Why Exercise Is Important!

- Exercise Makes Your Heart Happy
- Exercise Makes Your Muscles Stronger
- Exercise Makes You Flexible
- Exercise Keeps You at a Healthy Weight
- Exercise Makes You Feel Good

Why Exercise Is Important!

- E M Y H H
- E M Y M S
- E M Y F
- E K Y at a H W
- E M Y F G

Why Exercise[1] Is Important!

1. You know what exercise is, but do you know why exercise is important?

   It is important because it keeps people's bodies[2] and minds[3] healthy[4].

   Without it, we would not be feeling or looking very good.

   Actually[5], there are so many reasons[6] why exercise is good for you.

   It is time to get right into[7] it and see why it is good to be fit[8]!

1. practice
2. physical part of a living being
3. thoughts; mental ability to think and imagine
4. well-being ≠ ill, sick
5. really, truly, in fact
6. cause
7. start immediately
8. strong, in good form; ≠ unfit

Exercise Makes Your Heart[1] Happy

2. Your heart is one hardworking part of your body, pumping[2] blood[3] every day of your life.

   The heart is a muscle[4], and it is the strongest muscle in your body, but it can always become stronger!

   Since it cannot lift[5] weights[6] to get stronger, it **relies on[7]** you to do aerobic exercise.

3. Aerobics[8] is a word for needing oxygen[9], and aerobic exercise[10] is any kind of activity that makes your muscles use oxygen.

   Aerobic exercise is repetitive[11], meaning it is an activity that you do over and over, to keep bringing fresh[12] oxygen to all of your muscles.

   When you do aerobic exercise and bring in[13] that oxygen, your heart becomes stronger and even[14] a bit[15] bigger!

   The number of blood cells[16] in your blood increases[17], so the blood can carry[18] even more oxygen.

   The blood in your body even moves more easily through the blood vessels[19].

   All these things mean that your body works **more efficiently[20]** to keep you healthy, and you can do a lot of exercise without getting tired.

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1. one hardworking part of your body, pumping blood every day of your life
2. push, send
3. the red liquid inside your body
4. one of the parts inside your body that you use to move
5. to pick up, to rise
6. a heavy object to exercise
7. to depend on, to need
8. needing oxygen
9. a gas in the air
10. the activity that makes your muscles use oxygen
11. done over and over, done many times in the same way
12. new, clean
13. to take or carry in
14. used to emphasize
15. a little
16. the smallest part of any living thing
17. to raise, to develop, to grow larger, to become bigger; to make bigger # to decrease, to reduce
18. to take
19. tube that carries blood through body
20. better ≠ inefficiently

Exercise Makes Muscles Stronger

4. All the muscles in your body do a fine[1] job when you use them for easy things, like picking up a book or walking down the stairs[2].

   But what about using them for harder activities, like taking long bike[3] rides or climbing a tree?

   That is where exercise comes in[4]:

   It makes your muscles stronger and sometimes larger.

   As your muscles get stronger, you can do more active things for longer periods of time.

   Strong muscles also help **protect**[5] you from **injuries**[6] when you exercise, because they give better support[7] to your **joints**[8].

Exercise Makes You Flexible

5. Can you touch[9] your toes[10] easily?

   Most children are **flexible**[11], which means that they can **bend**[12] and **stretch**[13] their bodies without too much trouble[14].

   But as people get older, they usually get less flexible; that is why it is important to exercise when you are still[15] young to stay flexible.

   In addition[16], when you are flexible, you can be more active[17].

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1. neat and delicate
2. a set of steps between the floors of a building
3. bicycle
4. be involved in
5. to keep safe
6. harm, damage
7. protection
8. part of body where two bones meet
9. to put your finger on sth
10. any of five parts at the end of your foot
11. able to change without breaking
12. to move part of your body so that it is not straight
13. to put your arms and legs out straight as far as you can
14. problem or difficulty
15. yet, up to now
16. besides, as well
17 always busy doing things

Exercise Keeps You at a Healthy Weight[1]

6. Every time you eat food, your body does the same thing: it uses some of the **nutrients**[2] in the food as **fuel**[3].

It burns[4] these nutrients to give us energy or calories[5].

You need calories for all of your body's functions[6], whether it is things you think about doing, like brushing your teeth, or things you never think about doing, like breathing.

But if the body is not able to use all the calories that are coming from food, it **stores**[7] them as **fat**[8].

Exercise helps keep you at a weight that is right for your height[9], by burning up extra[10] calories.

When you exercise, your body uses that extra fuel to keep you strong.

1. heaviness, how heavy sb/sth is
2. things needed to keep a living thing alive and to help it grow
3. material burnt to produce energy
4. to use, to consume
5. unit of measuring energy, unit of heat
6. task, duty
7. to keep
8. a white or yellow material under the skin
9. tallness ≠ depth
10. more

Exercise Makes You Feel Good

7. Exercising is an **excellent**[1] way to feel happy, whether you are exercising on your own[2] or with a group.

If you have had a hard day at school, or just feel unhappy, exercising can help you feel better.

That is because when you exercise, your body can **release**[3] **endorphins**, chemicals that create[4] a happy feeling.

In addition, when you are breathing deeply during exercise and bringing more air into your lungs[5], your brain[6] enjoys the extra oxygen.

And when you are active and running around, sometimes it is hard to think about what was bothering[7] you.

8. Exercise can make you feel proud[8], too.

In other words[9], when you are stronger and you are able to do things better, you can feel better about yourself.

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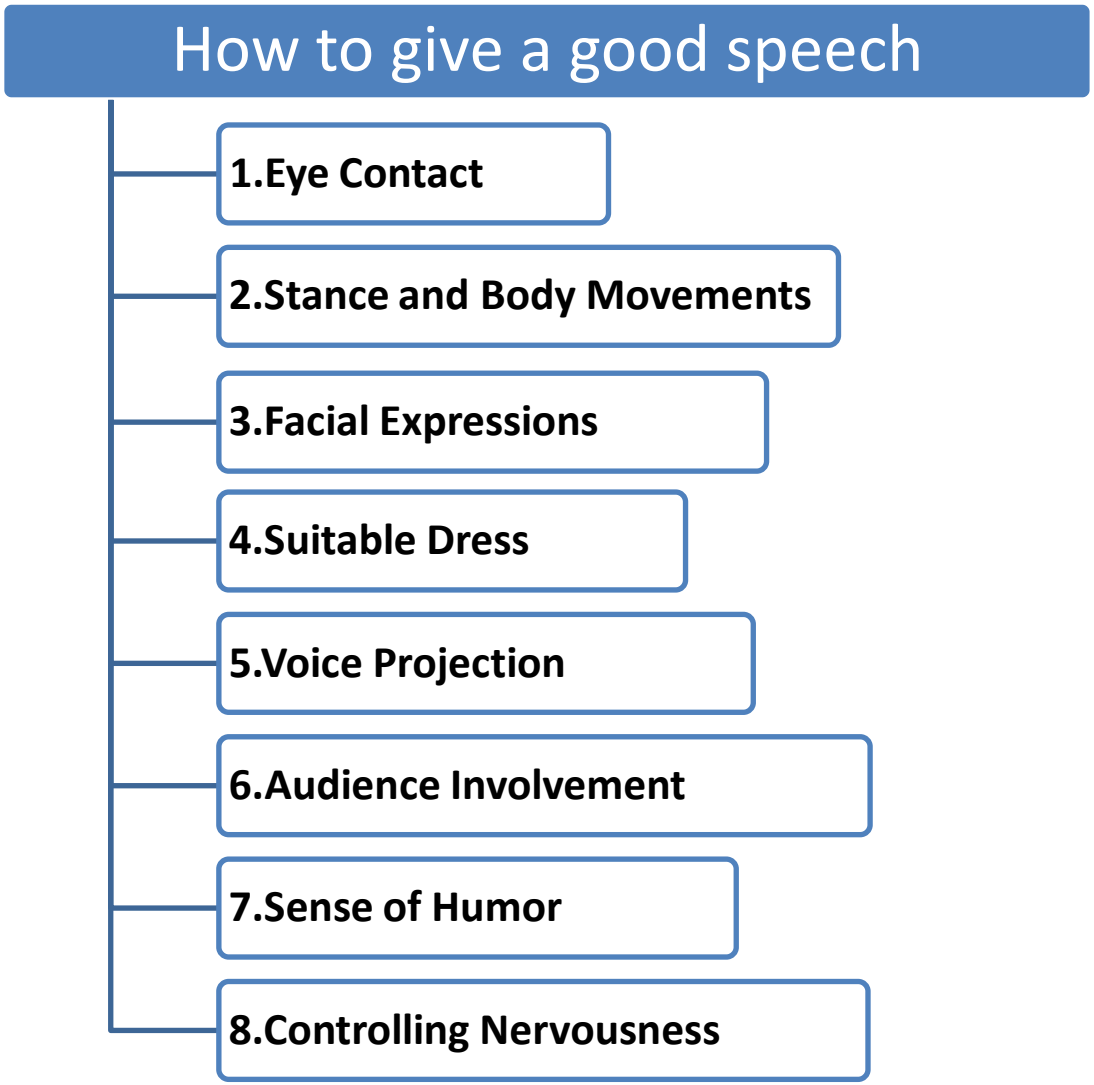
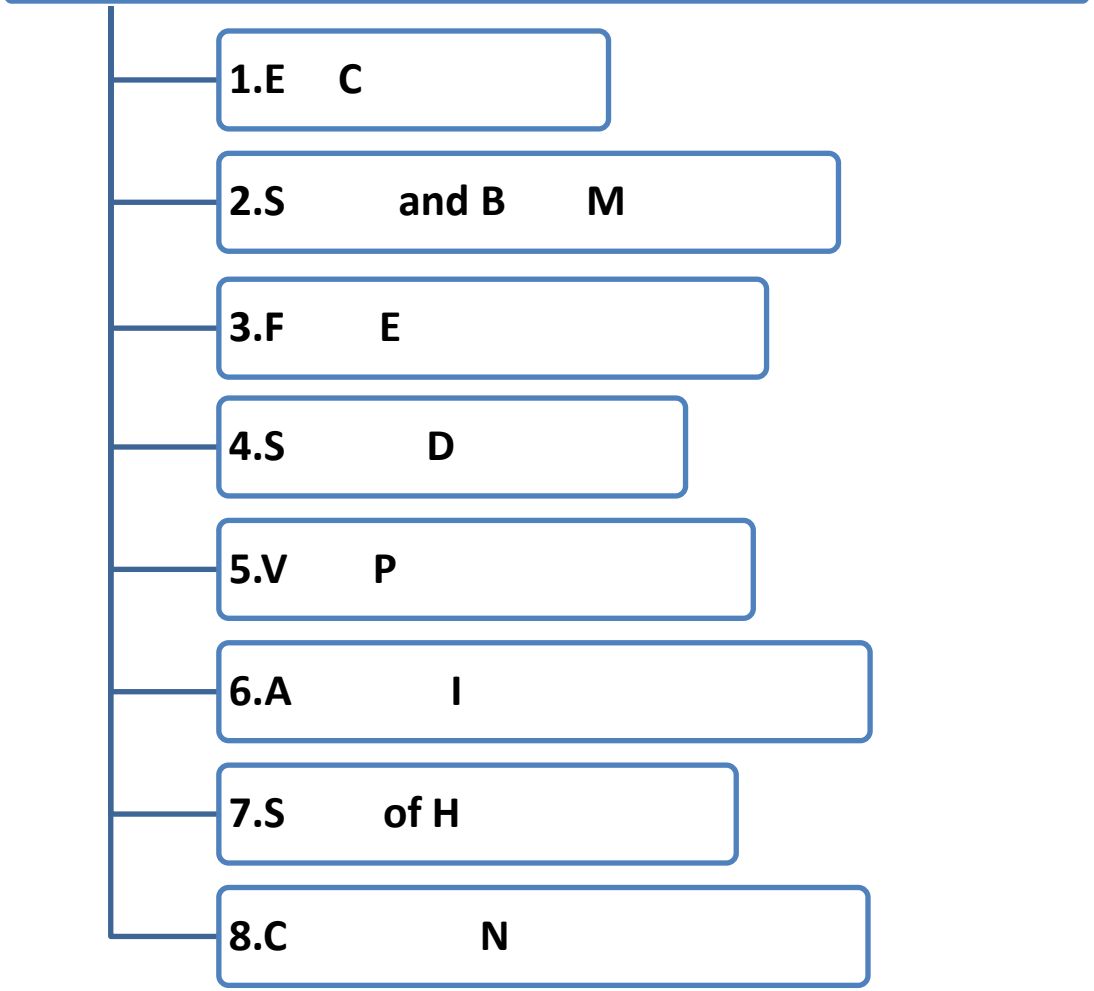
1. very good, great, wonderful, fantastic ≠ terrible, awful
2. alone, without help
3. to free, to let sth/sb come out ≠ to trap, to hold
4. to make sth new
5. any of the two parts inside your body that you use for breathing
6 .the organ inside your head that controls how you think, feel, and move
7. to worry sb
8. pleased about sth that you have done
9. namely, that is


