Reading comprehention.

Preview- reading. Speaking

My Favorite Food

(1) What is your favorite food? (2) What is it made of? (3) Can you cook this food? (4) How often do you cook this food?

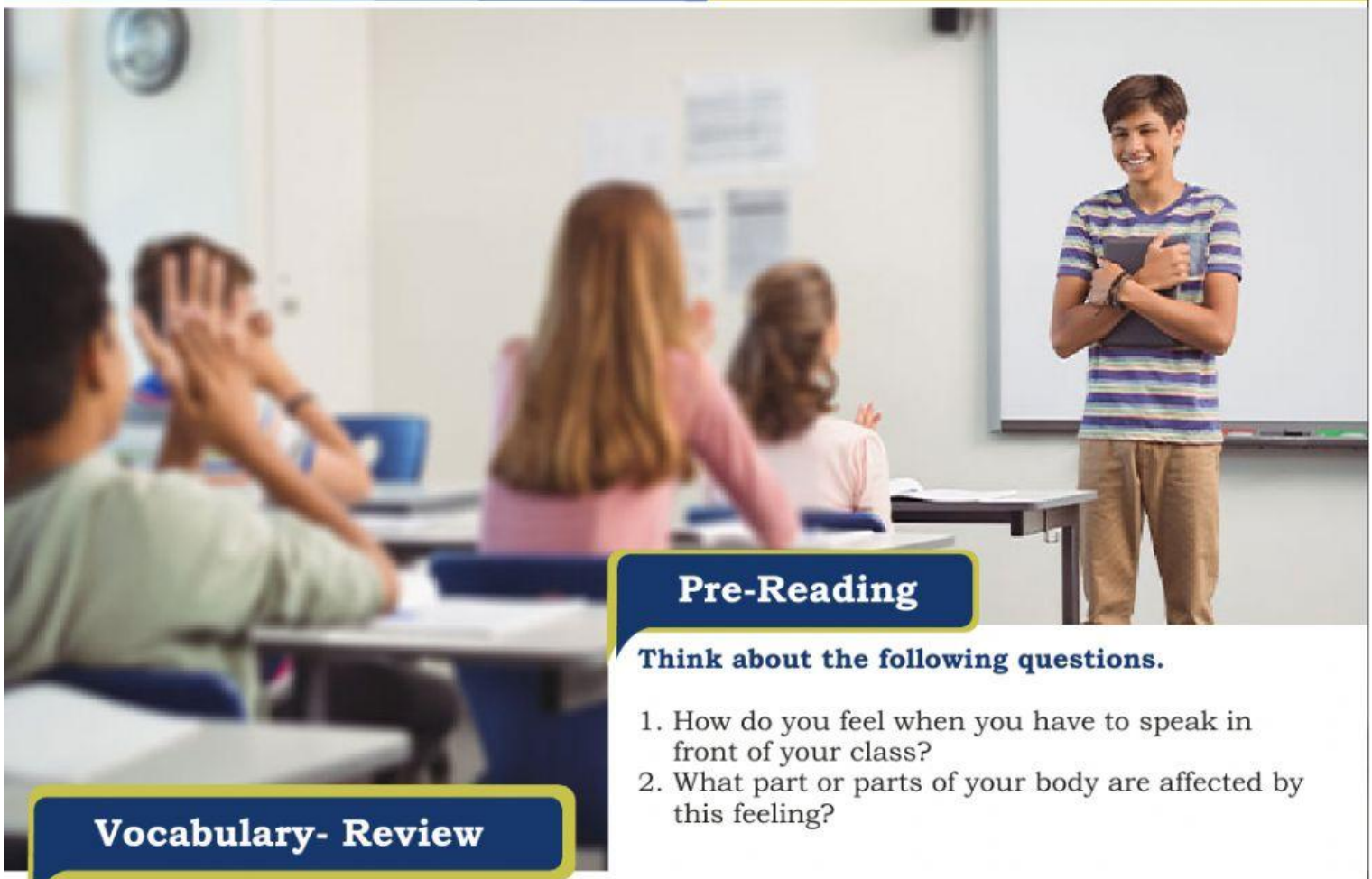
Example

My favorite food is spaghetti. It is made of noodles and tomato sauce. I can cook it easily. I cook spaghetti once a month.



LIVEWORKSHEETS

How Did Those Get in There?



Pre-Reading

Think about the following questions.

1. How do you feel when you have to speak in front of your class?
2. What part or parts of your body are affected by this feeling?

Vocabulary- Review

Write the letter of the word or phrase with the same meaning as the underlined word or phrase.

a. thing to do.	d. feel less stress or pressure
b. help.	e. make
c. make less or lower	f. regular; like usual

1. ____ She does not feel normal right now because she is nervous.
2. ____ A fun activity may help you forget your worries.
3. ____ Exercise can benefit both your body and your mind.
4. ____ Fear can produce a strange feeling in your stomach.
5. ____ I usually listen to music or read a book to relax
.
6. ____ Sometimes you can reduce your fear by talking about it with others.

LIVEWORKSHEETS

How Did Those Get in There?

A young actress is about to go onto the stage. As she waits by the side of the stage, she looks nervous. You might hear her whisper to her friend, "I've got butterflies in my stomach." Butterflies in her stomach? How did get in there? The feeling of butterflies comes from chemicals produced by the body in stressful situations.

One chemical that the body makes under stress is cortisol. This chemical benefits the body in normal situations. In fact, it helps the body start normal activities in the morning after waking up. It also plays a role in helping the body and mind respond well to healthy exercise.

However, when the body is under stress, extra cortisol begins to affect the stomach. For some people, cortisol shuts down the stomach, producing the funny feeling of butterflies. For others, cortisol speeds up the way the stomach works, which makes these people feel sick. All you need to do to get rid of a few butterflies in the stomach is just relax. Laughing with, or talking to, others about your stress can help reduce it. Stepping out onto the stage will also help those butterflies fly away.

LIVEWORKSHEETS

Questions and Vocabulary

1. Nervous: a little afraid or worried
2. Chemical: a thing that can cause an effect in our body
3. Stressful: full of, or causing, worry or pressure from work, studying, etc
4. Situation: a condition; a circumstance
5. Respond: to do something because of something else; to react
6. Speed up: to make faster

Choose the best answer.

1. What is the main idea of this?

a. A new kind of medicine called cortisol
b. An illness that nervous people get
c. The cause of butterflies in the stomach
d. The stress that actors have

2. According to the reading, what is NOT true about?

a. In small amounts, it benefits the body.
b. It can shut down the stomach.
c. It is found in many kinds of food.
d. It is produced by the body.

3. What helps a body respond well to exercise?

a. Butterflies
b. Cortisol
c. Stomach acid
d. Stress

4. According to the passage, what makes some people feel sick?

a. When situations return to normal
b. When the stomach shuts down
c. When the stomach works too fast
d. When there is too little cortisol

5. Which may help a person get over butterflies in the stomach?

a. Doing the thing that makes him or her nervous
b. Not talking while the butterflies are there
c. Shutting down his or her stomach for some time
d. Taking a small amount of cortisol

Find these idioms in the reading.

➢play a role in [to have some part in]
The big storm probably played a role in last night's blackout.

➢ shut down [to stop]
The company shut down the factory because they were losing a lot of money.

➢ get rid of [to throw away; to put out of use
I didn't like my bag, so I got rid of it.