CHAPTER TWO

TEXT 1

A key skill that children need to develop is decision-making skills. Decision making is the action or process of arriving at a conclusion of accepting an important option by weighing the other alternative possibilities. Decisions taken by children affect their mental health and wellbeing. Their relationships and their success largely depend on decision making. It helps children to become responsible and independent. It also helps children to control impulsive behaviour.

The mere fact of being able to identify when a decision is to be taken is the first step towards developing decision-making skills. Children learn by observing their parents and peers, hearing such discussions where values are involved, and being given an opportunity to take a decision and experiencing the consequences. Initially, children do sometimes end up making the wrong decisions, but they learn from their mistakes and try to take better decisions in the future. The skill develops further when they clearly understand the reasons for their decision coupled with experience and maturity.

Benefits of involving children in decision-making are plenty. The greatest amount of satisfaction and fulfillment comes from a decision rightly taken. Wrong decision making is an essential part of their journey towards maturity. If children are educated about the decision-making process, they will gain experience. Expose children to correct decision making. It takes lots of years to master this art, as it is a complex process, and needs careful thought. Children should be given tasks, and it should be expected that they make a meaningful contribution and demonstrate responsible behaviour. Decision making shapes them into the type of adult they will become and the life paths that they will choose later.

We all do agree that children make a range of decisions every day. Their decision making is strongly influenced by the values and expectations they see around them. The ability to think before acting makes them take better decisions.

Source: *https://parenting.firstcry.com/articles/tips-and-activities-to-help-kids-develop-decision-making-skills/*

1 The author would apparently agree that ....

A. it is important for kids to have decision-making skills
B. parents do not need to teach their kids to make decision
C. schools is the only place that kids can learn how to make decision
D. kids should be taught to always make the right decision
E. kids with good academic achievement are good decision-makers

2 "It takes lots of years to master this art, as it is a complex process, and needs careful thought."

The underlined word in the sentence above refers to ....

TEXT 2

The eye is often compared to a basic camera, and indeed the very first camera was designed with the concept of the eye in mind. We can reduce the complex process that occurs to process light into vision within the eye to a relatively basic sequence of events. First, light passes through the cornea, which refracts the light so that it enters the eye in the right direction, and aqueous humour, into the main body of the eye through the pupil. The iris contracts to control pupil size and this limits the amount of light that is let through into the eye so that light-sensitive parts of the eye are not damaged.

The pupil can vary in size between 2 mm and 8 mm, increasing to allow up to 30 times more light in than the minimum. The light is then passed through the lens, which further refracts the light, which then travels through the vitreous humour to the back of the eye and is reflected onto the retina, the centre point of which is the macula.

The retina is where the rods and cones are situated, rods being responsible for vision when low levels of light are present and cones being responsible for colour vision and specific detail. All the light information that has been received by the eye is then converted into electrical impulses by a chemical in the retina called rhodopsin, also known as purple visual, and the impulses are then transmitted through the optic nerve to the brain where they are perceived as 'vision'. The eye moves to allow a range of vision of approximately 180 degrees and to do this it has four primary muscles which control the movement of the eyeball. These allow the eye to move up and down and across, while restricting movement so that the eye does not rotate back into the socket.

Source: *101 Amazing Facts You Need to Know*

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A. the advantage of involving children in decision making
B. an essential part of children's journey toward their maturity
C. giving an opportunity to take a decision
D. the value that children see around them
E. to teach children to make a correct decision

3 According to the text, what influences children in making decision?
A. Their parents
B. The values and expectations around them
C. Their experience
D. Their teachers
E. Their friends

4 From the text we can infer that wrong decision making for children is ....
A. an important factor in their life journey
B. something should be avoided
C. an essential part that contributes to their failure
D. an experience that children shouldn't have
E. a thing for which a child deserve punishment

TEXT 3

New research from a team made up of specialists from the University of Birmingham, the University Hospitals of Birmingham, and Warwick Medical School, has found that people living with obesity have a 66% higher risk of developing chronic kidney disease than those with normal body weight. This is the case, even if they have no underlying health conditions, such as diabetes or high blood pressure. The work has just been published in the American Journal of Kidney Disease and involved studying 4.5 million patient records from GPs in the UK over 20 years.

This adds to a growing body of scientific research which has found that "healthy obesity does not exist," says Professor Indranil Dasgupta, consultant nephrologist at the University Hospitals Birmingham NHS Trust, and senior author of the research paper. Previous studies from the same team found those living with obesity without any other health conditions also have a higher risk of cardiovascular disease and stroke.

Many professionals with an understanding of obesity believe there needs to be a huge shift within the medical profession, and society as a whole, in how the condition is viewed.

