

Unit 5

Pre-reading Activities

A. Getting Meaning from Context: Choose the best meaning for the italicized words in the following sentences taken from the reading selection. Guess the meaning of new words by breaking them apart into smaller words or into prefixes and suffixes or by using clues from the context.

1. Never before has there been so much knowledge to assist families and societies in their desire to *raise* children to meet their potential. indication, hint, suspicion, trace

- a. care for until grown passion, tendency
 b. promote for challenges grow up
 c. provide health for
 d. enable them to achieve things need

2. Mothers need to know how to *feed* their child correctly to prevent *nutritional* problems. food

- a. related to food fed
 b. concerning health
 c. related to growth
 d. concerning family family related

3. The major health *burdens* in the *adolescent* years are related to reproductive health, *substance* use and mental health such as suicide. worry

- a. something causing worry and difficulty encumbrance = barrier = problem = obstacle
 b. advantages youth ≠ senescence
 c. something causing peace and pleasure
 d. potentials = ability, capability, capacity

4. Adolescents are generally *thought* to be healthy. Yet, many adolescents do die prematurely. think

- a. however b. moreover
 c. therefore d. also

5. An *estimated* 1.7 million young men and women between the ages of 10 to 19 *lose their lives*---mostly through accident, suicide, *violence* or other complications. problem, snag, side effects

- a. gain weight aggression
 b. continue life
 c. die d. enjoy

6. Approximately two-thirds of the teenagers participated in moderate to vigorous physical activity in the previous 7 days *preceding* completion of the questionnaire. nearly, almost

- a. during b. before c. after d. while

7. 24% of drivers aged 15-20 years, who were killed in crashes were ^{accident} intoxicated. Due to the alcohol use, they died.

- a. sleepy
- b. confused *because of*
- c. under the influence of alcohol or drugs
- d. under the influence of medication

gist of the point, overall sense
B. Skimming for Main Ideas: Skimming is a useful way to get a general idea of the reading selection. But when you scan, you look for specific ideas. During skimming, you should read quickly without being worried about single words or phrases. After skimming, read the passage again. Then you will comprehend it better with a main idea of it in your mind.

Now skim through the following reading selection. Then look at the following ideas. Choose those which are discussed in the reading.

crucial, serious, critical ----- Acute and chronic diseases in childhood and adolescence *habitual*

----- Prevention and care for illnesses in infancy = *child*

----- Protection against childhood deadly diseases

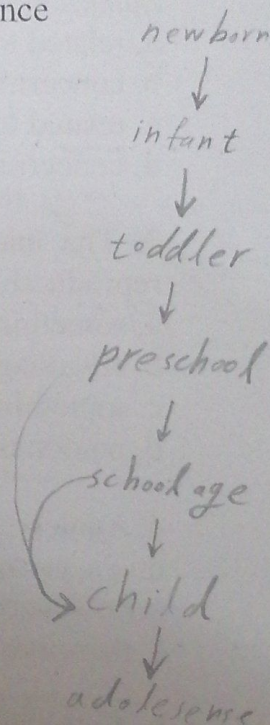
----- Different aspects of child development

----- How to feed an infant = *child*

----- Types of health problems in adolescence

----- Definition of health by WHO

----- Comparison of adolescent boys and girls



Reading

Child and Adolescent Health and Development = *growth*

A The future of human societies depends on children being able to achieve ^{the best suitable} their optimal physical growth and psychological development. Never before has there been so much knowledge to assist families and societies in their desire to raise children to meet their potential ^⑤ → *capability*

B In the past several decades, the relationships among health, physical growth, psychological development and parental caregiving have become clearer. Combined growth and development interventions that

"their" refers to ----

young adults

interference →

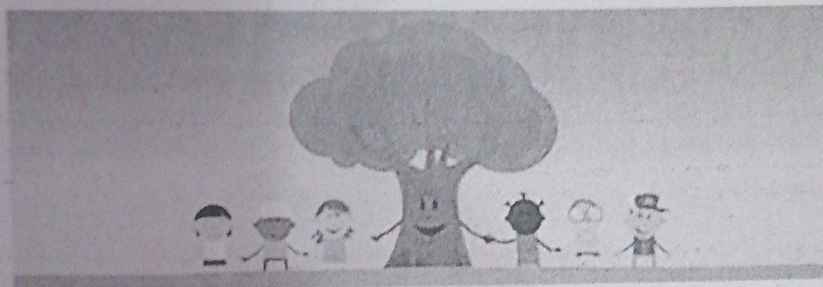
+ meaning

if and when

motor skills:
gross: or

help families practice **responsive parenting** have the potential to promote better psychological development, as well as physical growth.

Can you guess the meaning of "responsive parenting?"



Cognition

- C Development can refer to maturity in terms of physical, cognitive, language, social, emotional, **temperament**, or fine and gross motor skills development.
 ↑
 make sure suitable mood
 ↑
 nature, character, emotional part of character
- D To ensure proper development, the WHO Department of Child and Adolescent Health and Development (CAH) is working in the following areas : ⇒ fields of study

Development phases

- Neonatal and infant development
 babies have just born
 Child development
 Adolescent development



- E The Department of Child and Adolescent Health (CAH) works to develop and test ^{instruction, manuals} guidelines both to prevent ill health and to care for illnesses if and when they occur. Both prevention and care are important at all times, but the balance between them shifts over time, from when children are born to the age 19, **when** they move into adulthood.

"when" refers to the period ----

issues

- F For neonates (up to one month) and infants (up to one year), prevention and care for illnesses are both very important, and both focus primarily on the mother and other caretakers. In addition to healthy prenatal and delivery practices, prevention for these very young children includes important issues about breastfeeding and the appropriate introduction of complementary foods, hygiene practices, and caring behaviors that contribute to the healthy development of the young child. Care for illnesses in infants and neonates is also very important, as young children can die very quickly if an illness is not recognized. Sick young infants must be taken immediately to a trained provider who can give appropriate care.

young child

- G Most deaths among older children are due to diseases that can be prevented, but that can also be treated very easily at home or in health facilities.

sanitary: *سائنی*

Lethal

- For some of the most deadly childhood diseases, such as measles, vaccines are available and timely completion of immunization will protect a child from death. *red: pit*
- Diarrhea can be prevented by good hygiene and sanitary practice. *relates healthy = hygienic*
When a child with diarrhea becomes dehydrated, rapid and appropriate treatment is necessary both at home and in the health facility. *water loss, sick*
- Malaria can be prevented by the use of protective nets treated with insecticide that prevent mosquitoes from biting a child. Once the child has been bitten and has malaria, rapid and appropriate care is essential. *= necessary*
- Much less is known about how to prevent respiratory illnesses in children. One contributing factor is indoor air pollution, but the only *effective, helpful* intervention available now is to teach families how to build and use better stoves. Once children have a serious respiratory illness, they need appropriate care by a trained health provider.
- Malnutrition is also a major contributor to childhood deaths. Mothers and other caretakers need to know how to feed their child correctly to prevent nutritional problems. If a child becomes malnourished, appropriate health care from a trained provider is essential. *important, significant*
nutrition related matter *"their" refers to ----* *vital, pivotal*

For this age group, then, both prevention and the appropriate care of illness are essential.