How to give a good speech
1.Eye Contact
2.Stance and Body Movements
3.Facial Expressions
4.Suitable Dress
5.Voice Projection
6.Audience Involvement
7.Sense of Humor
8.Controlling Nervousness

How to give a good speech



How to Give a Good Speech[1]

1. Whether for an **audience**[2] of 50 or an audience of 1, fear[3] and **embarrassment**[4] about speaking to people can be controlled.

   Public[5] speaking is a skill[6] that everyone can learn with practice.

   Learn how to speak with **confidence**[7], and make your **presentation**[8] interesting by using the communication[9] power tools[10] below[11].

2. **Eye Contact**[12]

   - Good eye contact helps your audience feel more relaxed and builds confidence in your speaking ability.

     Keep eye contact by knowing your speech so well that you need to have a quick look at your notes only from time to time[13].

   - Find a few friendly faces in the audience that react[14] to your message and **concentrate**[15] on giving your speech to them.

     Keep eye contact for four to five seconds at a time, and then move to someone else.

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1. a talk, especially a formal one about a particular subject, given to a group of people
2. a group of people watching or listening to sth
3. being afraid of sth/sb
4. state of being ashamed of sth
5. ≠ private
6. an ability to do an activity or job well
7. a belief in your own ability
8. a talk giving information about sth
9. the exchange of information
10. a piece of equipment or a skill that is useful for doing your job
11. at a lower level or position than sb/sth ≠ above
12. communication; connection
13. occasionally
14. to behave in a particular way or to show a particular emotion because of sth that has happened or been said
15. to focus on; to give all your attention to sth

3. Stance[1] and Body Movements

- Good posture[2] shows confidence.

  Stand **firmly**[3].

  Too much movement can be **distracting**[4] to your listeners.

- You normally hold your arms along your sides.

  To **emphasize**[5] main points, you'll want to use movements that are slow and careful but look natural.

- Be aware[6] of habits[7] you might have like crossing your arms[8], leaning against a wall[9], or tapping a pen[10].

  This might also be distracting to your audience or might tell them that you are uninterested[11] or unconfident[12].

- Practice your speech in front of a mirror[13] to check your way of presentation and body movements and change them if necessary.

  Try many different ways to find a comfortable balance[14] of **gestures**[15] to use in front of an audience.

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1. position; posture, a particular way of standing
2. stance, a particular way of standing
3. strongly; without much movement
4. taking sb's attention away from sth
5. to give special importance to sth
6. informed; conscious
7. sth that you do regularly or usually, often without thinking
8. putting one arm on top of the other
9. putting your body or sth against another thing
10. hitting your fingers or sth quickly and lightly on sth to get someone's attention
11. ≠ interested
12. ≠ confident
13. a piece of special glass that you can see yourself in
14. a state in which all persons be in equal level
15. a movement of your hands, arms or head to show what you feel or think

4. Facial[1] Expressions[2]

- Friendly facial expressions help to build a warm and positive[3] relationship[4] with your audience.

  A smile[5] on your face lets them know that you are human[6] and trustworthy[7], giving them more reasons to accept your ideas.

- Expressions on your face show the **mood**[8] of your speech and keep the audience involved[9].

5. Suitable Dress

- Good choice of clothes helps you have respect[10] for your audience.

  Before you arrive to give your presentation, ask others for their opinion on your choice of clothing and how suitable it is for the occasion[11].

1. of or for the face
2. a look on the face
3. helpful; useful ≠ negative
4. link, contact; the way in which two or more things or person are connected and affect each other
5. an expression on your face that shows happiness
6. being kind and friendly
7. trusty; honest; dependable
8. the way sth makes you feel
9. made sb take part in sth
10. having high opinion for sth/sb ≠ disrespect
11. a particular time when sth happens

6. Voice[1] Projection[2]

Sometimes tone[3] of voice can have a stronger effect than the message.

Put feeling and energy into your voice by practicing.

You can **add variety**[4] to your speech by:

- raising or lowering your voice,
- changing the speed of your words to make the audience feel excited,
- using pauses[5] and silences[6] instead of saying 'uh', 'umm', and 'you know',
- increasing and decreasing the volume[7] of your voice to emphasize main points and involving the listeners,
- adding energy so that your voice will never be boring or emotionless[8], and
- Practicing every day and recording your voice to see where changes may be necessary.

7. Audience Involvement

- Involve your audience by asking questions, talking to them directly, and getting them interested.

  This helps build a relaxed relationship with your audience.
- Involve the audience by using attractive[9] opening sentences[10], pictures, maps, pieces of films, or by asking for help from the audience.

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1. the sounds that you make when you speak
2. sending outward
3. a quality of a sound
4. to put sth different things together to make sth interesting
5. a short stop
6. no sound
7. the amount of sound produced by sth
8. ≠ emotional
9. ≠ unattractive; unpleasant
10. first sentence

8. Sense of Humor[1]

- The purpose of humor is not to be a comedian[2] but for you to create a comfortable atmosphere and have fun with your audience.

  Humor can make the difference between an average and an excellent presentation.

- A little humor in your speech lets the audience know you are human and people actually learn more if they are having fun.

  Try to include personal stories or recent events to add fun to your speech.

9. Controlling Nervousness[3]

Most people are afraid of speaking in public.

They fear this even more than death.

Everyone has a certain amount of nervousness when talking to a group, but the point is not to end nervousness;

learn to control it.

