



Spotlight 7

Vocabulary Task 71021

1. Fill in:

ulcer home confined self immune itchy poisonous nasty

1. _____ system
2. _____ space
3. _____ remedies
4. _____ defence
5. _____ spike
6. _____ rash
7. _____ bite
8. mouth _____

2. Fill in:

temperature rate function depression immune resting grumpy

1. The normal heart _____ for adults is between 60-100 beats per minute.
2. A lack of sleep can cause _____.
3. Our _____ system protects our bodies against disease.
4. Stress can cause our body _____ to drop.
5. The brain is not in a _____ state during REM; it's very active.
6. Peter stayed up late and felt _____ in the morning.
7. Digestion is a bodily _____ that slows down at night.

3. Word formation

Fill in the gaps with the proper grammar and lexical form of the word in brackets.

Write in BLOCK CAPITALS!!! (ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ)

Some scientists think that humans are biologically programmed to be afraid of certain things, like the dark and 1 _____ (**POISON**) insects. Others are convinced that a frightening event in the past lies behind many phobias.

A recent breakthrough in 2 _____ (**MEDICINE**) research suggests that our memories can be rewritten and our fear erased. Scientists at New York University have found that a retrieved memory can be 3 _____ (**PERMANENT**) changed.

However, it appears that this is only possible within six hours of the memory emerging. After this time, the mind will simply form a second version of the memory. This means that in the future, in times of stress or anxiety, the 4 _____ (**ORIGIN**) fear memory could resurface.

Still, scientists are excited. Previously, they had thought that the human long-term memory was fixed and that the fears and phobias which hid inside it could only be treated with drugs. Now, they may have discovered a much 5 _____ (**SAFE**) way to prevent the return of fear.