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2A Homework

1 READING

a Read the article. Complete it with the missing sentences. There is one sentence you don't need to use.

A Making an effort to focus on the page means that we blink less often.

B Each of its functions happens in a particular area, and different regions are used for different tasks.

C This is because the flow of blood to the brain decreases while the body digests it.

D Furthermore, existing studies suggest that adequate fluid intake is usually met through our daily consumption of juice, milk, and caffeinated drinks.

E When the dead part above the surface of the skin is removed, the living section underneath is not affected.

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Medical myths

Good doctors are always learning new things, but very few of them question existing medical myths. A well-known medical journal recently examined the most common of these to see if there is any evidence that they are true. This is what they discovered.

Myth: We only use about 10% of our brains

This myth appeared in the early twentieth century, when the concept of self-improvement was born. The idea was that there are many abilities built into our brains, but if we do not develop them, we never learn how to do them. This led to the belief that there are parts of our brains that we do not use. However, scientific evidence shows that this is not the case. Brain scans have revealed that there is no area of the brain that is silent or inactive. [1]_____ Nobody who has examined the brain has been able to identify the 90% that we, supposedly, do not use.

Myth: Shaving hair causes it to grow back thicker

This belief is often reinforced by the media, despite the fact that a clinical trial in 1928 showed that shaving has no effect on hair growth. [2]_____ This makes it unlikely for the hair to grow back any different than it was before. The reason it appears thicker is that recently shaved hair lacks the finer point seen at the ends of unshaven hair. In addition to this, the new hair has not been lightened by the sun, which makes it look darker than the hair that has already grown.

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Myth: Reading in insufficient light ruins your eyesight

People tend to believe this because of the discomfort they experience when they have been reading for a while in dim light. [3]____ This causes our eyes to dry out and feel uncomfortable. Fortunately, the effect is only temporary and most ophthalmologists* agree that it doesn't damage our eyes permanently. Something else that disproves the myth is that there are more short-sighted people today than in the past, when reading conditions were worse. Before the invention of electricity, people relied on candles or lanterns to read, yet fewer people needed glasses.

*ophthalmologists – doctors who specialize in eyes

Myth: Eating turkey makes people feel especially tired

Some foods contain a natural chemical called tryptophan, which is known to cause drowsiness. The myth is the idea that consuming turkey (and the tryptophan it contains) might make someone more likely to fall asleep. Actually, both chicken and ground beef have nearly the same amount of tryptophan as turkey; other foods, such as pork or cheese, contain even more. The truth is that any large, solid meal can make you feel sleepy, whether it contains turkey or not. [4]____ It isn't the turkey in your dinner that puts you to sleep; it is the quantity of food that you have eaten.

2 VOCABULARY illness and treatment

a Complete the sentences with a verb from the box.

be sick burn choke ~~cough~~ cut faint hurt sneeze

1 The smoke from the fire made everybody *cough*.
2 I'm feeling a little dizzy. I think I'm going to _____.
3 I'm allergic to cats. They make me _____.
4 Be careful! You'll _____ your back if you try to lift that heavy chair by yourself.

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5 That knife is very sharp. Please don't _____ yourself.
6 I'm not feeling well. I think I'm going to _____.
7 Be careful! You might _____ yourself. The oven's really hot.
8 Some people don't like eating fish because they're worried that they'll _____ on the fish bones.

b Complete the dialogues between the **p**atients and the **d**octor.

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1 **P** I have a temperature and my body aches.
D I think you have the *flu*.

2 **P** I'm tired and I don't have any energy.
D It sounds like you have low
bl_____ pr_____.

3 **P** There's a rash all over my body.
D You probably had an a_____ r_____
to something.

4 **P** I hurt my wrist playing tennis and it's very swollen.
D You might have spr_____ it.

5 **P** It hurts when I talk and when I eat.
D You have a s_____ thr_____.

6 **P** I'm really sick and I have diarrhea.
D I think you have f_____ p_____.

3 GRAMMAR

present perfect simple and continuous

a Underline the correct form.

1 How long *are your parents* / *have your parents been* married?

2 Nathan got the job, but he *hasn't yet started* / *hasn't started yet*.

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3 *Have you had ever | Have you ever had* an operation?
4 I can't go out now because *I just washed | I washed just* my hair.
5 Kate has had a cold *for | since* last weekend.
6 We've had this computer *for | since* two months.
7 My son *is | has been* late for school three times so far this week.
8 They *only know | have only known* each other for a week, but they're already good friends.

b Complete the email with the correct form of the verbs in parentheses. Use the present perfect simple or continuous.

Dear Teresa,

Sorry I [1] *haven't written* (not write) for a while, but I [2]_____ (have) a lot of work recently, and I [3]_____ (be) too exhausted to do anything in the evenings once I get home. Today is a holiday though, so I [4]_____ (write) emails all day to try to catch up with all my friends.

Guess what! I [5]_____ (move out) of my parents' house! I [6]_____ (live) in my new apartment for a week now, and I love it! I [7]_____ (already / unpack) all my things and it's beginning to feel like home. You have to come and visit!

The bad news is that I [8]_____ (break up) with Andrew. He [9]_____ (travel) so much recently that we [10]_____ (not manage) to see each other much, and I [11]_____ (meet) someone else. His name is Carl and he's a colleague from work. We [12]_____ (see) each other since the beginning of the summer. We [13]_____ (have) three dates so far and I really like him!

Anyway, got to go. Please write soon and tell me all your news.
Love,
Sophie

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