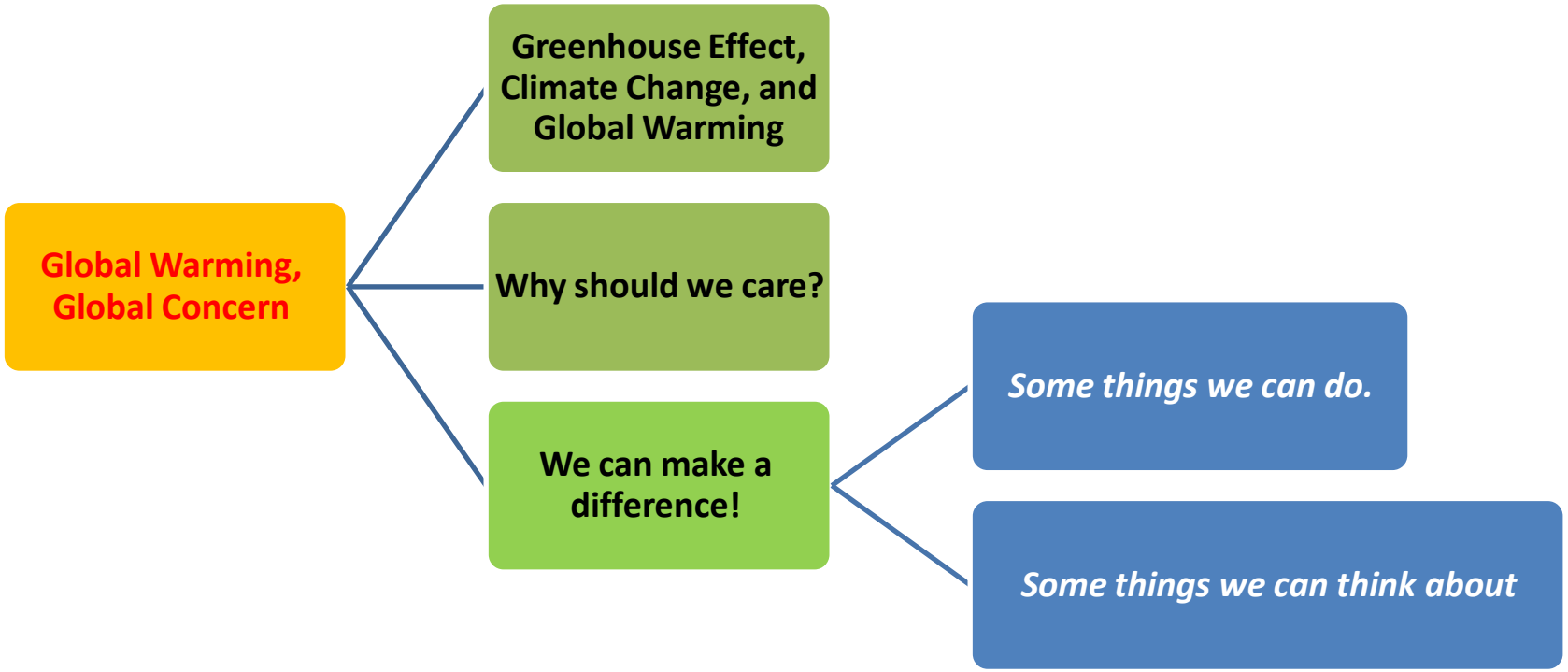
- Just before your speech do some deep breathing exercises to relax.
- Use your nervousness to add excitement to your speech.
- Remember you were asked to talk because you had something important to say.
- Everyone wants you to succeed.

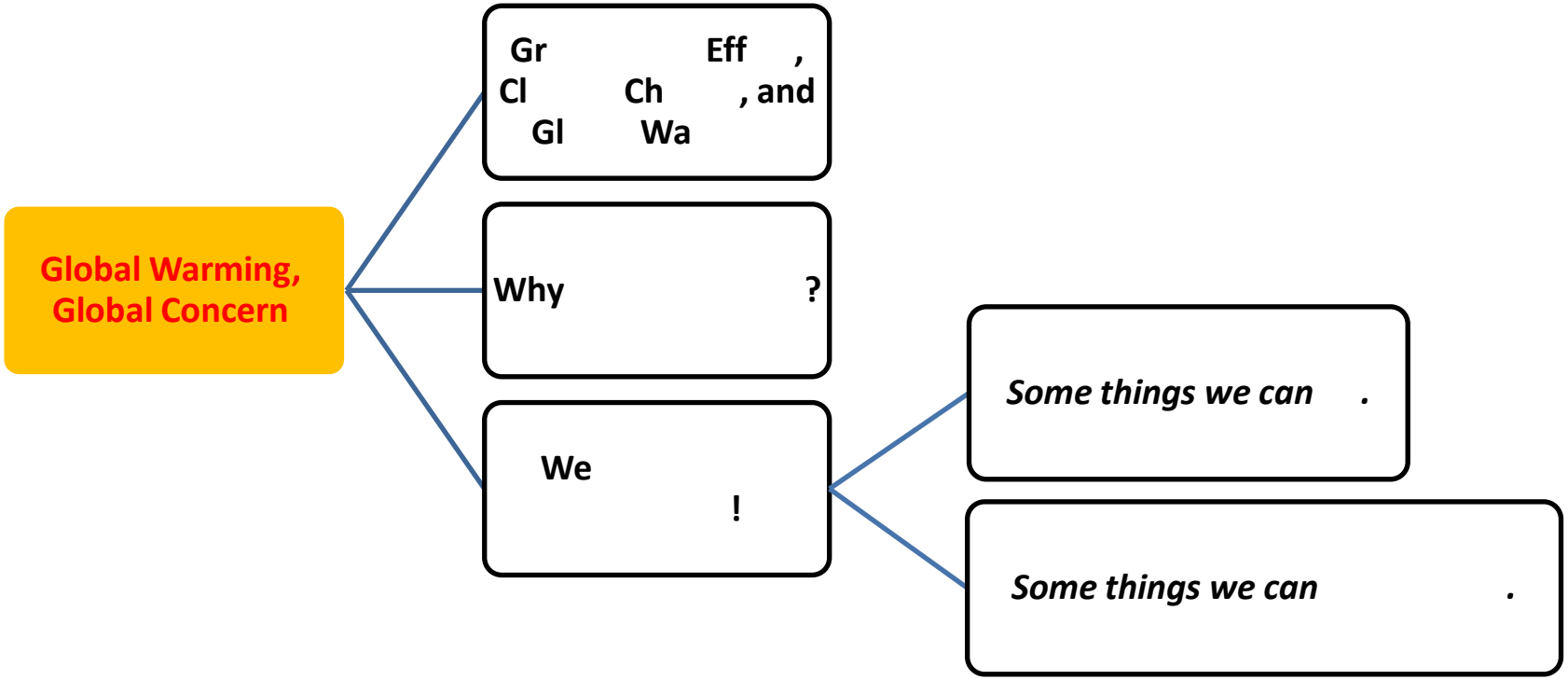
10. Speaking in public is a skill you can learn with practice.

Controlling your fear and practicing the above skills in public speaking can bring you success.

1. being funny; ability to laugh or to make people laugh
2. a person whose job is to make people laugh; joker; humorist
3. state of being worried; worry; anxiety; ≠ relaxation; calmness

Lesson 3


Global Warming, Global Concern
Greenhouse Effect, Climate Change, and Global Warming
Why should we care?
We can make a difference!
Some things we can do.
Some things we can think about


Global Warming,
Global Concern
Gr Eff ,
Cl Ch , and
Gl Wa
Why ?
We !
Some things we can .
Some things we can .

Global[1] Warming, Global Concern[2]

1. The world is getting warmer.

It has warmed by half a degree[3] centigrade over the past 100 years. But why? And how?

Well, scientists are not exactly[4] sure.

The Earth could get warmer by itself, without help from people.

Many **climate**[5] scientists[6] think there is another reason for the change in temperature[7].

They think that human activities like cutting down the trees, producing[8] trash[9], and burning fuels like coal and oil are helping make the earth warmer.

Just because the weather has been hot for a month or two does not mean that global warming has arrived.

But scientists think that as we use more gasoline[10] and electricity, the Earth's going to get warmer.

They believe that we know enough about the problem to take some action.

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1. universal; world-wide; including or affecting the whole world
2. worry; anxiety
3. a unit for measuring temperature
4. precisely
5. the average of a region's weather over a period of time
6. a person who studies science
7. how hot or cold sth/sb is
8. to make; to create
9. rubbish, garbage household, domestic refuse, things that you do not need any more
10. petrol

Greenhouse Effect, Climate Change, and Global Warming

2. The Greenhouse Effect[1]: scientists are sure about the greenhouse effect.

They know that greenhouse gases like carbon dioxide[2] and methane[3] make the Earth warmer.

They do so by **trapping**[4] heat in the atmosphere[5].

3. Climate Change[6]: climate is the average of a **region's weather**[7] over a period of time.

For example, it is possible that a winter day in a city could be sunny and mild[8],

but the average weather tells us that its winters will **mainly**[9] be cold and include snow and rain.

Climate change is a change in these general weather **patterns**[10].

They can become warmer or colder;

amounts of rainfall or snowfall can increase or decrease each year.

4. Global warming[11]: Global warming is the average increase in the Earth's temperature, which then **causes**[12] changes in climate.

A warmer Earth may have results[13] such as changes in rainfall patterns, a rise in **sea levels**[14], and different effects on plants, wild life, and humans.

When scientists talk about climate change, they are concerned about global warming caused by human activities.

---

1. making the earth warmer by trapping heat in the atmosphere
2. the gas produced when animals breathe out, when carbon is burned in air, or when animal or vegetable substances decay
3. a gas that you cannot see or smell, which can be burned to give heat
4. to keep; to lock
5. the mixture of gases that surrounds the earth
6. a change in the general weather patterns
7. the weather of a part of country or of the world
8. fairly warm
9. mostly; to a large degree
10. a usual way in which sth happens or is done
11. the average increase in the earth's temperature
12. to make sth happen
13. effect; sth that happens or exists because of sth that happened before
14. average height of the sea or ocean

Why should we care[1]?

5. Global warming brings with it no guarantees[2].

We don't know exactly what will happen - what the effects will be - nor do we know exactly where or when they will make problems.

But it should be said that scientists have a pretty[3] good idea of what is going to happen.

Scientists and researchers[4] from different fields[5] tell us that the possible effects of climate change could be big

and in some cases, would cause serious[6] problems.

Among the possible effects are increased number of human deaths, **extinction**[7] of groups of animals and plants, and a dangerous rise in see levels.

With this in mind, we have to think of the costs[8] of action and **weigh** them **against**[9] the risks[10] of inaction[11].

We can make a difference[12]!

6. Global warming may be a big problem, but there are many little things we can do to make a difference.

If we try, most of us can do our part to reduce the amount of greenhouse gases that we put into the atmosphere.

Many greenhouse gases coming from things we do every day trap energy in the atmosphere and make the Earth warmer.

The following is a list of what we can do and think about.

