Grade 10 General – New Interactions Reading and Writing Chapter 2

Reading 1 (page 25-28)

Name: _____ Class: _____ Date: _____

3 **Thinking and predicting** Read the following statements and discuss with your group which are True (T) or False (F). Circle the correct answer.

1. Weather can affect people's health and their feelings. T F
2. Atmosphere is another word for climate. T F
3. Atmospheric conditions means weather. T F
4. Biometeorologists study how weather can influence human health. T F
5. According to researchers, strong winds improve people's health because they clean the air. T F
6. People work better on sunny and hot days. T F

While You Read

4 **Reading** Read the article and compare your answers in 3 to the information in the article. Underline the sentences in the text that provide the answers.

Feeling Under the Weather?

Biometeorologists and Their Research

A Weather has a powerful impact on the physical world. It also affects people's personalities. How do we know about the effects of weather on people? We know from biometeorologists. These scientists study weather. They study how atmospheric conditions affect human health and emotions. The word atmosphere means "the air around the earth". "Atmospheric conditions at a time or place" is a definition of the word weather. Some examples of these conditions are sun, wind, rain, snow, humidity (the amount of moisture in the air), and air pressure (the force of air). The weather conditions of the atmosphere greatly influence (or affect) people's health, thinking, and feelings.

How Wind Can Affect Health

B All over the world, researchers have studied how wind affects human health. Strong winds may result in a change in air pressure and temperature which can be harmful to people. According to biometeorologists in Russia, powerful winds are known to increase the number of people who have strokes (blood vessel attacks in the brain). Also, Italian researchers have found that during times of strong winds, Italians have more heart attacks (sudden stopping of the heart). And Japanese weather scientists say forceful winds often cause an increase in the number of asthma attacks. (Asthma is a lung disorder. It causes breathing problems.) Although wind doesn't always lead to such serious health problems, people everywhere have experienced bad headaches because of powerful winds.

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Possible Effects of Other Kinds of Weather

C Do other kinds of weather influence physical health? Sudden temperature changes in winter are often associated with a cold or the flu. (The flu, or influenza, is a viral disease.) However, colds and flu probably increase because people are in close contact (near one another) indoors in cold weather. Colds and flu may even lead to pneumonia (another lung disease). Other illnesses also increase during long periods (times) of cold weather. In most places, diseases of the blood and heart attacks are more common in winter. But in some very hot and humid (wet) regions, there are more heart attacks in summer. Many people have high blood pressure (a health condition). In three out of four people, blood pressure falls (goes down) in warm weather. But some people have lower blood pressure in the cool or cold times of the year.

Colds and flu are common in winter

Weather and Mood

D These forces of nature greatly affect people's moods (emotional conditions and feelings) too. For many people, winter in the northern regions is very depressing. They eat and sleep a lot, but they usually feel tired. They are nervous and can't work well. They are irritable (not very nice to other people). Biometeorologists even have a name for this condition. The name is Seasonal Affective Disorder (SAD). Scientists think the cause of this mood disorder is the long periods of darkness. Even during the day, it is often cloudy or gray. What can people with SAD do about their moods? Naturally, they need more light! On bright days they feel better. But people don't work very well on sunny, hot, and humid days. The best weather for good work and thinking is cool and clear.

People don't work well on sunny, hot, and humid days

Conclusion and Summary

E Are the people around you becoming sick more often? Are they getting more colds or the flu, or even pneumonia? Are they having more health problems like headaches or asthma attacks or heart disease? Or are you becoming moody? Are you getting more tired or depressed (low in mood) or sad? Remember – according to biometeorologists and other weather scientists – the cause may be the atmosphere!

After You Read

5 **Reading again** Read the article again and use your vocabulary strategies to find the meanings of the words you chose from the vocabulary list.
Which vocabulary strategies did you use? You can get meanings from words in italics, quotes, parentheses or you can look for sentences after the verbs *be* or *mean* etc.

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6 Identifying the main ideas

1. Read the following statements. If the statement is correct, write T (True) on the line. If the statement is false, write F (False) and rewrite it to show the correct main idea. The first one has been done for you.

A Biometeorologists study human responses to academic lectures. F

Biometeorologists are "researchers of human responses to weather."

B During times of fast, strong winds, there are more health problems like strokes, heart attacks, headaches, and asthma. _____

_____

C Sudden winter temperature changes, long cold periods, or heat and humidity can bring illnesses like colds, flu, or pneumonia. _____

_____

D The atmosphere and weather don't affect people's moods. People in the northern regions just like to eat and sleep a lot, work badly, are tired, and feel depressed all the time. _____

_____

E According to scientists, the cause of health problems and sad moods may be due to higher education around the world! _____

_____

2. Read the following questions about the article. Check (✓) the three details that correctly answer the question and cross out the detail that is not true. The first one has been done for you.

A What are the meanings of some words and phrases related to the topic of weather?

a. A definition of *biometeorologists* is "researchers with interest in human responses to the weather." ✓

b. The word *atmosphere* means "the air around the earth." ✓

c. *Atmospheric conditions* is another phrase for weather. ✓

d. ~~Sun, wind, temperature, air pressure, and the amount of moisture in the atmosphere have no effect on human health and emotions.~~

B How can some kinds of winds affect people's health?

a. Strong, fast winds can cause a number of disorders, including asthma.

b. Most biometeorologists are in the developing nations of Latin America, Asia, and Africa.

c. Bad headaches and asthma attacks are some other possible examples of the effects of the winds.

d. Maybe there are more strokes and heart attacks during windy weather of this kind.

C In what ways might other kinds of weather influence human health?

a. Biometeorologists are always sad, depressed, or moody. Weather isn't important to them.

b. Sudden winter temperature changes might bring colds, flu, or pneumonia.

c. During long cold periods, people have more blood diseases and heart attacks.

d. Air temperature affects people's blood pressure in different ways.

D What effects might the weather have on people's moods and emotions?

a. In northern areas of the earth, the long periods of darkness influence many people's moods.

b. No one likes cool, clear weather because it makes it hard to work or think well.

c. Bright, hot days with high humidity can also affect human emotions.

d. People with SAD (Seasonal Affective Disorder) may feel hungry, tired, nervous, and depressed.

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