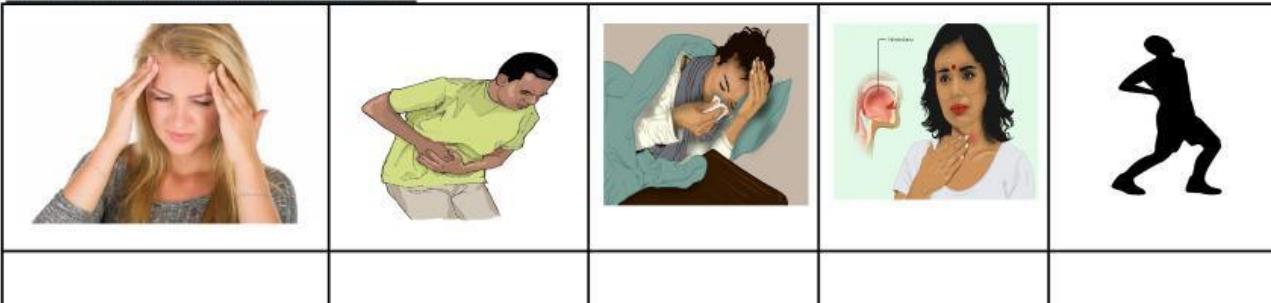


I. What's the matter with them?



Complete the sentence with the correct word in the box.

antibiotics emotions disease survive digest viruses

- A: Illnesses are caused by _____.
- B: When your parents are sick and weak, they are fighting a _____.
- C: Viruses cannot be treated with _____.
- D: Bacteria are cells that can _____ inside and outside of your body.
- E: Bacteria help us _____ food and feel our _____.

III. Read. Choose True or False...

Changing School Days for Adolescents

For most adolescents, getting up in the morning is difficult; they feel tired, they move slowly, and they act like zombies. At school they often fall asleep. This makes the teachers angry and the teens embarrassed.

According to scientists, adolescents need eight to ten hours of sleep every night to feel rested and perform effectively. But getting enough sleep isn't easy for adolescents. Their body clocks are changing, which affects their natural sleep cycle. They usually stay up late at night. In the morning, they have to get up early to go to school. As a result, they rarely get a good night's sleep.

What can schools do to help? A school in London, England, changed the schedule for 16–18 year olds. Students started and finished the school day an hour later than before. As a result, students slept more and got better grades. More sleep made students more sociable and more confident. They even enjoyed going to school.

Researchers from Oxford University will conduct the Teensleep Study with a hundred schools across Britain. In the study, teenagers will start school later, have classes about sleep, and learn how some changes in their bedrooms can improve their sleep. So, who knows? After the results of this study, students might go from being zombies to being model students!

- A. The main idea of the reading is that adolescents should go to bed earlier.
 - a) True
 - b) False
- B. It's common for adolescents to stay up late.
 - a) True
 - b) False
- C. Starting their school days later in the morning can improve adolescents' performance.
 - a) True
 - b) False

IV. Choose the correct answer.

1. I didn't sleep _____ last night because of the noise.. often well
2. He's tired because he _____ plays computer games at night. regularly well
3. Math tests _____ make me feel nervous. carefully usually
4. Breathing deeply and _____ makes me feel more relaxed when I am stressed. slowly poorly
5. Many people sleep _____, and this has harmful effects on the body and mind. regularly poorly

V. Put words in the correct order to form sentences.

1. positively / we / think / sleep / we / well / when

2. sick / enough / we / don't / when / sleep / get / we / can / easily / more

3. than / I / hours / sleep / more / for / rarely / seven

4. for / sleep / I / sometimes / hours / ten

VI. Match the sentence. Write the letter on the line.

_____ 1. bacteria	a. medicine that treats infections
_____ 2. viruses	b. one-cell organisms that can be good for the body
_____ 3. antibiotic	c. the body's defense against sickness
_____ 4. immune system	d. signs of sickness
_____ 5. symptoms	e. tiny organisms that need a host to survive