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1. to think that sth is important, so that you are interested in it or worried about it
2. a promise that sth will happen
3. rather; fairly; quiet
4. a person who studies sth more carefully
5. a subject of study or an area of activity
6. a serious situation, problem, accident etc is extremely bad or dangerous ≠ funny; joking
7. when all the animals and plants of a particular type die
8. the money that you have to pay for sth
9. judge which of two things is more important
10. danger
11. doing nothing
12. to change

7. Some things we can do:

1. Read about the importance of the **environment**[1].
2. Save electricity.
3. Ride a bicycle, take a bus, or walk.
4. Plant trees.
5. Talk to your family and friends about global warming.
6. **Recycle**[2] cans, bottles, plastic bags, and newspapers.
7. Buy things that don't use much energy.

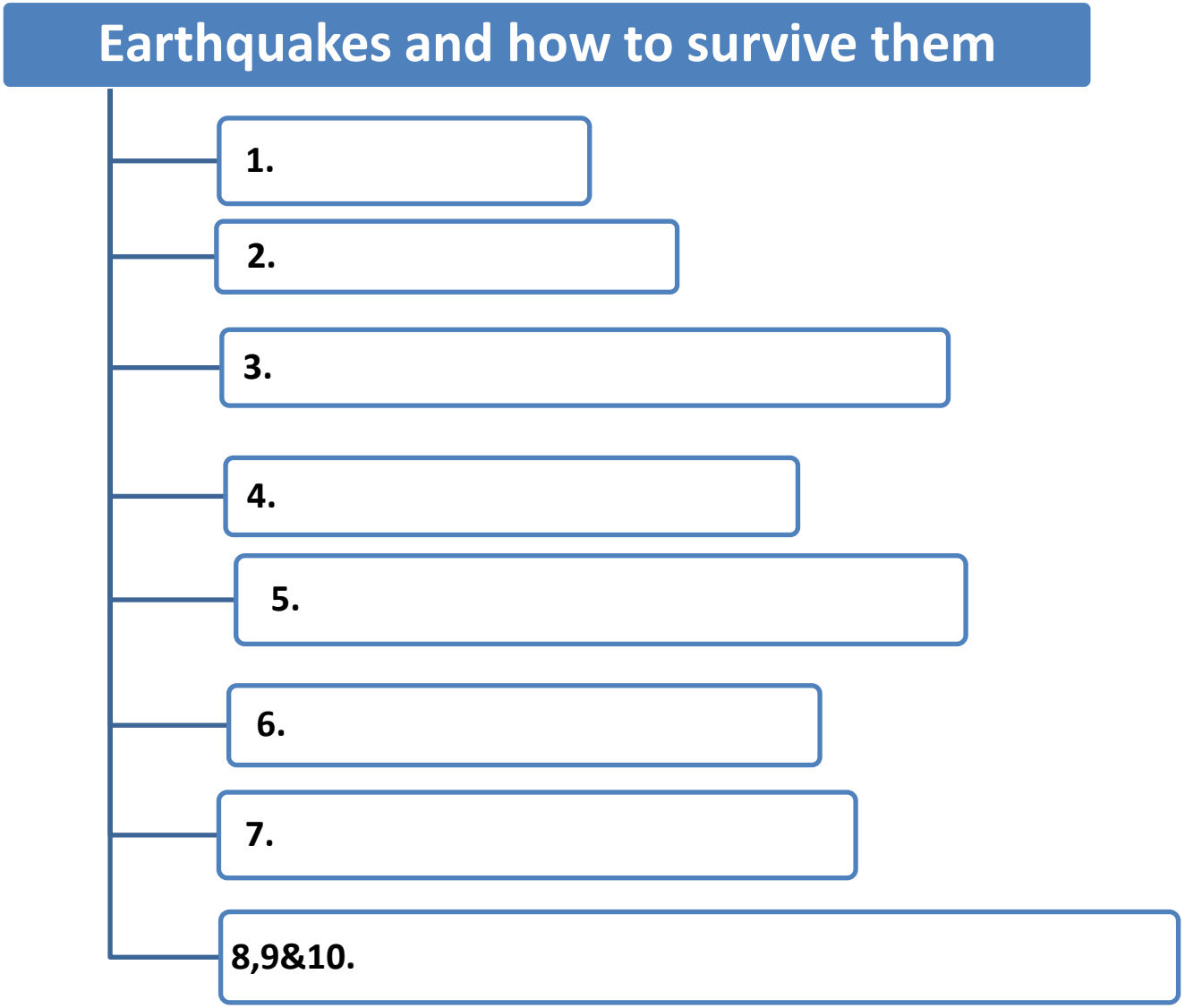
8. Some things we can think about:

1. Solar energy[3] - energy that comes from the sun - can be used to heat homes, buildings, water, and to make electricity.
2. Cars cause **pollution**[4] and release many greenhouse gases into the air.

   Driving cars that use less fuel can help reduce the amount of greenhouse gases in the air.

1. the air, water, and land in which living things live
2. to change old materials to use them again
3. energy that comes from the sun
4. physical harm to sth

Lesson 4



Earthquakes[1] and how to survive[2] them

1. The Earth is made up of three main layers[3], the crust[4], the mantle[5], and the core[6].

The crust the layer that you live on, is like the skin of an apple.

It is very thin (from 6 to 30 kilometers) in comparison[7] to the other two layers.

It is broken into many pieces called plates[8].

These plates **float on**[9] the soft[10], plastic mantle below the crust.

The core, which is at the center of the Earth, **consists of**[11] heavy metals[12] and is about 4000 centigrade hot.

---

1. a sudden shaking of the ground
2. to continue to live after a difficult or dangerous time
3. sth that is placed between or on top of sth else
4. the hard outer layer of the Earth
5. the layer of the Earth between the crust and the core
6. the central part of the Earth
7. the act of comparing
8. a flat piece of sth
9. to stay on the surface of a liquid; ≠ sink
10. ≠ hard
11. to be made up of; to be composed of
12. hard substance such as iron, gold etc

2. The plates of the crust move along **smoothly**[1] but sometimes they stick together[2] and create pressure.

The pressure[3] increases and the rock bends until it breaks.

When these occur[4], an earthquake is the result.

3. Earthquakes happen every day.

Though millions of people may never experience[5] an earthquake, it is a very common happening on this planet.

So today, somewhere, an earthquake will occur.

It may be so light[6] that only special instruments[7] can record its movement;

it may **shake**[8] houses, **rattle**[9] windows, and change the place of small things.

It may be strong enough to cause **damage**[10], injury, and death.

1. gently; without any sudden changes
2. to be fixed in one place so that it cannot move
3. the force or weight that is being put on to sth
4. to happen; to take place
5. to know about sth because you have seen, felt or done it
6. ≠ heavy
7. device
8. to move sth up and down or side to side
9. to move sth with sound
10. physical harm to sth

4. It is thought that about 700 shocks[1] each year have this power when they occur in a **populated**[2] area. Luckily[3], most of these **destructive**[4] earthquakes occur in less populate places.

5. Since a large number of world's earthquakes each year occur along the Pacific Ocean, this is the most **probable**[5] area for today's earthquake but it could hit any place because no area is **entirely**[6] free of earthquakes[7].

1. a sudden and powerful shaking
2. full of people
3. happily; fortunately
4. causing damage and destruction
5. possible; likely to happen or to be true
6. completely; fully; perfectly
7. without earthquake

6. Saying that an earthquake is going to happen today is not really **predicting**[1], earthquakes.

So far[2], they cannot be predicted but anyone, on any day could say this and it would be true.

This is because several millions of earthquakes occur each year.

So thousands occur each day, although most are too small **to be located**[3].

The problem is in finding the exact[4] area where and when a strong shock will happen.

7. Earthquake prediction is a future possibility.

Just as the weather organizations now **forecast**[5] **floods**[6] and strong storms[7], the national earthquake information centers may one day predict earthquakes.

This may some day become a reality[8], but only after much more is learned about earthquake mechanisms[9].

1. forecasting; saying that sth will happen
2. until now; up to this time
3. to be defined the place of sth
4. completely correct; right
5. to foresee; to predict; to say what is likely to happen in the future
6. a very large amount of water that covers an area that is usually dry
7. very bad weather with a lot of rain or snow, strong winds, and often lightning
8. fact; truth; certainty
9. functioning; process; a way of doing sth which is planned or part of sth

WHAT TO DO?

7. **Before an Earthquake**

- All family members should know how to turn off gas, water, and electricity.
- Plan family **emergency**[1] **procedures**[2], and make plans for your family to get together.
- Know emergency telephone numbers (doctor, hospital, police, fire department, etc.)
- Fix heavy things strongly to walls (book shelves, mirrors, cabinets, etc.)
- Never place heavy things over beds, and keep them lower than the head height of the shortest member of the family.

9. During an Earthquake

- Stay **calm**[3]**.**
- If you are inside, stand in a doorway, or go under a desk or table, away from windows or glass doors.
- If you are outside, stand away from buildings, trees, and telephone and electrical lines.
- If you are on the road, drive away from underpasses[4], and overpasses[5]; stop in a safe area, and stay in your car.

