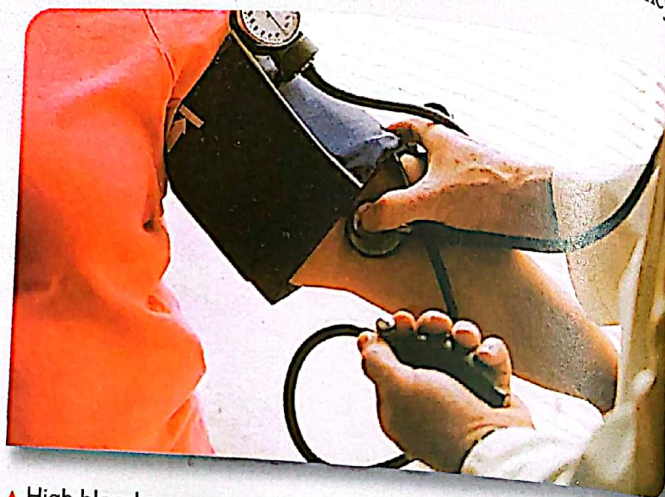


# Health News for Body and Mind

A Nobody wants to be **sick**. Everyone wants to be **healthy**, and most people want to have a long life, too. But a healthy **body** is not enough. We all want both **physical** and **mental** health. What can we do to stay well? Most of us know some things to do. It's a good idea to exercise (for example, in a gym), eat fruit, vegetables, and fish, and drink lots of water. We also know things *not* to do; it's a bad idea to eat a lot of **junk food**, such as chips, ice cream, candy, donuts, and other foods with sugar or fat. It's a bad idea to be a **couch potato**—a person who watches a lot of TV and doesn't exercise. It's a terrible idea to **smoke**. But scientists now have new information about *other ways* to stay healthy. Some of it is **surprising**.

## Drink Cocoa

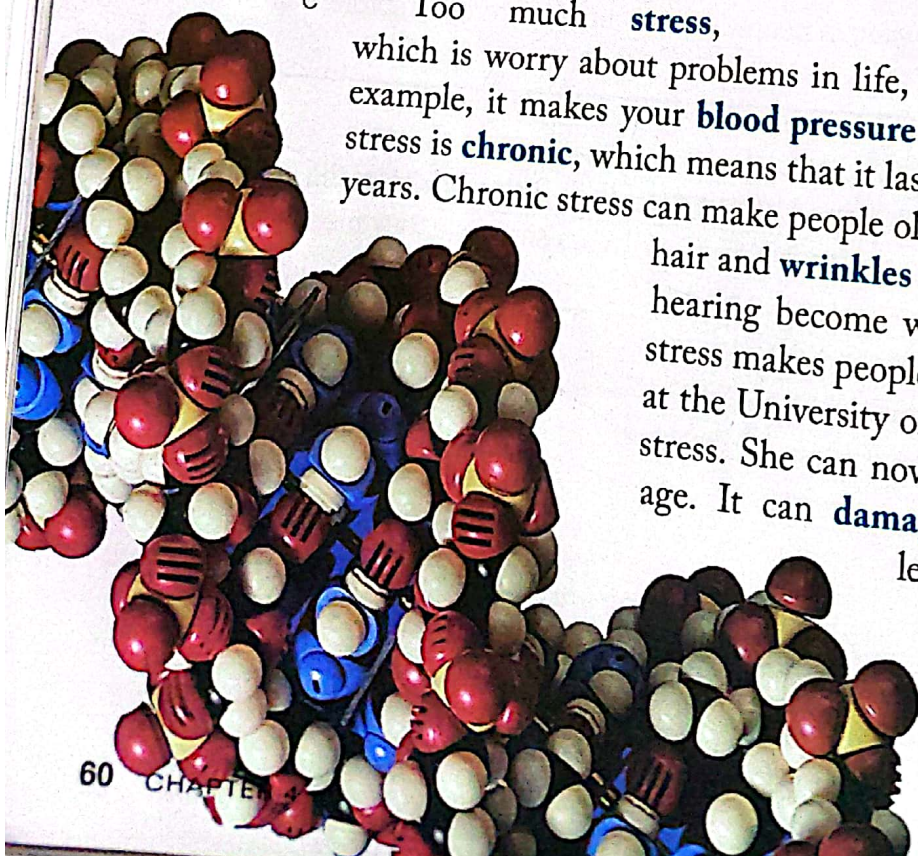
B Several **beverages** are good for the health. Orange juice has vitamin C. Milk has **calcium**. Black tea and green tea are good for health, too. They have **antioxidants**; these fight **diseases** such as cancer and heart disease. Most people know this. But most people *don't* know about **cocoa**—hot chocolate. They enjoy the sweet, chocolaty beverage, but they don't know about its antioxidants. It has more antioxidants than tea!



