn something new.
 - D you remember something.
- 4 What does the writer tell us about exercise?
 - A It can make you less intelligent.
 - B It needs a special chemical.
 - C Its effects are not well-known.
 - D It can help you learn.
- 5 What is the writer's opinion about the brain?
 - A It isn't as smart as a computer.
 - B It's an incredible organ.
 - C It's very difficult to understand how it works.
 - D It isn't the most important part of the body.

EXAM TIP:

Choosing the best option (Chọn phương án đúng)

- The questions will be in the same order as the information in the text. *(Các câu hỏi sẽ cùng thứ tự với thông tin trong bài đọc.)*
- Sometimes, the information to answer a question is contained in several sentences. You will have to read the whole section and understand the general meaning. *(Đôi khi, thông tin để trả lời một câu hỏi nằm trong nhiều câu. Bạn sẽ phải đọc toàn bộ phần liên quan và hiểu ý nghĩa chung.)*
- Remember, if you see the same word in an answer option and in the text, it may not be the correct answer. Read the section with the same word carefully and check it is the best option. *(Hãy nhớ, nếu bạn thấy cùng một từ trong lựa chọn trả lời và trong bài đọc, đó có thể không phải là câu trả lời đúng. Đọc kỹ phần có từ đó và kiểm tra xem đó có phải là lựa chọn đúng không.)*
- Remember to read all the answer options before you choose the best one. *(Hãy nhớ đọc tất cả các lựa chọn trả lời trước khi bạn chọn phương án tốt nhất.)*