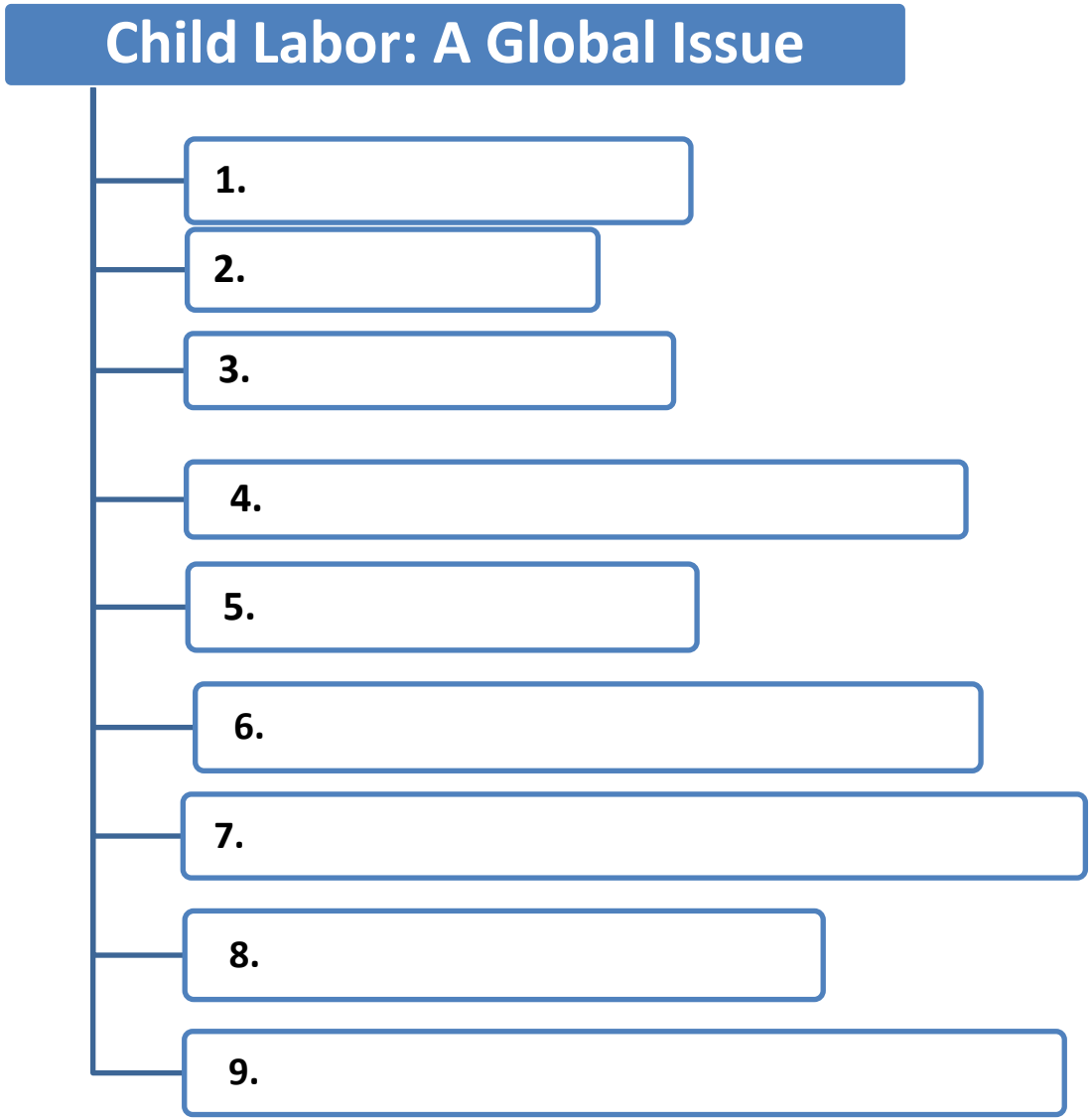
10. After an Earthquake

- Check for injuries. **Provide**[6] first aid.
- Check for gas, water, and electrical lines.
- Check for building damage and possible problems during aftershocks.
- Clean up dangerous chemicals off the floor.
- Wear shoes.
- Turn on the radio, and listen for instruction from police and fire departments.

---

1. an event needing immediate action
2. an accepted way of doing sth
3. cool; quiet; relaxed ≠ excited; afraid
4. a road or path that goes under another road or a railway
5. a road or path that goes over another road or a railway
6. to supply; to make sth available for sb who needs it

Lesson 5



Child Labor[1]: A Global Issue[2]

1. Child labor means when young people, under 15, but sometimes as young as 5 or 6, are forced to work because their parents cannot work or do not make enough money at their jobs to support their family.

There are two kinds[3] of work that children do, and only one of them is child labor.

2. Child Labor is:

- Work that is done all day by children
- Work that stops children from going to school
- Work that is dangerous and may hurt children physically[4], emotionally[5], or mentally[6] such as mining[7], making bricks[8], carpets[9], glass, ceramics[10], etc.

3. The other kind of work that children do is just helping out[11] the family or earning money for outside-of-school activities.

While this work may be really boring, it is not child labor.

---

1. work, specially hard physical work by children
2. an important universal subject
3. sort
4. in relation to your body
5. in relation to your feelings or how you control them
6. in relation to your mind
7. working in mines
8. making a hard block of backed clay used for building
9. weaving a soft covering for a floor
10. making a kind of tile by baking cly until they are hard
11. to help persons because they are busy or have problems

4. Child labor is not:

- Work done around the house before or after school.
- Work for an organization or a company during the summer or over a **vacation**[1] to learn about a specific kind of work.
- Work you do when you are learning about something and doing it at the same time.

  For example, electricians[2] often have **apprentices**[3] learn the job while helping out around the shop.
- Work done to help out at a family farm or business as long as it does not keep you from going to school or doing your homework.
- Work done after school or on weekends to earn extra money

5. Most child laborers[4] around the world are busy doing **extreme**[5] forms of work that are dangerous for their health.

They are also being robbed[6] of their **rights**[7], including not only the right to develop[8] to the highest level through education, but also the right to a childhood[9]. childhood[9].

They often work as many as 12 hours a day, (sometimes more), work under dangerous conditions[10] such as factories with harmful smokes in the air, handle[11] dangerous materials, and use tools and machines which are not designed for them.

1. holiday
2. a person whose job is to connect or repair electrical wires or equipment
3. a person who is learning a job
4. teenage or even younger workers
5. very hard; most serious or severe
6. to steal; to take sth away from sb
7. what you are allowed to do especially by law
8. to progress; to grow
9. the time when you are a child
10. position; situation; state
11. to touch, hold or move sth with hands

6. Child labor is more common in developing countries, but it also exists[1] in **industrialized**[2] nations.

While child labor mostly exists in South and Southeast Asia, South America, and Africa, it is also a growing concern in Eastern Europe where countries are changing economically[3].

The International Labor Organization (ILO) has estimated[4] that about 250 million children, between the ages of five and fourteen, work in developing countries—at least 120 million on a full time basis.

Sixty-one percent of these are in Asia, 32 percent in Africa, and 7 percent in Latin America.

Most working children in **rural**[5] areas are found in **agriculture**[6];

urban[7] children work in **trade**[8] and services, with fewer in **manufacturing**[9], **construction**[10], and **domestic**[11] services.

7. Child labor is both a result and a cause of **poverty**[12].

In most cases, poor families send their young children to work because their income[13] is important for the family.

On the other hand, since these children are usually **prevented**[14] from going to school, and they are not able to do any other kind of work, they will have a poor life in future.

---

1. to be or to be real
2. having a lot of industries
3. according to economics
4. to guess or calculate the cost, size, value, etc of sth
5. relating to the countryside ≠ urban
6. the science or practice of farming
7. relating to a town or city ≠ rural
8. buying and selling of things
9. production
10. building
11. relating to home or family
12. the state of being poor ≠ richness; wealth
13. earning
14. to stop ≠ to let; to allow; to permit

8. Children work for many reasons, including the pressure of poverty, adult unemployment, and **irrelevant**[1] education systems that **fail**[2] to guarantee jobs or prepare children for self-employment.

Employers may hire[3] children since they can pay them less.

Children are also easier to discipline[4], more **willing**[5] to work and often unable to form **unions**[6] to protect themselves.

9. There is no simple way to stop child labor.

But this is no reason for inaction.

Luckily, people are becoming aware of the serious social, economic, and developmental effects of child labor.

They are becoming more and more aware of the fact that child labor is harmful to their sense[7] of importance, health, and education.

In the past few years, several countries with the help of international organizations such as ILO and UNICEF have made national plans and programs to stop child labor.

All such programs follow[8] four strategies to control it:

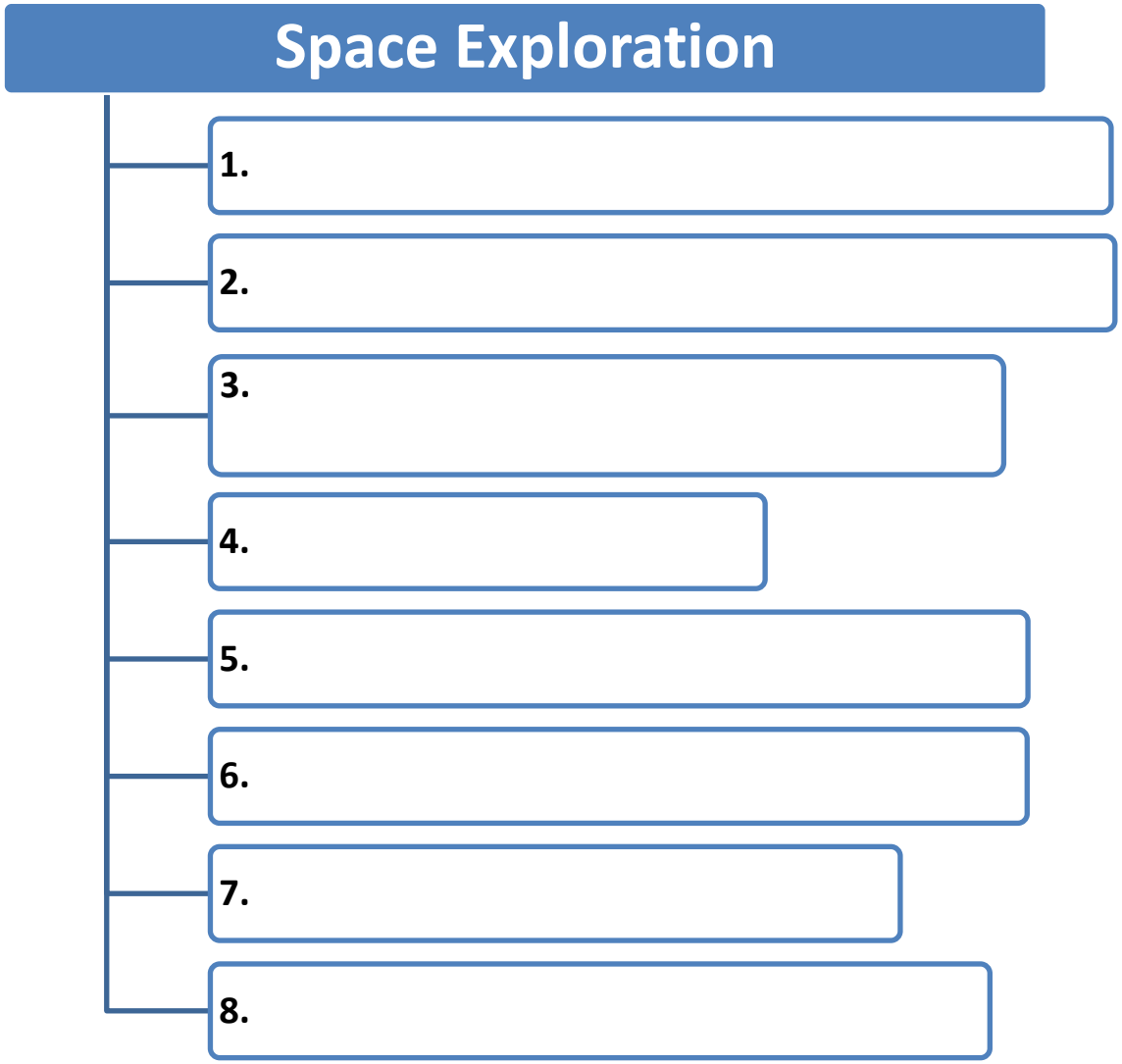
- providing free and good education
- making better laws and making sure that people follow them
- **removing**[9] children from work and creating better conditions for them
- encouraging **social movements**[1] against child labor.

---

1. not related to sth ≠ relevant
2. not to succeed
3. to employ; to rent
4. to teach sb to behave in a controlled way
5. wanting to do sth ≠ unwilling
6. an organization formed by people to protect their rights
7. feeling; understanding
8. to obey; to act according to
9. making sb stop doing a job

Lesson 6

1. changing in the way people think or behave


Space Exploration
1.
2.
3.
4.
5.
6.
7.
8.

Space Exploration[1]

1. Thousands of years ago, people observed[2] the night sky and recorded their observations in cave[3] paintings and rock art.
These early observations were made without telescopes or other devices[4].
The only things early people could see were the phases[5] of the moon and some of the moon's larger **features**[6].
They could also see some of the planets and many stars.
Then, about 400 years ago, the telescope was invented[7].
It allowed people to observe objects in space in much greater detail.

2. In 1609, the Italian scientist, Galileo, was probably the first person to use a new invention -the telescope- to observe the sky.
A telescope is an instrument that magnifies[8], or makes larger, distant[9] objects.
With this telescope Galileo observed the moon and saw mountains, valleys[10], and craters[11] that had never been seen before.
He also observed the phases of Venus and the four moons orbiting[12] Jupiter.
About fifty years later, the English scientist Sir Isaac Newton used an even better telescope so that he could observe other objects in space.

---

1. traveling to or around a place to learn
2. to watch sb or sth carefully
3. a large natural hole in the side of a cliff or hill, or under the ground
4. a machine or tool that does a special job; instrument
5. one of the stages of a process of development or change
6. an important part of sth; quality
7. to make sth for the first time
8. to make sth look bigger than really is; to enlarge; to maximize ≠ to minimize
9. far away in space or time ≠ close; near
10. an area of lower land between two hills or mountains
11. a round hole in the ground made by sth that has fallen on it or by an explosion
12. moving around sth

3. The modern age of space exploration began in 1957, when the former Soviet Union **launched**[1] Sputnik *I*, an **artificial**[2] satellite[3].
A satellite is any natural body[4], like the moon, or any artificial object that orbits another object.
Sputnik, which was about twice the size of a soccer ball, carried instruments to measure the **density**[5] and temperature of the Earth's upper atmosphere.
The United States launched its own satellite the next year.
Soon both countries were launching humans into space.

4. One of the best-known American space programs was Project Apollo.

The Apollo **missions**[6] landed[7] 12 humans on the moon between 1967 and 1972.

These **astronauts**[8] did experiments and brought back **samples**[9] of rock.

Their work helped scientists learn more about the moon.

1. to send sb or sth such as a spacecraft into space
2. created by people ≠ natural; real
3. any natural body, like the moon, or any artificial object that orbits another object
4. object
5. the amount of sth/sb in a unit volume, area or length
6. a flight into space
7. to come to the ground from the air or from the sea
8. a traveler in a spacecraft
9. a small amount of sth to test

5. In 1977, the *Voyager I* and *Voyager II* space probes[1] were launched.

A space probe is a robot **vehicle**[2] used in order to explore deep space.

The Voyager space probes sent back pictures of Jupiter, Saturn, Uranus, and Neptune.

Both Voyagers are still traveling through space **beyond**[3] the Solar System.

6. Other early space probes included *Viking I* and *Viking II*, which landed on Mars in 1976, and the Pioneer probes, which used instruments to 'see' through thick[4] clouds that cover Venus.

Today's scientists use the Hubble Space Telescope, satellites, and space probes to better understand Earth, the Solar System, and what is beyond.

7. The launch of the first units of the International Space Station in 1998 began a new era[1] in space exploration.

---

1. a robot vehicle used in order to explore deep space
2. anything that carries people or things from one place to another
3. on the other side of sth
4. difficult to see through ≠ thin

As many as seven scientists at a time will be able to live and work in space.

When completed, the station will be nearly 80 meters long and have a **mass**[2] of more than 455,000 kg.

In the future, larger stations could have room[3] for a thousand people or more.

8. People may one day build places to live on the moon, or even on Mars.

Although there have been no plans to build **bases**[4] on the moon so far, they could be possible by the year 2020.

A moon base could be used as a research station.

To save money, some materials needed to build and run[5] the base could come from the moon itself.

For example, some of the moon's rocks have oxygen.

This oxygen could be taken from the rocks and used by people living on the moon.

Recently a probe discovered enough ice at the moon poles to provide a moon base with water.

For electricity the base could use solar energy.

And some minerals could be mined from the moon and sent back to Earth for processing.

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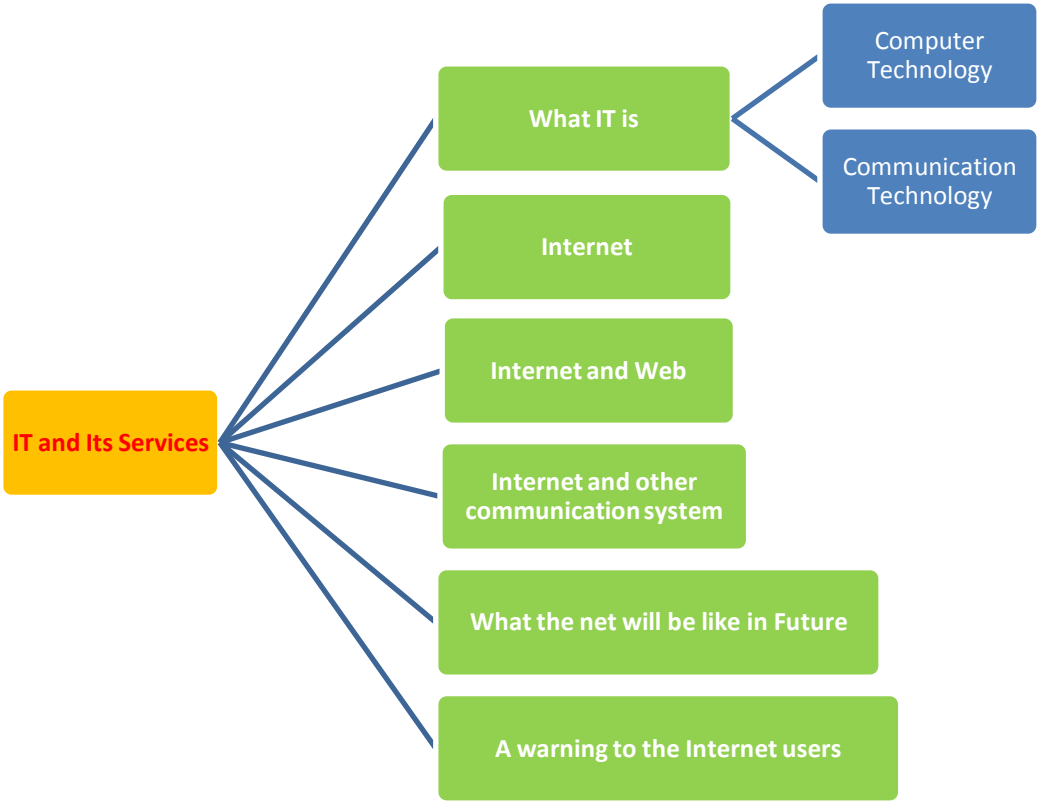
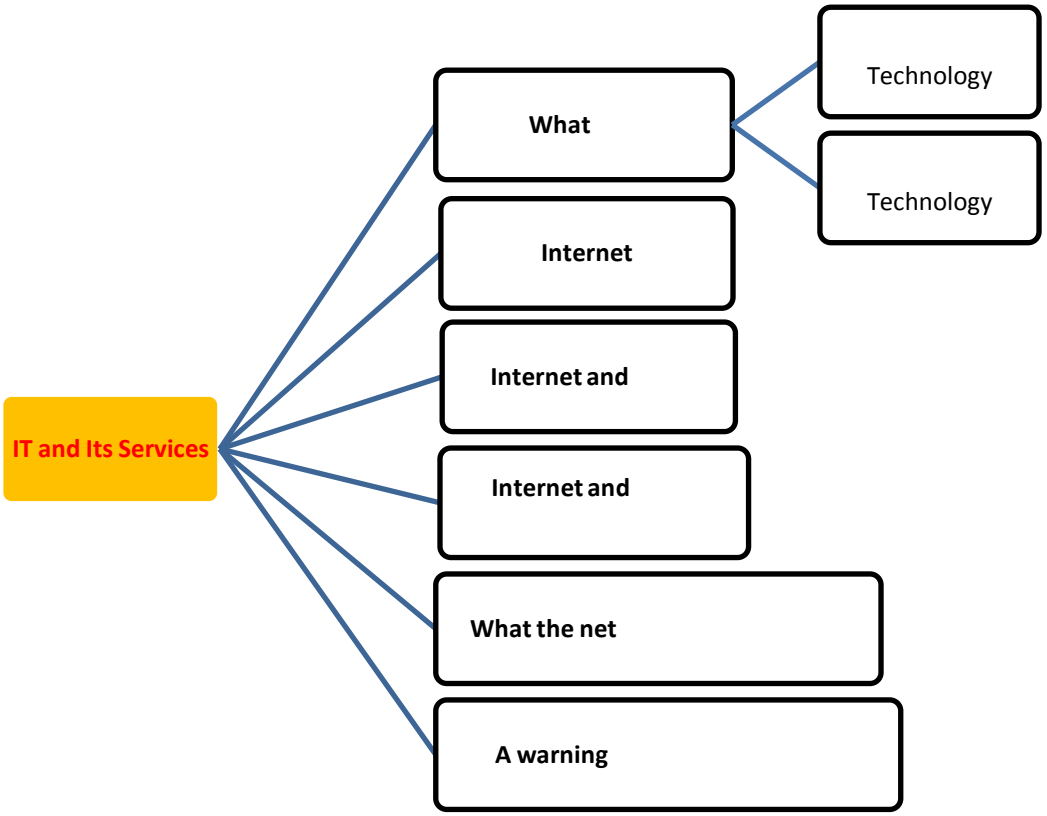
1. age; a period of time
2. amount of material in sth; quantity
3. place
4. a center from which sth is controlled
5. to control sth and make it work