As a child moves through the school-age years of five to nine, and on into adolescence, prevention takes on greater and greater importance. *Continue*
The major health burdens in the adolescent years are related to sexual and reproductive health, substance use, mental health including suicide, and accidents and injuries. There are relatively few deaths due to other illnesses and disease, and most of these deaths are caused by malaria or tuberculosis. *almost*

Adolescent Health and Development

One in every five people in the world is an adolescent – defined by WHO as a person between 10 and 19 years of age. Out of 1.2 billion adolescents worldwide, about 85% live in developing countries and the remainder live in the industrialized world. *rest*

Adolescents are generally thought to be healthy. By the second decade of life, they have survived the diseases of early childhood, and the health problems associated with ageing are still many years away. Death *related to*

puberty: maturity
outline: highlight

seems so far removed as to be almost unthinkable = *hard to imagine*

However

speculated
Yet many adolescents do die prematurely. Every year, an estimated 1.7 million young men and women between ages of 10 and 19 lose their lives—mostly *because* through accidents, suicide, violence, pregnancy-related complications and other illnesses that are either preventable or treatable. *curable*

Why does the writer use the word "yet" in the beginning of the paragraph?

support
improving
plan, list, summarize
WHO, along with its partners, UNICEF and UNFPA, advocate an accelerated approach to promoting the health and development of young people in the second decade of life. The **Common Agenda** outlines the action needed to provide adolescents worldwide with the support and the opportunities to :

"through" means:
a. by means of
b. during
c. from the middle of something

- Acquire accurate information about their health needs
- Build the life skills needed to avoid **risk-taking** behavior
- Obtain counseling, especially during crisis situations
- Have access to health services (including reproductive health services)
- Live in a safe and supportive environment

Give two examples of "risk-taking behavior".
1-----
2-----

emotionally + mentally
A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

achievement
T-----1. The children's attainment of favorable physical and psychological development determines the future of the society.

T-----2. Families are today more provided with sufficient knowledge about how to raise their children than before.

F-----3. In the past, parents were more responsive than today.

T-----4. Development and maturity are synonyms.

T-----5. WHO contributes to developmental issues of children and adolescents by working on them.

F-----6. Prevention and care are equally balanced at all ages.

T-----7. Infants and young children are more susceptible to illness than adolescents.

sensitive

4 ~~T~~ 8. The majority of deadly diseases of older children are preventable and even easily curable.

~~F~~ 9. Prevention has a larger scope during infancy than in adolescence.

~~F~~ 10. Half of the world's population are adolescents.

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. Maturity involves development in all of the following aspects except :

- a. mental b. bodily ☒ c. parental d. motor

2. CAH works on neonate, child and adolescent's development in order to -----.

- a. clarify the relationship between body and mind
☒ b. ensure that the optimal development in body and mind is achieved
c. enhance research activities of the experts
d. have different areas under investigation and report them to all the world

3. "----- better psychological development, *as well as* physical growth" (paragraph 2, last line) . As well as is closest in meaning to -----

- ☒ a. regarding ☒ b. in addition to
c. in spite of d. disregarding

4. Paragraph F mainly deals with -----

- a. prevention of infantile illnesses
b. treatment of neonate diseases
☒ c. prevention and care for infantile illnesses
d. mothers and other caretakers' primary focus

5. According to this passage, prevention and treatment of illnesses are very important in -----

- ☒ a. infancy and childhood
b. infancy and adolescence
c. adolescence and adulthood
d. childhood and adolescence

6. Diagnosis of diseases is of utmost importance in the -----

- a. older children b. children
☒ c. infants d. elderly

7. It is said that all of the following contribute significantly to childhood death except -----.

- a. diseases pertaining to malnutrition

- b. lack of timely immunization
- ☒ c. lack of health facilities
- d. respiratory diseases

8. As to the prevention and care of illnesses,-----.

- a. the former is more important during infancy
- b. both are important in adolescence
- c. the latter is more important during infancy
- ☒ d. the former is more important during adolescence

✓ 9. As compared to infants and neonates, adolescents suffer -----.

- a. more deaths due to illnesses
- ☒ b. fewer deaths due to illnesses
- c. more from malaria or TB
- d. less from malaria or TB

✓ 10. Adolescence is defined as a ----- life span between childhood and adulthood.

- ☒ a. 9 year
- b. short
- c. 19 year
- d. long

✓ 11. "Care for illnesses in infants and neonates is also very important, as young children can die very quickly -----". In which of the following sentences does AS have the same meaning?

- a. I respect him as a doctor.
- b. As she grew older, she gained more confidence.
- c. As always, he said little.
- ☒ d. I couldn't attend the class as I was sick.

12. What do the following words refer to?

- a. their potential (p. 1, last line) *children*
- b. they (p. 5, line 3) *illness*
- c. this (p. 7, line 1) *diseases*
- d. its (p. 9, line 10) *AAO*

✓ 13. "meet" in the last line of the first paragraph is closest in meaning to -----.

- a. visit
- b. touch
- ☒ c. reach
- d. require

✓ C. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. ----- are usually done in order to improve or help a situation.

- a. Societies
- ☒ b. Interventions
- c. Respirations
- d. Burdens

D. Add the following prefixes to the words chosen from the text
de, re, over, hyper, pre, mal, neo, psycho

✓ 1. ~~pre~~-natal

✓ 5. ~~re~~-productive

9. ~~hyper~~-active

✓ 2. ~~neo~~-natal

✓ 6. ~~pre~~-mature

~~psycho~~

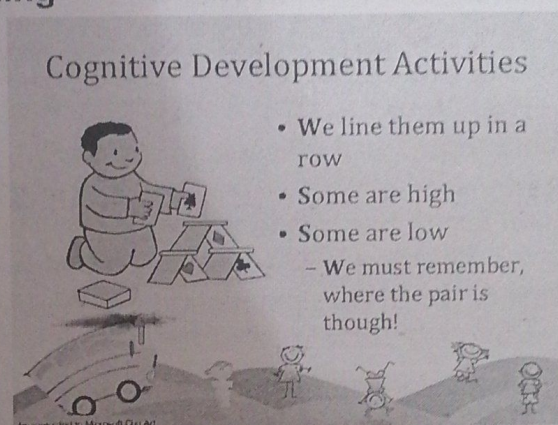
✓ 3. ~~de~~-hydrated

✓ 7. ~~over~~-weight

✓ 4. ~~mal~~-nutrition

✓ 8. ~~hyper~~-tension

Further Reading



Adolescent Health Status

- A Adolescents engage in many risky behaviors that may have a negative effect on their health. The Healthy People 2010 critical objectives for adolescent and young adults address some of these risky behaviors .

21 Critical Objective for Adolescents and Young Adults Physical Activity

- B In 2001, approximately two-thirds of all high school students participated in moderate to vigorous physical activity in the previous 7 days preceding completion of the questionnaire. However, data have shown that physical activity decreases during adolescence. For instance, data from 2001 indicates that 71.9% of 9th graders , 67% of 10th graders , 61% of 11th graders , and 56% of 12th graders reported participating in vigorous physical activity (Grunbaum J , Kann L , kinchen S , et al , 2002) .