"Public perception hasn't quite understood that it's a real illness," says bariatric weight loss surgeon Shaw Somers. "With each passing year that we fail to get on board with managing the obesity epidemic, it gets exponentially worse. Unless we start to take this issue seriously, it will totally undermine the NHS' ability to cope in the near future."

5 The author's primary purpose is to ....
A. tell the readers the difference of how eyes and camera work
B. ask the readers to keep their eyes healthy
C. describe how to use a camera
D. explain how our vision works
E. introduce the parts of eye

6 According to the text, the iris contracts to ....
A. make sure that the light enters the eye in the right direction
B. allow up to 30 times more light in than the minimum
C. control pupil size
D. convert the light into electrical impulses
E. transmit the electrical impulses to the brain

7 What makes the eye can move up and down?
A. The iris
B. The pupil
C. The retina
D. Rhodopsin
E. The four primary muscles

8 The underlined word in the text above means ....
A. making something happens
B. changing the direction
C. working together
D. making something become different
E. preventing something moving

LIVEWORKSHEETS

TEXT 4

There also needs to be a big change in the understanding of treatment, according to Mr Somers. Too many weight management programmes for those living with obesity begin with "moving more and eating less", which in reality is a prevention for obesity, not a cure.

"The number of people I've encountered in my 30-year career who've been able to go from morbid obesity, to normal weight, and sustain it by dieting alone – well I don't think I've ever met one. It's so hard to do."

Evidence suggests that people whose bodies are hard-wired to put on and retain fat, may put in all the work, and still not get the result they badly want. This can be a huge mental strain.

Psychologist Dr Denise Ratcliffe says that many people accept the narrative that they are to blame for their obesity. That, and the harsh judgement of society, can lead to a situation where mental anguish and physical weight-gain feed off each other.

"Obesity is a cause of mental health problems. So if you've got mental health problems, you're more likely to have obesity. But if you're obese, that also creates mental health difficulties."

Adapted from: *https://www.bbc.com/news/uk-57419041*

9 Which recommendation is the most suitable to complete the text?

A. Obesity is treatable as long as the people do not have any morbidity.
B. From those views, it is time for medical association to list obesity as a mental illness.
C. People have to stop asking obese people to lose weight because no matter how hard they try, they will not be able to.
D. This shows that we cannot see obesity as a common unharmful condition nor treat obese people as something to mock at.
E. To conclude, people with obesity are more likely to have a heart attack, kidney failure, or mental illness in the near or far future.

10 Why do you think Shaw Somers categorizes obesity as a real illness?

A. Because people see it as a cosmetic concern.
B. Because it is quite likely to bring about other diseases.
C. Because it is the main factor of chronic kidney disease.
D. Because it has been obeserved in medical fields for decades.
E. Because a lot of obese people have seen successful at reducing their weight.

11 According to the text, which statement about obesity can be proven fact?

A. Obese people can regain their health by doing a lot of exercises such as going to the gym, biking, running, and doing other kinds of sports.
B. A lot of people started to be obese as they spent too much time sitting or snacking.
C. Obesity is not an ordinary weight-gain condition and is highly-probable to be accompanied by another health issue.
D. The primary factor of obesity is uncontrolled eating habit.
E. People who were obese and is now normal can sustain their weight only by managing their diet.

12 As used in line 25, the word 'retain' most nearly means ....

A. regain
B. return
C. remove
D. maintain
E. decrease

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TEXT 5

For thousands upon thousands of years, humans survived by hunting game and gathering edible plants. They lived in bands of 25 to 70 people. The men almost certainly did the hunting. The women gathered fruits, berries, roots, and grasses. Then about 10,000 years ago, some of the women may have scattered seeds near a regular campsite. When they returned the next season, they may have found new crops growing. This discovery would usher in the Neolithic Revolution, or the agricultural revolution—the far-reaching changes in human life resulting from the beginnings of farming. The shift from food-gathering to food-producing culture represents one of the great breakthroughs in history.

Scientists do not know exactly why the agricultural revolution occurred during this period. Change in climate was probably a key reason. Rising temperatures worldwide provided longer growing seasons and drier land for cultivating wild grasses. A rich supply of grain helped support a small population boom. As populations slowly rose, hunter-gatherers felt pressure to find new food sources. Farming offered an attractive alternative. Unlike hunting, it provided a steady source of food.

Some groups practiced slash-and-burn farming, in which they cut trees or grasses and burned them to clear a field. The ashes that remained fertilized the soil. Farmers planted crops for a year or two, then moved to another area of land. After several years, trees and grass grew back, and other farmers repeated the process of slashing and burning.