Lesson 7


IT and Its Services
What IT is
Computer Technology
Communication Technology
Internet
Internet and Web
Internet and other communication system
What the net will be like in Future
A warning to the Internet users


IT and Its Services
What
Technology
Technology
Internet
Internet and
Internet and
What the net
A warning

IT and Its Services

1. When computer and communications[1] technologies[2] are combined[3], the result is information technology (IT).

IT combines computing with high-speed communication links that carry **data**[4], sounds, and videos.

Examples of information technology include[5] not only personal computers (PCs), but also new forms of telephones, televisions, and different handheld[6] devices.

There are two parts to this definition[7]-computers and communications:

Computer technology:

You have certainly seen, and probably used, a computer.

However, let's define it.

A computer is a programmable[8] machine that accepts data and processes them into information we can use.

Its purpose is to speed up problem solving and save time, money, and energy.

Communications technology:

Certainly, you have been using communications technology for years.

Communications technology, also called telecommunications[9] technology, consists of electromagnetic[10] devices and systems for communicating over long distances.

Some examples are telephone, radio, and television.

More recently there has been the addition of communications among[11] computers- which is what happens when people "go online" on the Internet.

Online means using a computer or other information devices, connected by means of a **network**[12], **to access**[13] information and services from another computer or information device.

---

1. connection; link
2. new machines, equipment, and ways of doing things that are based on modern knowledge about science and computers
3. to join; to mix
4. information sorted in a computer
5. consist of ≠ exclude
6. small enough to be held in hand
7. a phrase or sentence that says what a word, phrase, or idea means
8. able to be programmed
9. communicating over long distances by telephone, radio, television, etc
10. having both electrical and magnetic properties
11. in the middle of
12. a number of lines or computers connected to each other
13. to get; to use

2. As an example of a communications technology, let's think of something that seems to be everywhere these days-the Internet.

3. The Internet is a system that lets computers all over the world talk to each other.

It was first developed by the U.S. Army, and later, it was used as a research support[1] system by other organizations.

4. The terms "Internet" and "Web" are often used interchangeably, although this is not really correct.

The World Wide Web (or just the Web) is actually[2] one special area of the Internet.

Other areas include newsgroups, mailing lists, and chat[3].

The Web-the information system of the twenty-first century is based on links, which make it possible for Web users to travel quickly from one Web **server**[4] **server**[4] to another.

The Web allows you to make pages with beautiful graphics[5] and **multimedia**[6], while other areas of the Internet do not.

5. The Internet is great since it brings together the best qualities of the communications systems that were used before and, at the same time, improves on their worst features:

---

1. protect
2. really; in fact
3. to talk in a friendly way
4. the main computer in a network
5. pictures or images that are designed to represent objects or facts, especially in a computer program
6. the use of sounds, pictures, films and text

- Postal mail (known as snail mail[1] on the Net):
  Takes at least a day-often a week- to get to its destination[2], and you must have envelopes[3] and stamps[4], and find a mailbox[5].
  E-mail is quicker **to compose**[6], arrives faster, and does not require a stamp.
- The fax[7] machine:
  It is hard **to attach**[8] a fax into another **document**[9] or to pass it on[10] to someone else.
  Faxes of faxes of faxes become unreadable.
  E-mail stays readable[11] no matter how many times it is **forwarded**[12].
- The public library:
  You have to go to the library to find information, and half the time the book you want is taken out or missing[13].
  By the time information gets into the library, it is often out of date[14].
  The Internet is open 24 hours a day, 7 days a week, and you do not have to go to the library.
- The newspaper:
  Most newspapers come out only once a day and they decide what news you get to see and what comments to put on it.
  On the World Wide Web, news is updated **continuously**[15] and you decide what to read.

1. system of sending letters by post
2. the place that sb/sth is going to; goal; purpose
3. a thin paper cover in which you put and send a letter
4. a small piece of paper that you buy and stick onto an envelope or package before posting it
5. a container where you post letters
6. to write; to build; to construct
7. a system for sending a document
8. to join; to connect; to fix; to tie
9. a piece of paper with information on it
10. to give sth to sb else especially after receiving it or using it yourself
11. clear to read ≠unreadable
12. to pass a massage or note to a new address
13. what is not in the usual place, so that you cannot find; lost
14 . ≠up to date; updated
15. constantly

6. The Internet also provides these basic services:

- Electronic mail, or e-mail
- Access to the World Wide Web
- Newsgroups
- Mailing lists
- File **transfers**[1] from other computers
- The ability to **log on**[2] to other computers
- Discussions with other people using chat
- Finding jobs
- Online shopping
- Searching catalogs
- Internet radio and TV
- Video conferencing
- Distance education
- Advertising.

7. No one really knows what the Net will be like in ten years although one thing is for sure:

We will not think of it as a single thing.

Different parts of the Net have already developed their own features.

No one knows all the details about it.

1. moving sb/sth from one place to another
2. do sth to begin using a computer; log off

8. The Internet will not take a lot of your time.

Reading your e-mail can take just 15 minutes per day.

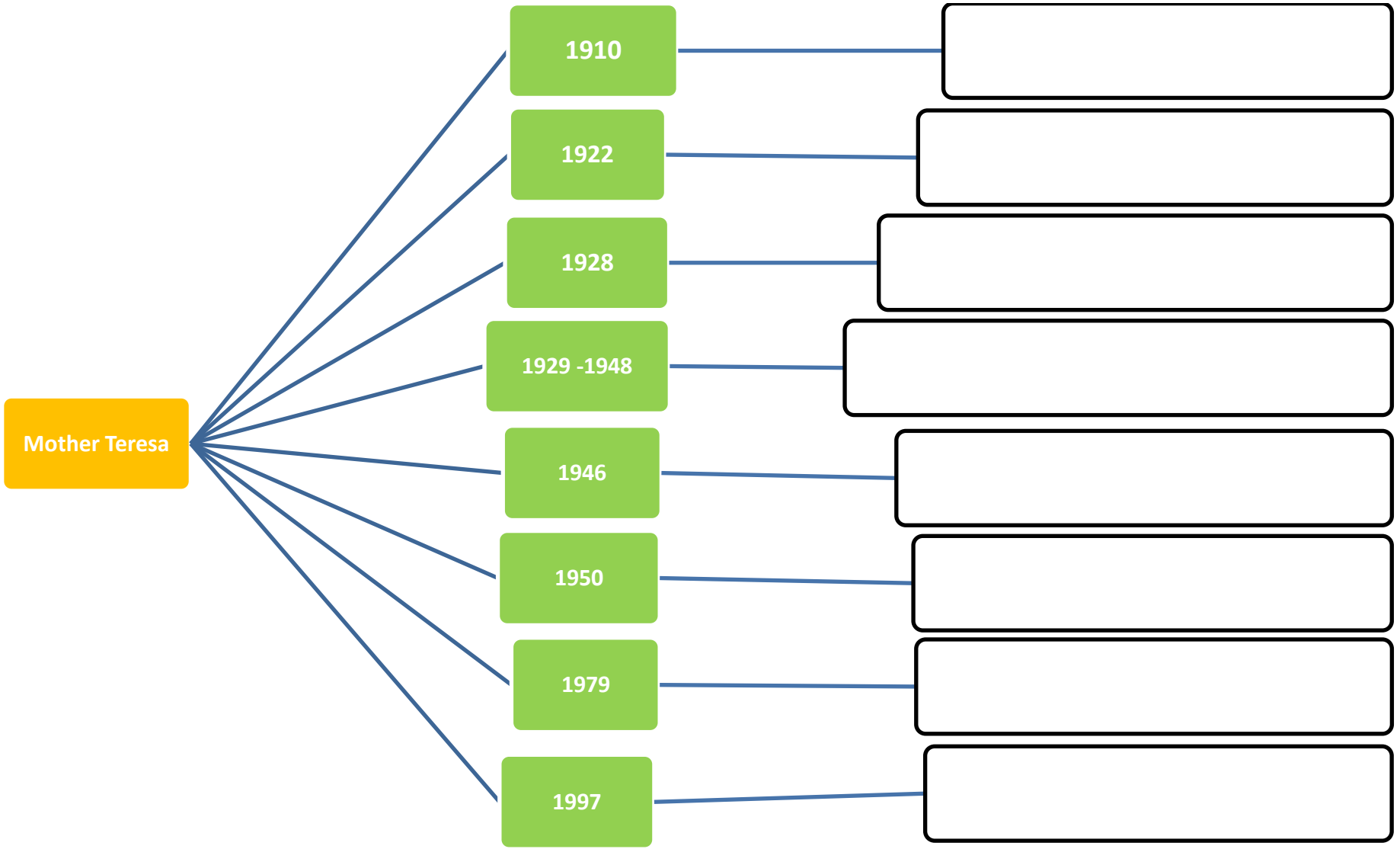
But be careful:

The Internet can be **addictive**[1]!