Objective:

Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardio-respiratory fitness 3 or more days per week for 20 or more minutes **per** occasion. "per" means

C. Fill in the blanks using the words given.

risk, risky

- ✓ a. The second operation seems to be very risky.
- ✓ b. Patients must be made aware of the risks involved in this treatment.

serious

power

vigorously, vigor, vigorous

- ✓ a. You need to take ~~vigorous~~ exercise several times a week.
- ✓ b. The patient opposed the physician's views ~~vigorously~~.
- ✓ c. The patient resumed his work with renewed ~~vigor~~ after a few weeks.

prevail, prevalence, prevalent, prevailing = widespread

- ✓ a. Considering the ~~prevailing~~ economic condition, it seems that inflation will increase rapidly.
- ★ b. Risky behaviors ~~prevail~~ among young adults these days.
- ✓ c. The ~~prevalence~~ of binge drinking is a threat to the health of people.

mature, maturity, maturely, maturation

- ✓ a. The process of becoming an adult is referred to as ~~maturation~~.
- ✓ b. Technology in this field has ~~matured~~ considerably over the last decade.
- ✓ c. Her behavior shows great ~~maturity~~.
- ✓ d. I like my children to behave ~~maturely~~.

die, death, dead, deadly, dying

- ✓ a. In case the neonatal illnesses are not recognized, the infant will ~~die~~ soon.
- ✓ b. The ~~dead~~ bodies were carried immediately.
- ✓ c. Nobody could survive in that ~~deadly~~ accident.
- ✓ d. The doctor talked to the ~~dying~~ patient's relatives that he will ~~die~~ soon.
- ✓ e. An increase in ~~death~~ from cancer has worried the communities.

respiratory, respiration, respire, respirator

- ✓ a. Due to his difficulty breathing, the doctor asked the nurses to put her on a ~~respirator~~.
- ✓ b. ~~respiratory~~ diseases should be dealt with urgently by physicians.
- ✓ c. Blood pressure and ~~respiration~~ of the patient was carefully monitored.
- ✓ d. The respiratory machine helped him ~~respire~~ more easily.

nutritional, nutrition, nutritious, nutrient, nutritionist, nutritionally

- ✓ b. A person expert on the relationship between food and health is referred as a ~~nutritionist~~.
- c. The child suffered from a serious ~~nutrient~~ deficiency. →
- See ← d. ~~nutritious~~ foods contribute to everybody's health.
- e. The dieticians often discuss the ~~nutritional~~ value of milk →
- ✓ f. She is studying food science and ~~nutrition~~.
- ✓ g. They usually follow a ~~nutritionally~~ balanced diet.

survival, survive, survivor

- ✓ a. He was the only member of the family who ~~survived~~ the crash.
- ✓ b. The only ~~survivor~~ of the war was my uncle.
- ✓ c. His only chance of ~~survival~~ was transplant surgery.

F. Use the words given in the following sentences.

~~facilities~~

~~risky~~

~~occurrence~~

~~feed~~

~~participate~~

~~vigorous~~

~~complementary~~

~~development~~

~~intervention~~

- ✓ 1. Physical growth and psychological ^{development} -----of the children determine the future of the society they live in .
- ✓ 2. A link between the ^{occurrence} -----of skin cancer and the use of computer monitors has been reported by experts .
- ✓ 3. The hotel has special ^{facilities} ----- for welcoming disabled people .
- ✓ 4. Appropriate ^{intervention} -----are provided for the families for the prevention of respiratory diseases .
- ✓ 5. ^{complementary} -----foods are necessary to compensate for iron deficiency.
- ★ 6. Scientists have announced a new ^{intervention} -----to cancer treatment; this will be a breakthrough in medicine.

- ✓ 7. They have a large family to ~~-----~~^{feed}; that's why they are poor.
- ✓ 8. It is so ~~risky~~ for adolescents to turn to drugs and psychoactive drugs.
- ✓ 9. The students must be encouraged to ~~-----~~^{participate} in the running of the college.
- ✓ 10. The patient needs to take ~~-----~~^{vigorous} exercise several hours a week.

3. Another variation is the blended family, the result of a marriage between a previously married man and woman who combine the children from their former marriage into a family.

- a. new b. first c. second d. last

4. Husband and wife may share household chores. Some fathers are just as capable as mothers at cooking dinner, changing and bathing the baby, and doing the laundry.

- a. facility b. account c. work d. factor

5. In some cases, the women's salary is adequate for family expenses, and the father becomes the "househusband".

- a. enough b. low c. limited d. dramatic

Reading Working Women

جی

appliances
↓
دستگاه



home maker
household
house wife

house hold chores

A In the United States, over 70 percent of women with children under 18 have another job besides that of mother and homemaker. Most are employed in traditional fields for females, such as clerical, sales, education, and service. However, a growing number choose a career that necessitate spending many hours away from home. These women are engineers, politicians, doctors, lawyers and scientists, and a few have begun to occupy executive positions in business, government, and banking, breaking through the so-called glass ceiling.

"a growing number" is a number that ----

B Monetary factors influence women to work. Some are employed full-time, some part time and some seek creative solutions such as flex-time work schedules and job sharing. Many are single mothers raising children by themselves. But in most cases, one income in the household

alone
empty handed

turning point: *نقطه عطف*

taken for granted: *معتبر*

is simply not enough, so both parents must work to support the family.

- c A backward ^{quick look} glance from this side of the new millennium ¹⁰⁰⁰ reveals that the role of married women in the U.S. has ^{shifted} changed radically since the 1950s and 1960s, when it was ^{accepted before} taken for granted that they would stay home and raise the children. ^{"this" refers to ...} This is still the image so often portrayed in American movies and advertising. In fact, the traditional combination of the husband as the exclusive breadwinner and the wife as a ^{stay-adj} stay-at-home mom caring for one or two children today counts for only 7 percent of the population in the United States. ^{considered}

- d Who, then, is taking care of the children? ^{extended ≠ immediate}

When ^{crowded} extended families--children, parents, grandparents, aunts, and uncles--lived in the same town and sometimes in the same house, a relative of the working parents took care of the children. But beginning with the Industrial Revolution, people moved always from farms and small towns to find better job opportunities in larger cities. Now, most ^{nuclear} often, the family is just the immediate family---mother, father, and children. Or, it could be single-parent family, with either the mother or the father living with the children. Another variation is the ^{blended} blended family, the result of a marriage between a previously married man and woman who combine the children from their ^{previous} former marriages into a new family. So who ^{take care} watches the children while the parents work? Answers to this question are ^{different} varied.

1. Some parents put children in day-care facilities.

2. Some parents put children in informal day-care centers in ^{private} private homes. ^{"private" is the opposite of-----} *personal*

3. Companies and hospitals are realizing that providing day care at the workplace ^{understanding} makes for happier and more productive employees. ^{results in}

4. Individuals or couples that are wealthy enough have nanny, a woman who comes to care for the children in their own home. Many of these child-care workers are from other countries, e.g. England, Jamaica, Poland, or the Philippines. ^{rich = able} ^{babysitter}

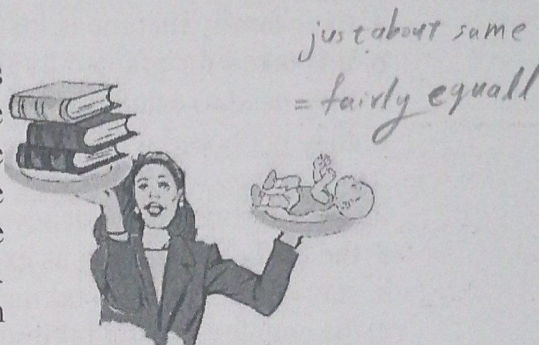
e A trend that has ^{process} emerged recently is the sharing of child-care responsibilities between husband and wife. Young couples will try to arrange their work schedules so that they work ^{set} opposite hours or shifts in order that one parent is always home with the children. Since child care is expensive, ^{"this" refers to} this saves money for the young couple trying to establish themselves and ^{safe} provide a secure environment for the family. ^{fix} *settle down*

stance position in society

busy bee: snowed under

Husband and wife may also share household ^{activity} chores. Some fathers are just as capable as mothers at cooking dinner, changing and bathing the baby, and doing the laundry.

^F In some cases, the woman's salary is ^{sufficient} ^{enough} adequate for family expenses, and the father becomes the "househusband." These cases are still fairly rare. One positive trend, however, is that fathers seem to be spending more time with their children. In a recent survey, 41% of the children sampled said they spend equal time with their mothers and fathers.



