Exercise 3

You will hear a part of a lecture. For each question, fill in the missing information in the numbered space.
Write no more than ONE WORD for each answer.

Why do we need sleep?



1. Sleep helps the brain and body get enough _____.
2. People who don't sleep well often feel very _____ during the day.
3. While we sleep, our body can grow and _____ itself.
4. Getting good sleep helps us remember and _____ better.
5. Young children need more sleep than _____.
6. Using a phone before bed can make it more difficult to fall _____.

Exercise 4

You will hear a part of a lecture. For each question, fill in the missing information in the numbered space.
Write no more than ONE WORD for each answer.

How do rainbows form?



1. Rainbows appear when sunlight shines through small drops of _____.
2. When light bends inside the raindrop, it shows many different _____.
3. A rainbow is often seen when the rain has stopped and the sun is _____.
4. The rainbow usually makes the shape of a curved _____ in the sky.
5. Most people count seven main _____ in a rainbow.
6. You must be in the right place and at the right _____ to see one.

LIVEWORKSHEETS