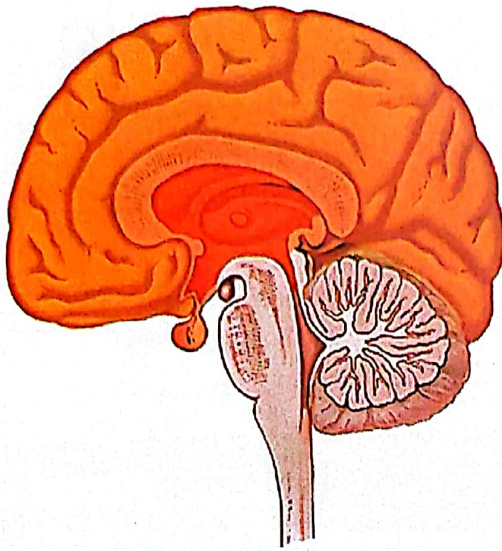
▲ High blood pressure is bad for your health. (Normal blood pressure is 120/80.)

## Relax

C Too much **stress**, which is worry about problems in life, is not good for physical health. For example, it makes your **blood pressure** go up. Now we know more. Some stress is **chronic**, which means that it lasts a long time—for many months or years. Chronic stress can make people old. As people get older, they get gray hair and **wrinkles** in their skin, and their eyesight and hearing become worse. This is normal. But chronic stress makes people **age**—grow old—*faster*. A scientist at the University of California, San Francisco, studies stress. She can now identify *how* stress makes people age. It can **damage** (hurt) the body's **DNA**. The lesson from this is clear. We need to learn to relax.



◀ A model of DNA



▲ The brain solves problems during sleep.

## Sleep

D One easy and cheap way to help both your physical and mental health is just to sleep eight 40 hours or more every night, but more and more people are not sleeping enough. According to the World Health Organization, over half the people in the world 45 may be **sleep-deprived**, which means they don't get enough sleep. Sleep-deprived people often have medical problems, such as high blood pressure, diabetes (a problem 50 with sugar in the blood), and heart

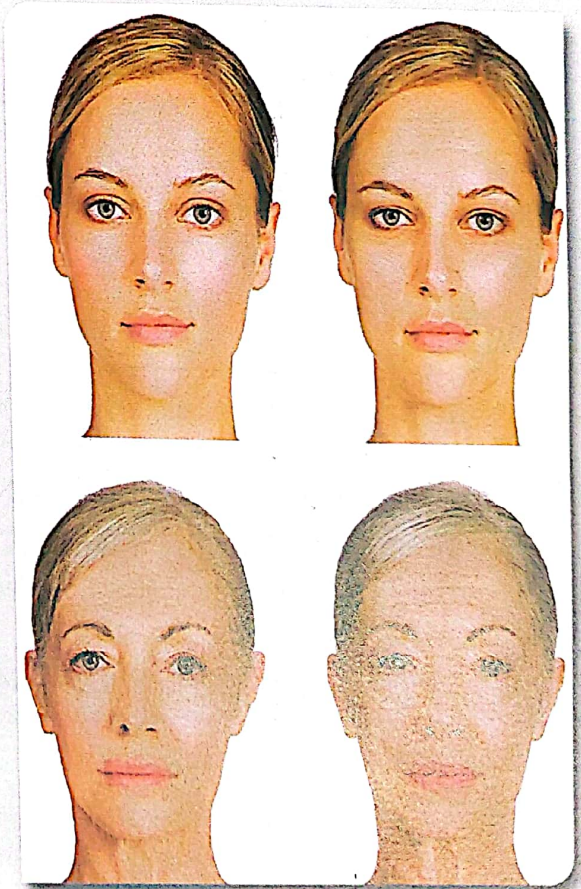
problems. It is also more **difficult** for them to make decisions. Clearly, we need to find time to get more sleep. But there is another reason. A new study from Germany found that sleep makes people *smarter*. The study shows that the **brain** continues to work during sleep and helps the sleeper to work on 55 problems. You didn't do your homework last night? Maybe you can tell your teacher that you were working hard in your sleep!

## Learn Languages

E How many languages do you speak? There might be good news for you. A study from a 60 **university** in Canada found something interesting. **Bilingual** people, who speak two languages very well, do better on tests than people who speak only one 65 language. It seems to be mental "exercise" to hold two languages in your brain. Ellen Bialystok of York University says it's "like going to a brain gym." 70

## Conclusion

F To have good physical and mental health, we need to eat right, relax, sleep enough, and exercise (both the body and the brain). There is a lot of new information about health. Some 75 of it is surprising. We need to know about it.