"This is one of our most significant cultural changes," says Dr. Leon Hoffman, who co-directs the Parent Child Center at the New York Psychoanalytic Society. In practice for 30 years, Hoffman has found a "very dramatic difference in the involvement of the father in everything from care taking to general decision making around kids' lives."

^{serious} Fundamental decisions ^{engagement}

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

dramatic ↑ both ↓

---T---1. The husband is no longer the only breadwinner in the U.S. .

---T---2. Fathers in the U.S. increasingly help care for children.

---T---3. The majority of women in the U.S. function as mother, homemaker as well as an employee. ^{works as}

---F---4. Executive positions are mostly occupied by females in the U.S. ^{clerk}

---F---5. Financial needs play no role in women's decision to work outside home. ^{monetary}

---F---6. The members of the extended family today share the child-care responsibilities.

---F---7. According to this passage, the more child-care facilities in the American cities, the more successful and happier employees.

---F---8. No husband stays at home exclusively to care for the child since he has no job outside. ^{uniquely}

Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

1. The majority of American women work outside since -----.
☒ a. their family income is insufficient $\Rightarrow$ not enough
b. it is taken for granted by their husbands
c. they need to establish themselves
d. they get bored with household chores
2. The most recent ^{trend} tendency in American families is -----.
a. the husband working as exclusive breadwinner
b. stay-at-home mom taking care of her children
☒ c. the couples sharing taking care of their children
d. keeping the children at day care centers
3. This (paragraph C, line 5) refers to -----.
a. sharing of child care responsibilities
☒ b. mother being home with the child
c. earning more money
d. using simple day-cares
4. The most common form of family in the US today is the ----- one.
a. blended
☒ c. immediate
b. extended
d. single parent
5. As to the American men and women today, the -----.
a. former's role has dramatically changed
b. latter's role has been revolutionized
☒ c. role of both has altered $\rightarrow$ shifted
d. role of both has remained fixed
6. It seems that the writer is ----- the fathers spending more time at home caring for the children. $\rightarrow$ negative
a. indifferent to
☒ c. positive about
b. critical of
d. skeptical of
7. By "so called glass ceiling" (line 15), the writer means ----- $\rightarrow$ doubtful = hesitate - cross roads
☒ a. invisible barrier to the promotion of women
b. tendency to move in the course of events
c. earning money for the family
d. maintaining the traditional approaches

a. availability
c. lesser physical labor

b. higher pays
d. higher ranks

9. His father, he says, has “done an about face”. The underlined part means his father has-----.

a. become annoyed
c. completely changed

b. been admired
d. become regretful

C. Fill in the blanks with the appropriate forms of the words given.

1. necessary, necessitate, necessarily, necessity

- ✓ a. There was no ----- to find a new job. *necessity = need*
- ✓ b. This discussion can, if *necessary*---, be continued tomorrow.
- ✓ c. Spending long hours in the office doesn't *necessarily* mean high quality work.
- ✓ d. Lack of money *necessitates* a change of careers.

2. ^{adj}adequate, ^{adv}adequately, ⁿadequacy

- ✓ a. The interviewer doubted her *adequacy* for the job.
- ✓ b. Each employer must provide *adequate* facilities for the employees.
- ✓ c. She wasn't *adequately* insured about the accuracy of his remark. = *speech*

3. extension, extend, extended, extensive

- ✓ a. The company plans to *extend* its activities to produce videos.
- ✓ b. An *extended* family consists of not only the parents and children but also the relatives.
- ✓ c. This country needs a further *extension* of the power of the central government.
- ✓ d. The storm caused *extensive* damage.

4. thought, think, thoughtful, thoughtfully

- ✓ a. You look very *thoughtful*, what are you *thinking* about?
- ✓ b. Give her offer plenty of *thought* before you accept it.
- ✓ c. He listened to the lecturer very *thoughtfully*.

5. apply, applicant, application, applied = *verb*

- ✓ a. We had 250 *applicant* for the job.
- ✓ b. His major is *applied* physics.
- ✓ c. Scientific discoveries are often *applied* to industrial processes.
- ✓ d. You have to fill the *application* form before you get a job.

6. trainee, train, trainer, training

- ✓ a. He is *trained* to be a doctor.

- ✓ b. A person who is being trained is called a trainee.
- ✓ c. In the course she received thorough training in every aspect of the job.
- ✓ d. Her trainer decided she shouldn't run in the race.

7. employer, employee, employment, employ

- ✓ a. The firm employed more women than men. *employ: policy*
- ✓ b. He is a government employee.
- ✓ c. The number of people in employment has fallen.
- ✓ d. The workers decided to talk to the factory employer about their problems.

D. Fill in the blank using the words in the list.

- ✓ ads 2 ✓ go 5 ✓ step 9 ✓ could 3
- ✓ hunting 8 ✓ about 6 ✓ job 10 ✓ education 11
- ✓ person 7 ✓ companies 4 ✓ begin 1

Not very long ago, when people needed to find a job, there were several possible steps. They might ---1--- with a look through the classified ---2--- in the back of the newspaper. They ---3--- go to the personnel office at various---4--- and fill out an application, or they could ---5--- to an employment agency. They could even find out ---6--- a job opening through word-of-mouth from another ---7--- who had heard about it. These days, job ---8--- is more complicated. The first ---9--- is to determine what kind of ---10--- you want and make sure that you have the right ---11--- for it.

E. Scan the reading passage to find a word for each meaning.

1. related to managing a business or an organization executive
2. show, make something known reveal
3. direction trend
4. a quick look glance
5. safe secure
6. connected with office work clerical
7. be the explanation or cause of something incentive
8. not public private

Pre-reading Activities

1. At what age are people the happiest, the most productive, the most stubborn, the strongest, the most pessimistic, the most creative, the healthiest,?
2. Is it the same for both males and females?

A. Now skim the reading selection and find the main idea.

B. Study the flowing words and their meaning, Then complete the sentences below.

ups and downs (n)

the good things and bad things that happen in life or in a particular situation or relationship

trade-off (n)

an acceptable balance between two opposing things; exchange; give and take

ingenuity: (n)

skill at inventing things; thinking of new ideas; inventiveness. *creativity, cleverness*

reassuring (adj)

making you less worried or uncertain about something *soothing*

possess (v) *have, own*

to own or have something

bonus (n)

anything pleasant that is extra than you were expecting

deny (v)

≠ admit = consent
reject, refuse, disagree

to say that something is not true; to refuse to admit or accept something

veteran(n)

expert, experienced, skillful

a person with a lot of experience in a particular area or activity

on the verge of (idm) + ing + ^{to}

about to happen or do something

determination (n)

feature, characteristic
the quality of continuing to try to do something even when it is difficult

perseverance

foster (v)
support

help to develop an idea, skill, feeling,
etc.; encourage; promote

1. The doctor's reassuring smile after the operation made the parents feel hopeful about their child's health.

2. The health ministry's aim is to foster ⁽ⁿ⁾ the use of healthful food among people.

3. I love the job, and it's an added bonus that it's so close to home.

4. Dr. Jones is a 20-year veteran of the internal department at this hospital.

5. Working women have to make a trade-off between their jobs and their families.

6. People's success may depend on different ^{agent} factors such as talent, lady luck, etc, but it has been proved that determination ^{role} to succeed has the most important part to play.

