

Listening exercise 1

Choose TWO letters, A-E.

Which TWO warnings does Dan give about picking mushrooms?

- A. Don't pick more than one variety of mushroom at a time.
- B. Don't pick mushrooms near busy roads.
- C. Don't eat mushrooms given to you.
- D. Don't eat mushrooms while picking them.
- E. Don't pick old mushrooms.

Choose TWO letters, A-E.

Which TWO ideas about wild mushrooms does Dan say are correct?

- A. Mushrooms should always be peeled before eating.
- B. Mushrooms eaten by animals may be unsafe.
- C. Cooking destroys toxins in mushrooms.
- D. Brightly coloured mushrooms can be edible.
- E. All poisonous mushrooms have a bad smell.

Choose the correct letter, A, B or C.

5/ What advice does Dan give about picking mushrooms in parks?

- A. Choose wooded areas.
- B. Don't disturb wildlife.
- C. Get there early.

6/ Dan says it is a good idea for beginners to _____

- A. use a mushroom app.
- B. join a group.
- C. take a reference book.

7/ What does Dan say is important for conservation?

- A. selecting only fully grown mushrooms
- B. picking a limited amount of mushrooms
- C. avoiding areas where rare mushroom species grow

8/ According to Dan, some varieties of wild mushrooms are in decline because there is _____

- A. a huge demand for them from restaurants.
- B. a lack of rain in this part of the country.
- C. a rise in building developments locally.

9/ Dan says that when storing mushrooms, people should _____

- A. keep them in the fridge for no more than two days.
- B. keep them in a brown bag in a dark room.
- C. leave them for a period after washing them.

10/ What does Dan say about trying new varieties of mushrooms?

- A. Experiment with different recipes.
- B. Expect some to have a strong taste.
- C. Cook them for a long time.

Exercise 2

Listen and fill in the gap

The nature of laughter

- the act of laughing is a (1) _____ phenomenon that incorporates motion and auditory expression
- it is regulated by our (2) _____

Reasons for laughter

- a mere 10% of laughter is generated by jokes and funny stories.
- it is possible that laughter began as an expression of (3) _____ after encountering danger.
- nowadays, may help to develop (4) _____ within a group
- connected to (5) _____ (e.g. use of humour by politicians or bosses)
- may be related to male / female differences (e.g. women laugh more at male speakers)
- may be used in a negative way: draw attention to the (6) _____ (*đôi word form*) of specific individuals, making their outsider status obvious

Benefits of laughter

- safe method for the (7) _____ of emotions such as anger and sadness
- provides good aerobic exercise (100 laughs a day is the (8) _____ of 10 minutes' jogging)
- leads to drop in levels of stress-related (9) _____
- improves the (10) _____
- stop disturbing dreams and facilitate deeper sleep

Exercise 3

Physiological effects of laughter on the body

- breathing patterns change and pressure in the (1) _____ increases, resulting in sounds like snorts or wheezes
- laughter (2) _____ reflexes and muscle control, leading to sensations of leg weakness

Origins of laughter

- unclear due to a lack of (3) _____ evidence
- theories suggest that humans are not the only animals that exhibit laughter-like behaviors.
- research shows that rats giggle when tickled, and at least 65 species, mainly (4) _____ and some birds, vocalize during social play, including some closely related to humans.
- researchers suggest that laughter-like behaviors in ancient great ape ancestors evolved to signal friendly, non-aggressive intent, while humans also laugh in response to various emotions.

Social function of laughter

- laughter may have gained expanded functions after humans separated from great apes.
- it evolved to convey (5) _____ and emotions in social contexts.
- laughter is (6) _____, inviting shared emotional experiences.
- hearing laughter can activate brain regions, prompting smiles or laughter in response.

Social dynamics and distinctiveness of human laughter

- laughter is influenced by social presence
- generally louder than animal vocalizations
- even infants can distinguish between friends and (7) _____ based on laughter
- listeners can differentiate between real and fake laughter by (8) _____ alone

Health benefits of laughter

- laughter releases feel-good (9) _____ like endorphins
- reduce stress hormones such as cortisol
- enhance (10) _____ coping mechanisms
- enhance cardiovascular health