▲ Gray hair and wrinkles are natural effects of aging.

6. **Un** health? Write a re.

1. \_\_\_\_\_ cocoa
2. \_\_\_\_\_ stress
3. \_\_\_\_\_ sleep
4. \_\_\_\_\_ speaking two languages

7. **Identifying Vocabulary** Write the word or term for the definitions below. help, look back at the boldfaced words in the reading.

Definition		Word or Term
1.	person who watches a lot of TV and doesn't exercise	<i>couch potato</i>
2.	examples: chips, ice cream, candy, donuts, and other foods with sugar or fat	
3.	something in milk that is good for the health	
4.	example: cancer	
5.	problems and worry about your life	
6.	lasting a long time (months or years)	
7.	get old	
8.	without enough sleep	
9.	speaking two languages	

- 9 **Understanding Pronouns** Find and highlight the meaning of each underlined pronoun. Then draw an arrow from the pronoun to its meaning.

1. Many people don't know about **cocoa**. It has more antioxidants than tea.
2. They have antioxidants; these fight diseases.
3. Some stress is chronic, which means it lasts a long time.
4. A scientist at the University of California studies stress. She can now identify how stress makes people age.
5. Green tea and black tea are good for the health. They have antioxidants.



## Strategy

### Understanding Italics

Italics are slanted letters, *like these*. Writers use them for different reasons. One reason is for words that are important. When people read out loud, these words sound a little louder and higher than other words.



- 10 **Understanding Italics** Go back to the reading. How many words can you find in italics? Read those sentences out loud to a partner.

## FOCUS

### Changing Nouns to Adjectives

Sometimes we can change a noun to an adjective by adding a -y to the singular form of the noun. For example, to change the noun *health* into an adjective, we add a -y. *Healthy* means "in good health."

#### Example

She's in good **health**. (noun)

She's a **healthy** person. (adjective)

If the noun ends in a vowel, you have to drop the vowel before adding -y.

#### Example

I love **chocolate**. (noun)

I love this **chocolaty** dessert. (adjective)

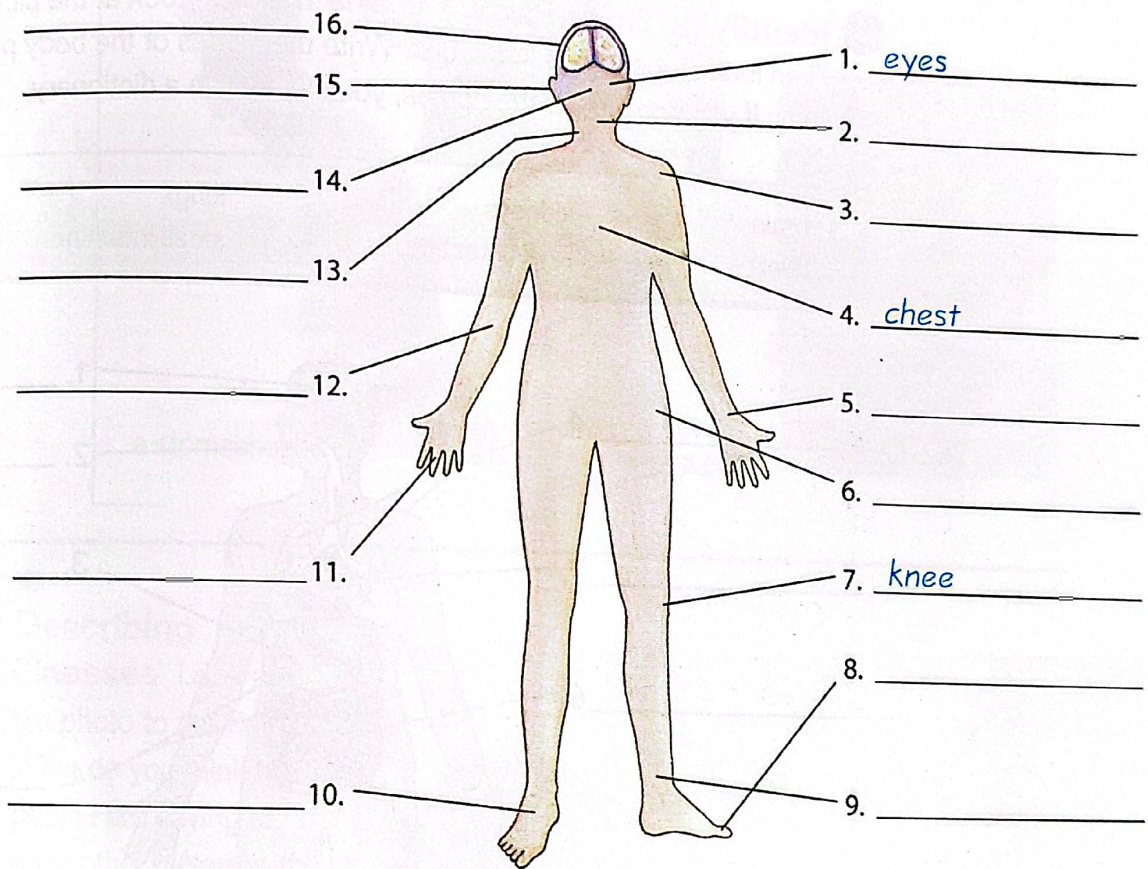
- 11 **Changing Nouns to Adjectives** Complete the following sentences with the appropriate adjective. Change a noun in the sentence to an adjective.