Today, the eroded and barren rolling foothills of the Zagros Mountains in northeastern Iraq seem an unlikely site for the birthplace of agriculture. According to archaeologist Robert Braidwood, thousands of years ago the environmental conditions of this region favored the development of agriculture. Wild wheat and barley, along with wild goats, pigs, sheep, and horses, had once thrived near the Zagros Mountains.

In the 1950s, Braidwood led an archaeological dig at a site called Jarmo. He concluded that an agricultural settlement was built there about 9,000 years ago. The Jarmo farmers, and others like them in places as far apart as Mexico and Thailand, pioneered a new way of life. Villages such as Jarmo marked the beginning of a new era and laid the foundation for modern life.

Source: *World History: Pattern of Interaction*

13 Which of the following best summarizes the overall purpose of this passage?

A. The text was written to present detailed facts about the early agriculture in the world.
B. The text was written to give brief information about the first place to begin agriculture.
C. The text was written to clearly point out the difference between the beginning and the modern agriculture.
D. The text was written to chronologically explain how Jarmo became the milestone of agriculture in the world.
E. The text was written to examine the theory about the beginning of agriculture proposed by Robert Braidwood.

14 What does the second paragraph mainly inform about?

A. The definition of agricultural revolution
B. The causes of the agricultural revolution
C. The benefit of the agricultural revolution
D. The climate change during the agricultural revolution
E. The difference between food-gathering and food-producing

15 We can infer from the passage that the foothills of Zagros Mountains in Iraq ....

A. is an inadequate place for growing crops
B. was the location of the first agricultural site in Mexico
C. was inhabited by 25 to 70 nomad people 10,000 years ago
D. is a popular archaeological site for its ancient rocks and plants
E. was at first wrongly considered as the first place to have agriculture

16 The agriculture did not happen until which of the following reasons?

A. There were no agricultural scientists 10,000 years ago.
B. The hotter the temperature, the more fertile the land to grow plants.
C. Humans need more stable source of food to survive.
D. Farming was thought to be more beneficial than hunting.
E. The number of humans population grow significantly.

LIVEWORKSHEETS

Is it OK to learn two languages?

This has important implications. Parents of monolingual and bilingual children alike are eager for their little ones to utter the first words. It's an exciting time to learn more about what the baby is thinking. However, a common concern, especially for bilingual parents, is that their child is not learning fast enough. Parents of bilingual children also worry that their children will not know as many words as children who are raised with one language.

To some extent, this concern is valid. Bilingual infants split their time between two languages, and thus, on average, hear fewer words in each. However, studies consistently show that bilingual children do not lag behind when both languages are considered. Vocabulary sizes of bilingual children, when combined across both languages, have been found to be equal to or greater than those of monolingual children.

Another common concern is that bilingualism causes confusion. Part of this concern arises due to "code switching," a speaking behavior in which bilinguals combine both languages. Research shows bilingual children code-switch because bilingual adults around them do too. Code-switching in bilingual adults and children is rule-governed, not haphazard. The good news is young children all around the world can and do acquire two languages simultaneously. In fact, in many parts of the world, being bilingual is the norm rather than an exception.

It is now understood that the constant need to shift attention between languages leads to several cognitive advantages. Research has found that bilingual adults and children show an improved executive functioning of the brain – that is, they are able to shift attention, switch between tasks and solve problems more easily. Bilinguals have also been found to have increased metalinguistic skills (the ability to think about language per se, and understand how it works). There is evidence that being bilingual makes the learning of a third language easier. Further, the accumulating effect of dual language experience is thought to translate into protective effects against cognitive decline with aging and the onset of Alzheimer's disease.

So, if you want your child to know more than one language, it's best to start at an early age, before she even starts speaking her first language. It won't confuse your child, and it could even give her a boost in other forms of cognition.

Source: *https://theconversation.com/why-the-baby-brain-can-learn-two-languages-at-the-same-time-57470*

17 The writer would apprently agree that ....

A. exposing children to learn more than one language will end in speech delay
B. learning more than one language confuses children
C. bilingual children are at an advantage
D. academic problems are more common in bilingual children
E. bilingual children tend to have awesome math skills

18 Which of the following is most similar to the phenomenon of code-switching in bilingual children?

A. Students do their school assignments.
B. Children imitate a fighting scene that they see on television.
C. Employees try hard to not to come late to their office.
D. A visitor take any brand of mineral water when she is very thirsty.
E. Road users obey traffic signs.

19 What is the author's attitude toward children who learn more than one language?

A. Supportive
B. Critical
C. Ambivalent
D. Disapproving
E. Neutral

20 As used in paragraph 3, the word *haphazard* most nearly means ....

A. systematic
B. set
C. wilful
D. planned
E. accidental

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