7. She's been on the verge of having a nervous breakdown ever since she lost her job. ^{failure} ^{since}

8. All of us possess some qualities and abilities that we never make use of.

9. Health experts constantly use their ingenuity ^{continuously} to find new ways of getting rid of physical and mental disorders. ^{use, benefit} ^{throw away}

10. Nobody can deny the important role of women in social activities around the world.

what: generally

which one:

Reading

Are These the Best Years of Your Life

article: academic text

Which are the best years of life? All of us ask ourselves ^{face} this question from time to time, and we probably ^{some times} come up with different answers. The reason seems to be that different periods are related to different kinds of achievement. This article looks at ^{analyse} specific areas of achievement and relates these areas to ^{investigate} specific periods of life. ^{time span} ^{field of study}

The ups and downs of life may seem to have no predictable plan.

^{foresee, foretell}

outlive: survive, outlast

trade-off: balance one situation against another

IQ: intelligence quotient

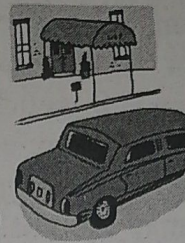
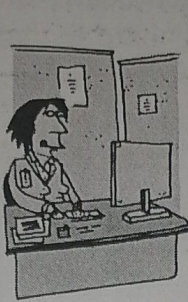
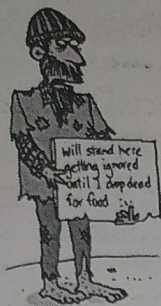
note: mention

EQ: educational

SQ: social (spiritual)

AQ: adversity

pattern: life habits



clear, guaranteed, certain

But scientists now know there are very definite life patterns that almost all people share. Today, when we live 20 years longer than our grandparents and when women mysteriously outlive men by seven years, it is clearer than ever that the "game of life" is really a game of trade-offs. As we age, we trade strength for ^{secretly} ^{genius, shrewdness, sharpness,} ^{desire} ^{conscientiousness = maturity} ^{logic} ^{reason}. These exchanges may not always seem fair but at every age, there are some advantages. So it is reassuring to note that even if you've passed some of your "primes," you still have other prime years to experience in the future. Certain important primes seem to peak later in life.

more obvious

fair: equal

elevate, ascend (v)

golden = optimum = prime

When Are You Smartest? From 18 to 25, according to ^{logical} ^{year}

I.Q. scores, but you're ^{logical} ^{wise} and more experienced with increasing age.

You're sharpest in your 20's; around 30, memory begins to decline, = fall, descend particularly your ability to perform mathematical computations. "But your I.Q. for other tasks climbs," says Berkeley psychologist Arthur Jensen. Your vocabulary at age 45, for example, is three times as great as when you graduated from college. At 60, your brain possesses almost four times as much information as it did at age 21. This trade-off between sharpness and wisdom has led psychologist Dr. Leopold Bellak to suggest that "maturity quotients" (M.Q.'s instead of I.Q.'s) be

taken ← adopted for adults. ⇒ in future

be... } ⇒ for future

considered

When Are You Healthiest? For men, from 15 to 25; for women from 15 to 30.

"A man is in his best shape in the decade before age 25," says New York internist Dr. Donald Tompkins. "His muscles are firmest, his resistance to colds and infections is highest, and his body is most efficient in utilizing nutrients." Women, for reasons scientists do not understand, get a five-year bonus. Peak health begins to decline when the body process called anabolism (cell growth) is overtaken by the opposite process, catabolism (cell death). "Cells have been dying since birth," says Tompkins, "but in our late 20's, they start dying faster than they are replaced". Also, muscle is replaced with fat.

adopt: —

adapt: 02/12/18

use
take adv. of

altered by ✓
to ✓

Women also get an additional bonus of good health later in life: National Institute of Health figures show that the onset of such "old age"

statistics

start

beginning

diseases as arthritis, rheumatism, and heart ailments begin around age 60 in men, at age 65 in women. It is hard to deny the generally greater fitness of women: Life expectancy for men is now 68.3; for women, 75.9. Says U.S. aging authority William Kannel, "Older women with low blood pressure are practically immortal." However, psychologists believe that by entering the competitive job market in increasing number, women may eventually give up their statistical advantage.

disorder: symptoms

first phase of feeling pain
five years bonus

When Are You Most Likely to Develop Mental Disorders? From 30 to 35.

disease:

This surprisingly narrow peak is very real. The National Institute of Mental Health (NIMH) reports that more than half of the patients in mental hospitals, male and female, are in this age group (men leading women by about 20%).

neurosis

Likely
seemingly

But if we're neurotic between 30 and 35, apparently we recover quickly. Admissions to mental hospitals drop sharply around age 40 and stay down until age 65. Yet say psychiatrists, between ages 40 and 55, more people report they "feel" on the verge of a nervous breakdown.

to some
extent

Relatively few actually occur. "We become veterans at coping", says psychologist Marvin Karlins.



Suicide, a measure of mental problems, peaks from 20 to 24 and then again around 70. Incidences of suicide are smallest among people with intact marriages, highest among the divorced.

unharmful
perfect

When Are You Happiest? You have the best physical sense of yourself from 15 to 24; the best professional sense from 40 to 49. Pessimism peaks between 30 and 39.

San Diego State University psychologists Marilyn Borges and Linda Dutton found that before age 24, we believe that our happiest years are yet to come: over 30, we believe that they're behind us. A National Health Survey agrees: After age 39, we "become more realistic and do not view happiness as a goal in itself." If we maintain our health, achieve professional and emotional goals, then happiness, we feel, will follow.

future

The American Institute of public opinion says that the pessimism peak occurs when we realize that talent and determination aren't enough to guarantee success. Lady Luck must help.

Also, youth's good physical sense of self apparently does little to foster

happiness. "Parents who tell their teenage children, "These are the happiest years." Says Liggett, "couldn't be more wrong. Adolescence is very difficult. Only when you are 40 and looking back does youth look blissful."

When Does Your Sexual Drive Peak?

Around 16 to 18 for men; between 35 and 40 for women.

although While the male's sex drive is diminishing, the female is reaching her sexual peak. Some psychologists believe that nature arranged it this way in order to control population.

When Are You Most Creative? Generally between 30 and 39, but the peak varies with different professions.

Mozart wrote a symphony and four sonatas by age eight, and Mendelssohn composed his best known work, *A Midsummer Night's Dream*, at 17, but most of the great music was written by men between 33 and 39. In his monumental work, *Aging and Achievement*, psychologist H. C. Lehman presents the years for peak work in many fields: Grand opera (35 to 39), musical comedy (40 to 44), short stories (30 to 34) and poetry (24 to 29- the earliest peak for all types of writing), painting and sculpture (32 to 39), and economics (30 to 39).

however → Though the peak in most fields comes ^{nearest time} early-most Nobel prizewinners did their top research in their late 20's and 30's—creative people continue to produce quality work throughout their lives. Psychologist Dr. John McLeish, in *The Ulyssean Adult*, explains that for the well-conditioned = stable mind," there is no upper limit. At 71 Tolstoy completed *Resurrection*, writing all of its 200000 words by longhand. Voltaire wrote his marvelous = monumental satire *Candide* at 64. Will Durant ^{hand written} began to write five volumes of the monumental *History of a Civilization* in collaboration with his wife, Ariel, when he was 69, and he finished at 89.

By viewing life's various peaks, we can easily get the feeling that we are part of a giant give-and-take plan. Though statistically the plan is there, we must remember that every peak has many exceptions. Says McLeish, "The human life journey cannot be charted by a single curving line."

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

----- 1. People develop according to a definite plan. ✓

----- 2. Most primes happen in the earlier periods of life. ✓

T-----3. The writer states that at every age you are, you have chance for development and progress. ✓✓

F-----4. When you are at college, your range of vocabulary is the highest. ✓✓

T-----5. According to this article, women are generally healthier than men. ✓✓

T-----6. Between ages 40 and 65, there are the least cases of mental disorders. ✓✓

F-----7. The main goal in life for most people is to achieve happiness. ✓✓

F-----8. According to the article, talent and hard work guarantee success. ✓✓

F-----9. A young person's good physical sense of self helps his happiness.

