

Part 1

VOCABULARY

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

Words:

pneumonia gusts pouring blocking soaked
moods

Weather Woes: Staying Safe and Healthy

Severe weather can cause both physical discomfort and changes in our daily routines. During heavy storms, strong

_____ of wind often make walking or driving hazardous, while _____ rain can leave people completely _____ if they are unprepared. In some cases, blocked streets or fallen trees can lead to _____ roads, delaying travel and creating stress. Prolonged exposure to cold and wet conditions may even result in illnesses such as

_____, especially for those with weaker immune systems. Weather extremes don't just affect the body; they can also influence our _____, making some people feel irritable or lethargic. Being aware of forecasts and preparing accordingly—like carrying waterproof gear or adjusting travel plans—can prevent injuries and sickness. While we cannot control the weather, understanding its effects helps us stay safe, healthy, and mentally resilient through storms, blizzards, or unexpected downpours.