Part 1

VOCABULARY

Read the text and choose the correct word(s) to complete the sentences.

Words:
humidity headaches temperature irritable flu weather forecast

Come Rain or Shine: Weather and How It Affects Us

Many people notice that changes in the _____ can influence how they feel physically and emotionally. High _____ can make the air feel heavy and uncomfortable, often triggering _____ for those sensitive to weather changes. Sudden shifts in weather can also leave some individuals feeling tired or _____, affecting their daily activities and moods. During winter, it's common for students and office workers to catch the _____, especially when temperatures drop and the immune system is weakened. Checking the _____ before leaving home helps people dress appropriately and plan their day to avoid getting sick or exhausted. Understanding how atmospheric conditions _____ our bodies allows us to take preventive measures, such as staying hydrated, resting, and avoiding prolonged exposure to extreme conditions. Weather is not just an inconvenience; it can have real consequences on health and well-being.

LIVEWORKSHEETS