T-----10. Creative people produce high level work throughout their lives. ✓✓

T-----11. The tone of this article is optimistic. ✓✓

B. Read the following sentences carefully and decide which one of the four options (a, b, c, or d) best completes each item.

✓ 1. It seems that the game of trade-offs mentioned by the writer - ----.

- a. is true only for certain people
- b. has a lot of exceptions
- c. may be independent of people's age
- (d) occurs naturally for most people

2. The writer states that the game of life is -----.

- a. often moving from good to better and finally to the best
- (b) not always reasonable
- c. following a linear order for all people
- d. not often beneficial

✓ 3. With increasing age -----.

- (a) sharpness is overtaken by wisdom
- b. wisdom is overtaken by sharpness
- c. both sharpness and wisdom climb
- d. both sharpness and wisdom decline

4. The reason why women have a 5 year bonus is -----.

- (a) still unknown
- b. due to their physiological differences with men
- c. their longer life expectancy
- d. their earlier maturity

✓ 5. "Older women with low blood pressure are practically immortal." means:

- a. Women who have lower blood pressure get old later
- b. Aging and blood pressure affect each other to a great extent
- c. Immortality depends on a person's degree of blood pressure.
- ☒ d. old women live longer provided they have low blood pressure.

✓ 6. The last sentence in paragraph 4 implies that -----.

- a. women are not suited to highly competitive job situations
- ☒ b. there may be a relationship between job stress and life expectancy
- c. women don't like to have a longer life expectancy so they are entering the competitive job market
- d. in future there are more competition between men and women for jobs

✓ 7. Paragraph 5, 6 and 7 are all related to -----.

- a. suicide and its causes
- ☒ b. mental disorders
- c. the years people have more stress
- d. ways to avoid mental disorders

✓ 8. Paragraph 8 implies that happiness ----- as people grow older.

- a. usually increases
- b. often decreases
- ☒ c. is viewed differently
- d. is seldom subject to change

✓ 9. According to paragraph 9, when people don't achieve their goals through talent or hard work they -----.

- a. must try harder
- b. usually seek new ways
- c. become disappointed
- ☒ d. relate it to lack of chance

10. What Liggett says (paragraph 10) implies that -----.

- a. parents don't understand their children
- ☒ b. young people don't value their youth as it is
- c. at age forty people regret their youthfulness
- d. the more experienced people get, the happier they are

11. Paragraph 13 implies that -----.

- a. creative people do not produce quality work after their peak
- b. the peak in most fields occurs late in life
- ☒ c. creative people produce fine works throughout their lives
- d. the peak in a field is largely dependent on the person's talent

12. The last sentence in paragraph fourteen means that -----.

- a. the human life journey should be drawn with a straight line
- b. people should stay in one place and not move around so much
- c. people are different, and their lives are different
- ☒ d. there are different stages and peaks in people's life

✓ 13. The main idea of the whole reading selection is that -----.

- a. there is no pattern for achievement; you have to look at each person's life separately
- b. men and women have different peaks in their lives
- c. most primes usually peak early in life
- ☒ d. the different periods of life are related to different kinds of achievements

C. Match the words in column I with their equivalents in column II.

I	II
✓✓ 1. peak (v) j	a. origin
✓✓ 2. thoroughness g	b. characteristic
✓✓ 3. cope with e	c. express
✓✓ 4. onset i	d. important
✓✓ 5. diminish l	e. handle; manage
✓✓ 6. in collaboration h	f. attraction to danger
✓✓ 7. root a	g. the state of doing things very carefully and completely
✓✓ 8. significant d	h. together
✓✓ 9. startling k	i. the beginning of something
✓✓ 10. trait b	j. to reach the highest point or value
11. thrill seeking f ⇒ up to	k. surprising
✓✓ 12. spell out c to explain	l. decrease; go down

D. Fill in the blank using the words in the list.

~~heritable~~

~~onset~~

~~diminish~~

~~determines~~

~~collaboration~~

~~identity~~

~~thoroughness~~

trait

- ✓ 1. Researchers are studying identical twins to learn the degree to which nature and nurture determine personal characteristics.
- ✓ 2. Today, we know that both nature and nurture determine a person's identity.
- ✓ 3. Examples of characteristics that are heritable to some degree are optimism, pessimism, happiness, thrill seeking and choice of career.
- ✓ 4. It is a genetic trait that causes deafness at an early age.
- ✓ 5. As we age, some abilities diminish while others rise.
- ✓ 6. The new treatment can delay the onset of the disease by several years.
- ✓ 7. I was impressed by her thoroughness and believe that her success was mainly due to this quality not good luck.
- ✓ 8. The instructor performed the project in collaboration with one of her students.

E. Choose the correct form of the words in the blanks.

prediction, predict, predictable

- ✓ a. No one can predict when the disease will strike again. *happen suddenly*
- ✓ b. prediction is a skill which can be enhanced with experience.
- ✓ c. Some believe that the behavioral traits of people are predictable if you know how their parents behaved.

achievement, achieve, achievable

- ✓ a. There have been a lot of achievement in the field of medicine.
- ✓ b. Before you set your objectives, make sure that they are achievable.
- ✓ c. Unrealistic ambitions cannot easily be achieved.

maturity, mature, mature → v.

- ✓ a. Humans mature after a much longer time than other animals.
- ✓ b. He is very mature for his age.
- ✓ c. maturity is an important quality for anyone in a managerial post.

creator, creation, creativity, creative, creatively, create

- ✓ a. Every teacher should try to create a positive atmosphere in his or her class.

- boost
↑
- * b. Although education can foster ~~creativity~~, there have been many ~~creative~~ people without university degrees.
 - ✓ c. Nobody knows who was the ~~creator~~ of white lab coats in the field of science.
 - * d. Wealth ~~creation~~ is the only goal for many people.
 - ✓ e. People can be more ~~creative~~ if they make use of their mind ~~creatively~~.

personality, personal, personally

- ✓ a. He believes that parents should be made ~~personally~~ responsible for their children's behavior.
- ✓ b. I don't know what anyone else thinks, but my ~~personal~~ view is that students should be made to work more outside the classroom.
- ✓ c. A ~~personality~~ disorder is any of a number of mental illnesses, which are characterized by difficulties in relations to your surroundings and to other people and in maintaining a fixed image of yourself.

identity, identification, identical, identifiable, identify

- ✓ a. Some psychologists believe that people's occupations give them a sense of ~~identity~~.
- ✓ b. ~~identical~~ twins are two children who come from the same egg in the mother and so are the same sex and look extremely similar.
- ✓ c. The cause or causes of a disease can be found through ~~identifiable~~ signs and symptoms.
- ✓ d. Each medical record must have a number for easy ~~identification~~.

heredity, hereditability, inherit, hereditary, heritable

- ✓ a. Epilepsy is ~~hereditary~~ in her family.
- ✓ b. The debate over the effects of ~~heredity~~ and environment is still continuing.
- ✓ c. The study of identical twins has shed some light on the ~~hereditability~~ of behavior characteristics.
- ✓ d. He has ~~inherit~~ his mother's patience.
- e. Some believe that even money-making ambition can be ~~heritable~~.

