

1. naloga

Preberi besedilo o pomembnosti spanja in odgovori na vprašanja z NAJVEČ PETIMI besedami. Oglej si primer 0, ki je že rešen.

HEY YOU! WAKE UP!

In 1984, a teenager in San Diego named Randy Gardner hatched an idea for a science fair project. He would see how long he could stay awake. By the end of the experiment, he had been up for 264 hours! That's 11 days! Gardner had set a record for the longest period without sleep. But along the way, he was not quite himself. He became moody and forgetful. At one point, he mistook a street sign for a person and greeted it. On day four, he thought he was a running back for the San Diego Chargers, an American football club.

You probably don't have plans to stay up 11 days straight, but if you're like most kids, you'll pull an occasional late-nighter to finish your history essay. Even on regular nights, you probably stay up too late. Teenagers need 9 hours of sleep a night. Yet a recent survey found that on weeknights, as few as 14 percent of teens get enough ZZZs. They aren't the only ones, one-third of adults are sleep deprived.

WHAT KEEPS TEENAGERS AWAKE AT NIGHT?

Your screens prevent sleepiness.

Within an hour of going to bed:

- 50% of them watch TV
- 55% of them use a computer
- 66% of them text or use

a cell phone.

Your friends wake you up.

18% of teens are awoken by a call, text, or e-mail a few nights a week.

Your food energizes you.

Sugary and caffeinated foods keep you up.

Better choices:
milk, cereal.

Your bed wants you to study.

Using your bed for homework (or anything other than sleeping) means tucking in won't trigger sleep.

BAD THINGS CAN HAPPEN WHEN PEOPLE ARE VERY TIRED

You know the effects of a bad night's sleep. You feel forgetful and clumsy. It's no wonder – 24 hours without sleep leaves you as if you were legally drunk. In fact, lack of sleep can cause brain cells to die.

Colgan plane crash (February 12, 2009)

A small plane crashed outside Buffalo, New York. The first officer and the captain were heard yawning on the cockpit voice recorder before the plane nose-dived. Pilots are required to have a certain amount of time between flights in order to sleep but neither of them had had adequate rest during that period.

Challenger explosion (January 28, 1986)

About 73 seconds after lift-off, the NASA space shuttle Challenger blew apart in the sky, while thousands of spectators watched. After the tragedy, it was found that one of the reasons for it was that workers made a mistake because they worked long shifts.

(Prirejeno po: *Scholastic Scope*, marec 2013.)



0. Why did Randy Gardner stay awake for 11 days?

Because of a project.

1. What object did Randy communicate with?

2. Which device is least used by teenagers before they go to sleep?

3. What should teenagers have for a meal before going to bed?

_____ and _____

4. What is a day's lack of sleep compared to?

5. What do pilots have to do between flights?

6. When was Challenger launched into space?

(6 točk)

2. naloga

Preberi besedilo o Sumercih in ga dopolni s povedmi iz razpredelnice. Na vsako črto (1–7) vpiši črko ustrezne povedi (A–J). Dve povedi sta odveč. Oglej si primer 0, ki je že rešen.

SUMERIANS – ANCIENT PEOPLE

Sumerian farmers settled in the valley of the river Tigris, in the southern part of the area called Mesopotamia around 5000 BC. They may have come from the east. (0) A

Although the earliest writings in the region do not go back much further than 2500 BC, modern historians have suggested that Sumerian people first permanently settled between c. 5500 and 4000 BC. At first the Sumerians lived in huts made of reeds, grass-like plants. Later their homes changed. (1) _____

Between 3400 and 3300 BC, Sumerians invented the first kind of writing. It used signs for words. The Sumerians used styluses, which were special tools. (2) _____ Many historians believe that history began when people started to note down dates and events.

Gradually, villages grew into the first cities. Around 2500 BC there were about thirty cities in Sumer. (3) _____ They had their own laws, main god and a prince or a king as a leader. The population grew and after some time, there was a lack of farming land and water to grow crops. (4) _____

At the best of times, the Sumerians grew dates and grains such as wheat and barley and they also produced oil. They invented many ways of improving their crops. For example, farmers dug canals that carried water from the river to the fields. (5) _____

The Sumerians produced more food than they needed for themselves. They exchanged some of their produce with neighbouring countries for wood, gold, copper, silver and precious stones. Craftsmen used these materials to make jewellery and weapons. They also made wonderful pots. (6) _____

The Sumerians also had a system for counting and dividing time. The system had the numbers 1, 10, 60, 600, and 3,600. (7) _____ A minute lasts 60 seconds and an hour lasts 60 minutes which is 3,600 seconds.

In conclusion, Sumer was a great civilisation and its inhabitants were great inventors.

(Prirejeno po: *Discovery Box*, januar 2005.)



☒ A	Some claim they arrived from Persia or the valley of the Indus.
☐ B	We still use it nowadays.
☐ C	Each one was like a small country.
☐ D	We still use similar ones for cooking today.
☐ E	They were both made of stone.
☐ F	Nowadays, we use their modern version, called ballpoint pens.
☐ G	They used it to plough the fields.
☐ H	Therefore, Sumerians often went to war.
☐ I	They also invented the plough to work faster in the fields.
☐ J	They started to build them from mud bricks.

(7 točk)

(Vir slike: http://en.wikipedia.org/wiki/File:Sumerian_26th_c_Adab.jpg. Pridobljeno: 12. 4. 2016)