WORKSHEET

Unit 7_Advanced reading 2

FEELING BAD

Everyone experiences it sometimes. Your legs feel weak, you are tired, and you have no energy. Perhaps your head hurts. You feel cold and no matter what you do, you can't warm up. However, the school nurse feels your forehead, say it's hot, and then checks your temperature. It is 40°C. You have a fever.

Fever is an increase in body temperature. For most people, normal body temperature is about 37°C. It can rise when you sits for a while in a very hot place, such as a sauna. If it does, your brain tells your body to sweat. You feel the need to go to some places cool. These responses help the body cool itself. Body temperature can also rise when a person is sick.

Fever is not a sickness. It is how the body responds to sickness or sometimes an injury. When a virus enters the body, the brain knows it is there. It tries to fight it off. Experts believe that fever speeds up the body's reaction to the virus.

Fever can be dangerous if your body temperature rises too high, so we usually try to get rid of it. On way to do this is to relax in a cool bath. Certain kinds of medicine are also sometimes helpful. A nurse or doctor can help you know the best way to handle a fever.

I. Fill in the blanks with NO MORE THAN THREE words from the text.

1. When you have a fever, you're tired and have .....

2. Fever is a(n) ..... in body temperature.

3. When you sit in a hot place, your brain tells your body .....

4. According to experts, fever ..... your body's reaction to the virus.

5. You can have ..... or take medicines to get rid of a fever.

II. Read the text again. Answer the questions.

1. What is the reading text about?

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2. What is normal body temperature?

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3. When can your body temperature rise?

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4. When can a fever be dangerous?

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5. Who can help you to handle a fever?

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LIVEWORKSHEETS