You do not have enough hours in a day to keep up with all of it.

1. needing to be done as often as possible because people enjoy it

Lesson 8



Mother Teresa

1. Mother Teresa was born in Skopje, Macedonia* on August 27, 1910.

Her Albanian father had a small farm.

At the age of twelve, when she was a student at a Roman Catholic elementary[1] school, she knew she had a duty[2] to help the poor.

She decided to get training[3] for **missionary work**[4] and, a few years later, made India her choice.

At the age of eighteen, she left home and joined an Irish **community**[5] of **nuns**[6] with a mission in Calcutta.

After a few months' training in Dublin, she was sent to India and in 1928 she became a nun.

2. From 1929 to 1948 Mother Teresa taught at St. Mary's High School in Calcutta.

The **suffering**[7] and poverty she observed outside the **convent**[8] walls made a deep impression[9] on her.

In 1946, she received permission[10] from her superiors[11] to leave the convent school and **devote**[12] herself to working among the poor in the **slums**[13] of Calcutta. Although she had no money, she started an open-air[14] school for homeless children.

Soon **voluntary**[15] helpers joined her, and **financial**[16] support came from various[17] church[18] organizations, as well as from the city officials[19].

---

1. in the first stage of a course of study
2. responsibility; task
3. teaching; education; coaching
4. teaching about the Christian religion
5. a group of people having the same religion, job, etc
6. a woman of Christian community
7. serious physical or mental pain; discomfort
8. a building for nuns
9. feeling; effect; influence
10. allowance
11. boss; manager; senior
12. to give most of your money, time, energy, etc to sb/sth
13. very poor part of a city
14. outdoor ≠ indoor
15. done not by force; willingly ≠compulsory
16. relating to money
17. different
18. a building for Christian religious activity
19. a person who has a position of responsibility in an organization

In 1950, she was permitted to start her own religious community "The Missionaries of **Charity**[1]".

Its task was to care for those persons nobody was prepared to look after.

3. Mother Teresa had fifty charity projects in India, including work among people living in slums, children's homes, and clinics[2].

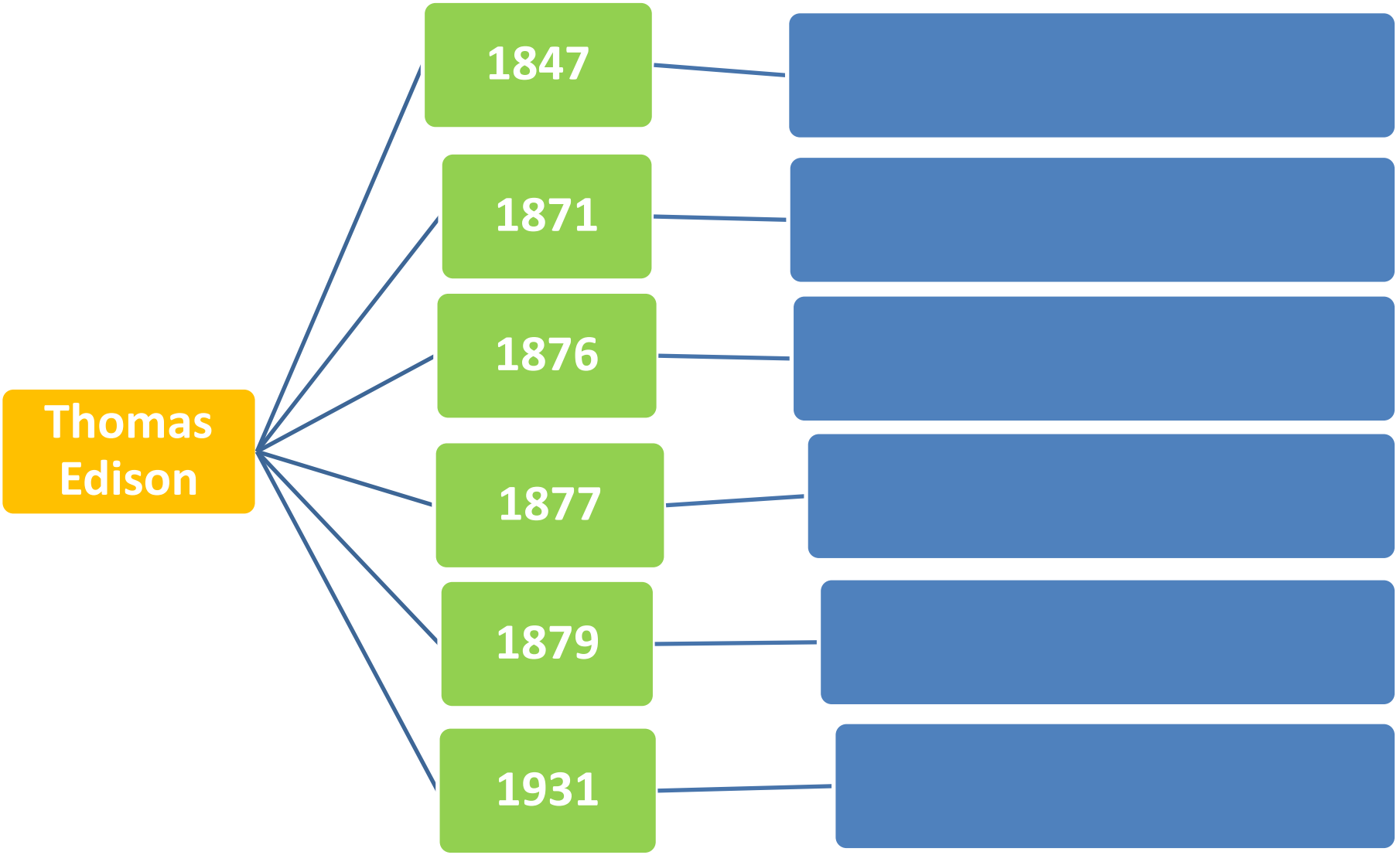
The community is still active and does charity work for the poorest of the poor in a number of countries in Africa, Asia, Latin America, Europe, and the United States.

4. Mother Teresa's work received a lot of attention all over the world,

and she was given a number of awards[3] including a Nobel Peace Prize in 1979, for her **promotion**[4] of peace[5] and brotherhood[6] among the nations.

Mother Teresa died on September 5, 1997.

1. help for the poor
2. a place where people receive medical treatments
3. prize; gift
4. help sth to grow; upgrading
5. a situation in which there is no war or fighting
6. feeling of friendship between people


Thomas Edison
1847
1871
1876
1877
1879
1931

Thomas Edison

1. Thomas Alva Edison was one of the most important scientists and inventors[1] of the past two centuries.

His memory will **live on**[2] because of the large number of his inventions and their usefulness even today.

Most likely, the next electronic device you pick up he once invented or improved, or at least *tried to*.

2. Edison was born on February 11, 1847, in Milan, Ohio, and grew up in Michigan.

At an early age, he showed **signs**[3] of a serious hearing problem.

This may have been the reason for Edison's poor[4] performance[5] at school.

Edison did not do well there and was often annoyed[6] by the other children.

Three months after starting school, Edison ran away.

His mother was forced to teach him at home.

3. Edison enjoyed reading chemistry books; besides, he was a very interested observer of anything that was **complex**[7] **–**electronic, or telegraphic.

He never stopped studying and experimenting.

---

1. designer; maker; creator
2. to continue to live
3. sth that shows what is happening
4. weak
5. act; presentation
6. to disturb; to displease
7. consisting of different parts and often difficult to understand; complicated ≠simple

4. In 1871 Edison moved to Newark, New Jersey and started his first laboratory.

Later that year, he married[1] Mary Stilwell, and they had three children.

In 1876, when his lab in Newark got too small for his research activities, Edison decided to build a big factory in Menlo Park, New Jersey.

This was the first **private**[2] research laboratory in the U.S.

5. Edison worked on many projects, including sound recording devices.

In 1877, he successfully recorded and played back a message by phonography.

The phonography machine, or phonograph[3], was like a record player without the disc.

Instead, it used a cylinder[4] with **tin**[5] foil[6] to record and play sounds.

6. In 1879, Edison developed the first successful electric light bulb.

This invention made Edison rich and famous.

Edison worked until he was very old, although he suffered from many diseases[7].

He died on October 18, 1931.

1. to choose sb as a wife or husband
2. personal; individual ≠public
3. record player
4. a shape, object, or container with circular ends and long straight sides; tube
5. a soft silver-white metal (Sn)
6. very thin sheets of metal
7. illness; sickness