1. If a person is very smart (has a good *brain*), she is brainy.
2. If you have a lot of luck, you are \_\_\_\_\_.

# Going to the Doctor

**1 Identifying Body Parts** Read the body parts in the box. Then read the sentences and look at the picture. Write the body part in each blank and next to the correct number in the picture.

- |       |                 |                 |          |
|-------|-----------------|-----------------|----------|
| ankle | elbow           | head            | nose     |
| chest | <del>eyes</del> | hip             | shoulder |
| chin  | fingers         | <del>knee</del> | toes     |
| ears  | foot            | neck            | wrist    |

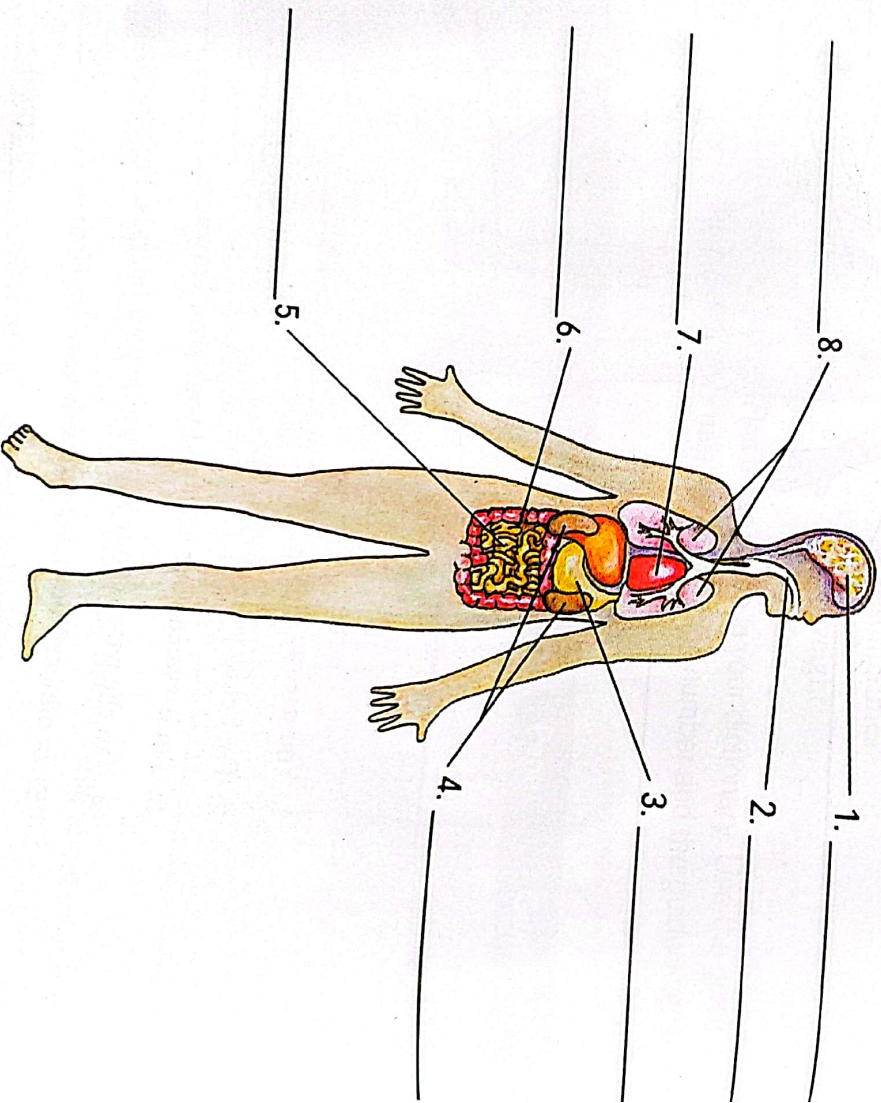


- You use me to see. I'm your eyes.
- I'm below your mouth. I'm your \_\_\_\_\_.
- I'm between your neck and your arm. I'm your \_\_\_\_\_.
- I'm the part of your body where your heart is. I'm your chest.
- I connect your hand and your arm. I'm your \_\_\_\_\_.
- I connect your leg to your body. I'm your \_\_\_\_\_.
- I'm in the middle of your leg. I'm your knee.