F. Fill in the blank using the words in the list

an estimated 3

the mysteries of 6

hair color, eye color and height 4

shapes life 1

diabetes or some kinds of cancer 5

new treatments 7

linked together 2

Unit 8

Pre-reading Activities

A. Study the following words and their meanings. Then complete the sentences which follow with these words.

staples: (n)

قوت غائب

a food that is needed and used all the time *essentials consumed*

boast : (v) *show off*

to have or possess (something to be proud of)

credentials: (n) *certification*

the qualities, training or experience that make you suitable to do something

اختتم nix: (v) *put an end*

stop, prevent

queasy: (adj)

upset; wanting to vomit; nauseous

جزء اصلی constituent: (n)

component part

Cons...

be onto something: (idm) to know about something or be in a situation that could lead to a good result for you

رابطه یا پیوند داشتن
into → *علیه*

مضاد counteract: (v)

to do something to reduce or prevent the bad effects of something; counter

punch: (n)

a hot or cold drink made by mixing water, fruit juice and spices

برای batch: (n) → *production*

simultaneously

an amount of food, medicine, etc produced at one time

trade-off (n)

the act of balancing two things that you need or want but which are opposed to each other

confirm : (v)

to state or show that sth is definitely true or correct, especially by providing evidence → *proof*

trigger: (v) = *provoke*

to make sth happen; to cause -

1. Shortages mean that even *staples* like bread are difficult to find.

2. There is a *trade off* between the *benefits* of the drugs and the risk of side effects. *brigh+ side*

self-treatment: ⊖

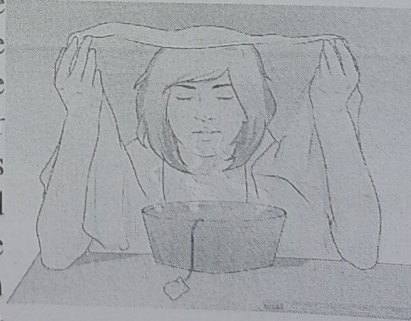
spice = herbs
spicy = 21

3. Sometimes eating too much may ~~trigger~~ a ~~queasy~~ stomach.
4. More research is needed to ~~confirm~~ ^(n.) harmlessness of the new drug.
5. The roots or leaves of some herbs can be boiled in some water to ~~gain~~ ^{obtain} a quietening ~~punch~~.
6. The cook brought in a ~~batch~~ ^{kill pain = soothing = sedating} of homemade cakes.
7. Which remedies are more effective to ~~nick~~ migraine, homemade or prescription medicine?
8. Scientists believe they ~~are being onto sth~~ big. They are likely to find new cures for AIDS and cancer.
9. Which parts of our country ~~staples~~ springs with healing properties?
10. The ointment didn't help to ~~counteract~~ the itches, so I had to make use of baking soda.
11. What are the basic ~~constituent~~ of the mixture?
12. Although she was young, she had all ~~credentials~~ for the job.

Reading

Home Remedies: Even Doctors Use

The next time you're sick, you might be able to avoid a trip to the doctor's office by simply pulling something out of the refrigerator. Or the kitchen cabinet. Or even the spice rack. More and more studies are finding that certain foods, spices, and other household staples provide effective relief from common health problems. In fact, many physicians, concerned about the overuse of antibiotics and the trend toward treatment overkill for even minor medical problems, are recommending these simple cures. And patients are more than willing to give them a try, considering today's soaring medical costs and shrinking insurance coverage.



You can guess from the context that soaring and shrinking are (synonyms, antonyms) so If "soar" means go up; increase, "shrink" means-----

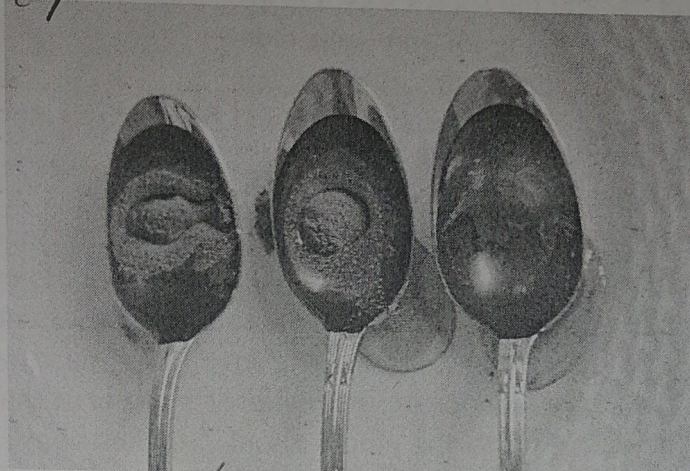
The treatments here are more than just folklore- all of ~~them~~ ^{local} come from doctors with decades of experience, and many even boast the kind of scientific credentials usually reserved for prescription medicines. And all are likely to be in your house already. So try one out the next time

"them" refers to ...

"many" and "all" refer to -----
What should you try out the next time you or your kids are sick?

you or your kids are hit with an every day illness. But keep in mind that, just like prescription medicines, treatments involving natural substances can cause side effects. If you experience any unusual reactions to the therapy, discontinue it immediately.

What is a side-effect of baking soda?



apply: use functionally

tepid

in practice: have experience

Baking soda nixes itches.

Adding about 1/4 to 1/2 cup per quart of cool water, or half a box in the bathtub, will often calm down rashes, chicken pox, or poison ivy. You can soak in it or apply it with compresses, says Lorraine Stern, M.D., an associate clinical professor of pediatrics at the University of California, Los Angeles, and a pediatrician in practice for 21 years, but be aware that it may be drying to the skin. These treatments or a paste made from baking soda and water are also effective for insect bites and bee stings.

What does "it" refer to?

Ginger quiets queasy stomachs.

If your mother gave you ginger ale for an upset stomach, she was onto something. Ginger has a calming effect on the stomach- a fact verified by a study finding that ginger capsules helped counteract the effects of motion sickness. Most of the grocery store varieties of ginger ale and ginger snaps (cookies) are very light on real ginger, but they may have enough to settle slight queasiness. For a more powerful punch, though, you can boil a few slices of ginger root in about 2 cups of water to make yourself a batch of ginger tea. (Ginger tea is also available at some health food stores.)

What word in this paragraph can have the same meaning as "settle"?

Garlic fights colds and flu.

The trade-off here is obvious---the unwelcome scented aftereffects--but studies have confirmed that some of garlic's chemical constituents can kill disease-causing germs. Add two to three cloves per serving to whatever you're making or for maximum healing power, make this special soup; Toss garlic (again, two to three cloves per serving) and a bit of ginger into a pot full of vegetable soup that is heavy on ingredients loaded with

Disease-causing germs are germs which-----

smell, smelly, odor, scent, stink

neutral

neutral

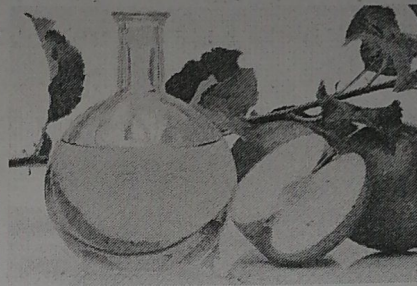
unpleasant

pleasant

stink

vitamins A and C (e.g. carrots, broccoli, spinach, tomatoes, red and green peppers).

The latest studies have named vitamins A and C as two of the most effective nutritional infection fighters, and the soup's steam helps clear congestion, covering all approaches on the cold front. To avoid the odor of garlic, try the pill form found in many pharmacies and health food stores.



Acupressure alleviates nausea and pain

Above your wrist is a point you can press into medical service to *relieve* nausea, according to Bruce Pomeranz, M.D., a professor of neurobiology at the University of Toronto. Six studies confirm the effect, although why *it* works is still unclear. Find the groove (long, narrow channel) between the two large tendons on the inside of your wrist that run from the base of the palm, up to the elbow about 2 inches above the wrist, press down hard with a thumb or finger for a minute or two until the spot feels slightly achy. Mild queasiness may be relieved immediately; relief of more intense nausea may require about 20 minutes of repeated pressing.

