

READING COMPREHENSION



Importance of sleep

Why should we sleep and for how long?

How many hours do you sleep every night?

.....

Every creature needs to rest. Giraffes, little babies, elephants, dogs, cats, kids, koala bears, grandparents, moms, dads, and hippos in the jungle - they all sleep! Just like eating, sleep is necessary for survival.



Sleep gives your body a rest and allows it to prepare for the next day. It's like giving your body a mini-vacation. Sleep also gives your brain a chance to sort things out.

The amount of sleep a person needs depends a lot on his or her age. Babies sleep a lot - about 14 to 15 hours a day! But many older people only need about 7 or 8 hours of sleep each night. Most kids between the ages of 5 and 12 years old need 10 to 11 hours of sleep. Some kids might need more and some need less. It depends on the kid.

If you don't sleep for one night, you will become lazy and angry. If you don't sleep for two nights, you will not be able to think. If you do not sleep for more than five nights, you will start seeing things that are not actually there.

Therefore, you should sleep well every night.



A. Answer the following questions.

1. Why is sleep important?
2. What happens if we do not sleep for:
 - a. one night
 - b. two nights
 - c. more than five nights
3. How many hours should they sleep?
 - a. a baby
 - b. an old person
 - c. you

B. Fill in the blanks.

1. Sleep is necessary for
2. Your body gets when you are sleeping.
3. Sleep helps brain
4. Sleep is like giving your body a



Reindeer

The reindeer is a species of deer native to Arctic and Subarctic regions. They are also known as caribou in North America.



Reindeer can be many different colours and sizes. They have thick coats and large hooves. Both males and females have antlers, though some females do not grow any. Males have larger antlers than the females.

Reindeer are hunted for their meat and antlers. Others are used for transportation.

Reindeer hooves change depending on the season. When it is wet and the ground is soft, their footpads become sponge-like and provide extra grip. The footpads shrink in the winter, showing the rim of the hoof that cuts into the ice and stops the reindeer from slipping.

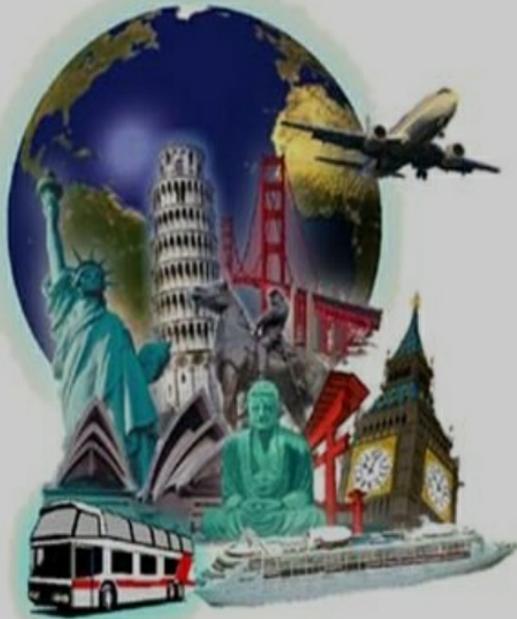
Reindeer have a four-chambered stomach and like to feed on lichen (fungus). They also eat leaves of willows and birches, and grasses.

Read the information above and answer the questions.

1. In North America, what are reindeer also known as? _____
2. Are all reindeer the same colour? Yes / No
3. Why do some people hunt reindeer? _____
4. What happens to a reindeer's hooves in the winter?

5. How many chambers does a reindeer's stomach have?
 - a Three
 - b Six
 - c Four
 - d Two

TRAVELLING



Millions of people all over the world like travelling. They travel to see other countries and continents, modern cities and the ruins of ancient towns, they travel to enjoy picturesque places or to learn about other cultures. It's always interesting to discover new things and different ways of life, to meet different people, to try different food, to listen to different music. People who live in the countryside often like to go to a big city in order to visit museums and art galleries, things they don't have at their hometown. They like to buy in elegant shops and to dine at exotic restaurants. People from the city often like a quiet holiday by the sea or in the mountains where they can sunbathe or walk. Many tourists love taking photographs of everything that interests them - the sights of a city, old churches and castles, views of mountains, lakes, valleys, plains, waterfalls, forests, different kinds of trees, flowers and

plants, animals and birds.

People travel by train, by plane, by ship or boat and by car. All means of travel have their advantages and disadvantages. And people choose one according to their plans and preferences. The fastest way of travelling - is travelling by plane, but the most comfortable is travelling by ship and the cheapest is travelling on foot.

If we like travelling, we see and learn a lot of things that we can never see or learn at home, though we may read about them in books and newspapers and see pictures of them on TV. The best way to study geography is to travel and the best way to get to know and understand the people is to meet them in their own homes.

Answer the questions about the text and about you.

1. Why do people travel?
2. What do you see and learn while travelling?
3. How do people from the countryside like to spend their holidays?
4. How do people from the big cities like to spend their holidays?
5. How can people travel?
6. Which is the fastest mean of transport?
7. Which is the most comfortable mean of transport? Why?
8. What is the best way to study geography?
9. Do you like to travel?
10. What kind of trips do you like? Why?
11. Have you been in a foreign country? Which one? Did you like the experience? Why /not?
11. When traveling, do you try local food? Why / not?
12. Where do you like to stay? Luxury hotel, hostel, camping ...?
13. What is your favourite mean of transport? Why?
14. Do you have plans for your next trip? Where are you planning to go?
15. Do you like better travelling alone or with your family or friends? Why?

Name: _____

Date: _____

THE FROZEN OCEAN



Read the passage. Then answer the questions.

Covering an area of about 5,427,000 square miles, the Arctic Ocean is about the size of Russia, and yet the smallest and shallowest of the world's five major oceanic divisions. It's also one of the least explored, primarily because ice partly covers it throughout the year. It's surrounded by the land masses of Eurasia, North America, Greenland and several islands, while an underwater ridge divides it into two basins, which are further subdivided by ridges. The Arctic Ocean's surface temperature and salinity varies seasonally. Salt lowers the freezing temperature of seawater to -2°C . Despite this, when the atmospheric temperature drops in the Arctic, a thick layer of seawater begins to freeze. What makes the oceans' ecology so intriguing is the amount of hidden life within - not just in its depths but dispersed across every level of the water column. One of the most important aspects of its rich biodiversity is the presence of micro-algae called phytoplankton, which form an essential component of the food chain. These single-celled plants not only provide nourishment to many marine animals, but also help to regulate the amount of tiny ice needles that start to form, creating a salt-free solution called 'frail ice'. As the temperature continues to fall, the frail ice thickens and traps pockets of salty water in its layers. In the summer, the ice melts and the surface cover can be reduced to half of what it was. It thrives during this time, when the sun is out day and night, but struggles to survive in the dark days of winter. Climate change is blamed for the increasing loss of sea ice throughout the Arctic Ocean, as well as the melting of the Greenland ice sheet.

Answer each question.

1. How much area does the Arctic Ocean cover?
2. Why is the Arctic Ocean the least explored?
3. What is the Arctic Ocean's surface temperature?
4. What is the most important aspect of its biodiversity?
5. What is the 'frail ice'?
6. What happens in summer in the Arctic Ocean?



Thank you!