8. There are ten of me—five on each foot. I'm your \_\_\_\_\_
9. I connect your foot and your leg. I'm your \_\_\_\_\_
10. Five toes are on me. I'm your \_\_\_\_\_.
11. You have ten of me on your hands, and they help you write.  
I'm your \_\_\_\_\_.
12. I'm in the middle of your arm. I'm your \_\_\_\_\_
13. I connect your head to your body. I'm your \_\_\_\_\_
14. I smell things. I'm your \_\_\_\_\_.
15. I hear things. I'm your \_\_\_\_\_.
16. Your ears are on my right and left sides. I'm your \_\_\_\_\_

**2 Identifying Body Parts: On The Inside** Look at the picture of the body. Then look at the words in the box. Write the names of the body parts on the blank lines. If you don't know the names, you can look in a dictionary.

brain	kidneys	lungs	stomach
heart	large intestine	small intestine	throat



## 2 Identifying Opposites

Draw a line to the word that has the opposite meaning

- |               |                 |
|---------------|-----------------|
| 1. small      | a. old          |
| 2. healthy    | b. relaxation   |
| 3. new        | c. underweight  |
| 4. overweight | d. wake         |
| 5. stress     | e. kindergarten |
| 6. never      | f. easy         |
| 7. breakfast  | g. sick         |
| 8. university | h. large        |
| 9. mental     | i. physical     |
| 10. difficult | j. always       |
| 11. sleep     | k. dinner       |

- 3 Listening: Focusing on High-Frequency Words** Listen and fill in the words you hear.

How many <sup>1</sup> do you speak? There might be good news for you. A study from a <sup>2</sup> in Canada found something interesting. <sup>3</sup> people, who speak two languages very well, do better on tests than people who <sup>4</sup> only one language. It seems to be <sup>5</sup> "exercise" to hold two languages in your brain. Ellen Bialystok of York University says it's "like going to a <sup>6</sup> gym."

To have good physical and mental health, we need to <sup>7</sup> right, relax, <sup>8</sup> enough, and <sup>9</sup> (both the <sup>10</sup> and the brain). There is a lot of new information about health. Some of it is <sup>11</sup>. We need to know about it.

- 4 Building Vocabulary** Complete the crossword puzzle. These words are from Chapter 4.

age	cocoa	junk food	solve
beverages	damage	kidneys	stomach
chest	diseases	mental	stress
chin	healthy	never	wrinkles
chronic	intestine	sick	

# Self-Assessment Log

Read the lists below. Check (✓) the strategies and vocabulary that you learned in this chapter. Look through the chapter or ask your instructor about the strategies and words that you do not understand.

## Reading and Vocabulary-Building Strategies

- Finding meaning after *which* or *who*
- Identifying vocabulary
- Finding important details
- Understanding pronouns
- Understanding italics
- Changing nouns to adjectives
- Giving advice
- Using a dictionary: understanding guide words
- Identifying body parts
- Describing illnesses
- Identifying opposites

## Target Vocabulary

### Nouns

- alcohol
- ankle
- beverages
- blood
- pressure
- body\*
- brain
- breakfast
- calcium
- chest
- chin
- cigarettes
- cocoa
- couch potato
- cough
- diseases
- ears\*
- elbow
- eyes\*
- fingers\*
- foot\*
- head\*
- heart\*
- hip
- junk food
- kidneys
- knee
- large intestine
- lungs
- mouth\*
- neck
- nose
- pounds\*
- shoulder\*
- sleep\*
- small intestine
- stomach
- stress

- throat
- toes
- university
- wrinkles
- wrist

### Verbs

- age\*
- damage
- should\*
- sleep\*
- smoke
- solves

### Adjectives

- bilingual
- chronic
- difficult\*
- healthy

- mental
- overweight
- physical
- sleep-deprived
- surprising

### Adverbs

- never\*
- often\*
- seldom
- sometimes\*
- usually\*

\*These words are among the 1,000 most-frequently used words in English.