"relieve" and -----
are synonyms.

Another acupressure point---web of flesh between the thumb and forefinger---seems to moderate pain sensations. Find a spot about an inch into that triangle where you've got muscle, not just skin, and squeeze it until it aches a bit. Repeat two or three times, or hold the pressure for a few minutes. It's especially effective for relieving pain in the head or neck area but can relieve any pain because it triggers the release of endorphins, the body's natural painkiller.

A. Read the following sentences and decide if based on the information provided in the text they are true or false. Then show your choice by writing T (for true) or F (for false) in the blank space next to each sentence.

- ✓ ~~F~~ 1. The writer recommends that we should avoid prescription medicines.
- ✓ ~~F~~ 2. Medical costs are falling due to high living standards.
- ~~F~~ 3. Home remedies don't usually have side effects.
- ✓ ~~T~~ 4. Baking soda is a home remedy.
- ✓ ~~T~~ 5. Ginger can help relieve some stomach discomfort.

-----7. Scientists still don't know the mechanism by which acupressure alleviates pain.

✓ 1. The writer seems to be -----.

- a. in favor of using mostly prescription medicines
- b. against conventional medicine (prescription medicines)
- ✓ c. against overuse of home remedies
- d. in favor of occasional use of home remedies

✓ 2. It is said that research on home remedies -----
a. has been largely fruitless
b. has shown their effectiveness
c. has not been enough yet
d. has not provided supporting evidence

3. It is said that prescription medicines -----.

- a. are more effective
- b. have less side effects
- c. have more side effects
- d. are scientifically based

4. For which of the home remedies mentioned in the text a side effect has been mentioned?

a. ginger ale
b. garlic
c. baking soda
d. acupuncture

✓ 5. According to the article if you have a sore throat, watery eyes and difficulty with breathing, what home remedy might you try out?

a. garlic
b. ginger ale
c. acupressure
d. baking soda

✓ 6. If someone suffers from a headache, according to this text, what home remedy do you recommend?

a. baking soda
c. garlic
b. ginger
d. acupressure

C. Discuss the following questions with a partner.

1. What are the reasons people are turning to home remedies?

2. Which treatments are free from side effects, home remedies or prescription medicines?
3. What is the use of baking soda? Have you even tried it out?
4. You suffer from an upset (queasy) stomach, what home remedy or prescription medicine do you use? Why?
5. When you travel in a car, on a bus or train, do you feel motion sickness? If so, what will you do?
6. What's the "trade-off" of garlic?
7. Have you ever tried out acupuncture? On which part of your body? Was it effective?

D. Use the correct form of the words in the blanks.

affect, effect, effectiveness, effective

- ✓ a. Research has verified the ~~effectiveness~~ of home remedies.
- ✓ b. I tried taking some tablets for the headache but they didn't have any ~~effects~~. I think folk medicines are more ~~effective~~.
- ✓ c. I think all the worry has ~~affected~~ my brain.
- ✓ d. Do you believe that household staples offer ~~effective~~ relief from common health problems?

prevent, prevention, preventive, preventable

- ✓ a. ~~preventive~~ actions are intended to stop something before it happens.
- ✓ b. Some incurable diseases such as AIDS are ~~preventable~~ but unfortunately some people don't take ~~preventive~~ measures to ~~prevent~~ them. They don't follow the saying "~~prevention~~ is better than cure."
- ✓ c. The health ministry is trying to develop ~~preventive~~ medicine rather than curative medicine.

queasy, queasiness

- ✓ a. I can't watch operations on TV; it makes me feel too ~~queasy~~.
- ✓ b. The feeling of ~~queasiness~~ is very common in pregnant women.

heal, health, healer, healthy, healthful, healing, healthily

- ✓ a. His broken heart will take a long time to ~~heal~~.
- ✓ b. He gave up smoking for ~~health~~ reasons.
- ✓ c. In order to have good ~~health~~, we should eat ~~healthily~~, that is we should eat ~~healthy~~ food.
- ✓ d. A ~~healer~~ is a person who has the power to ~~heal~~ people without using ordinary medicine.

- ✓ e. The healing-power of many herbs and vegetables have been proved.

manage, manager, management, manageable, managerial

- ✓ a. All people should be taught stress management strategies.
- ✓ b. Patients who have complaints can speak to the hospital manager.
- ✓ c. Working women have to learn how to manage their time.
- ✓ d. The hospital managers were sent on a managerial scheme to get up to date.
 → plan, programme
- ✓ e. If the work is divided into smaller, more manageable sections, we can do it more easily.

access, accessible

- ✓ a. It is necessary that all people have access to health resources.
- ✓ b. The problem with some drugs is that they are very accessible.

C. Fill in the blanks using the words in the list.

~~congestion~~

~~attitude~~

~~cover~~

~~ingredients~~

~~alleviate~~

~~confirmed~~

~~optimists~~

~~up front~~ → شریکات

~~relief~~

~~proactive~~

~~trigger~~

~~pessimists~~

1. Some believe that home remedies can bring about relief to all types of pain because they trigger the release of the body's natural painkillers.
- ✓ 2. Nasal congestion is very common, particularly in children, in winter.
- ✓ 3. Health insurance doesn't usually cover the expenses for plastic surgery which is performed for beauty.
- ✓ 4. If people practiced proactive, preventive health care more, there would be fewer admissions to hospitals.
- ✓ 5. The surgeon said that he would get all the money up front, or he would not do the operation.
- ✓ 6. Research has found that positive or negative attitude has a relationship with longevity, that is, optimists live longer and more happily than pessimists.
7. Do you know which acupressure point may alleviate nausea?
- ✓ 8. A soup with ingredients full of vitamins is very effective against some infections.
- ✓ 9. Different studies have confirmed the effectiveness of home remedies.

D. Match the words in column I with their equivalents in column II.

I	II
✓ 1. trend <i>g</i>	a. taking action yourself, rather than waiting for something to happen and then acting as a result of it
✓ 2. make ends meet <i>d</i>	b. put something (or yourself) in water or liquid
✓ 3. annual <i>i</i>	c. doctors' exams of a patient
✓ 4. proactive <i>a</i> ⇒ <i>proactive</i>	d. find enough money to pay the bills
✓ 5. soak <i>b</i>	e. ready and eager to do something
✓ 6. soar <i>j</i>	f. the state of part of the body being blocked with blood or mucus
✓ 7. willing <i>e</i>	g. a general direction in which a situation is changing or developing
✓ 8. verify <i>h</i>	h. confirm
✓ 9. congestion <i>f</i>	i. every year
✓ 10. physicals <i>c</i>	j. to increase quickly to a high level

E. Fill in the blank using the words in the list.

realization *6* ✓ home remedies *7* ✓ due to *1*
 ✓ common ailments *8* ✓ with colic or diarrhea *10* ✓ obviously not *3*
 ✓ were deemed *5* ✓ cure yourself *2* ✓ are days *4*
 awareness and understanding *9*

Home remedies and natural cures or medicines made at home from natural ingredients such as fruits, vegetables, herbs are catching a lot of attention---1--- its very nature of cure: simple, no or a few side effects, no chemicals, inexpensive, plus the pleasure of being able to---2--!

How much do you value your health? Can you put a price tag on your own health, on that of your loved ones? ---3---, if anything, your health or that of your family is invaluable. Long gone ---4--- when drugs manufactured in laboratories were popular, when expensive chemical or synthetic drugs ---5--- to be the best for our bodies. Apart from the