

UNIT **3**

Ways to Health

A young girl with her hair in a ponytail, wearing a pink sleeveless dress and red sandals, is sitting on a trampoline. She is holding onto a large, tangled mass of pink streamers that are draped over her. The background is slightly blurred, showing what appears to be an outdoor setting with a green structure and a blue banner.

“Laughter is the best medicine!”
Young girls laugh and play in an open-air bus, in Cebu, Philippines.

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WHAT DO YOU THINK?

Answer these questions with your best guess. Circle *Yes* or *No*.

- | | | |
|--|-----|----|
| 1. Is sleep more important for your health than food is? | Yes | No |
| 2. Does a baby need 12 hours of sleep a day? | Yes | No |
| 3. Is your heartbeat higher when you laugh? | Yes | No |
| 4. Is every minute of laughter the same as 45 minutes of relaxation? | Yes | No |

READING ■ 1

PRE-READING

PREPARING FOR THE READING TOPIC

Discuss the answers to these questions with your classmates.

1. How much sleep do people need?
2. Do many people have problems falling asleep?
3. What do you do when you can't sleep?

KEY VOCABULARY

Do you know these words? Match the words with the meanings.

- _____ 1. let's say
_____ 2. normal
_____ 3. an average
_____ 4. a teenager
_____ 5. an adult
_____ 6. to fall asleep
_____ 7. awake
_____ 8. an inventor
- a. begin to sleep
b. a person who is 20 or 21 years old or older
c. a person who is first to get an idea for something
d. what you get when you add three numbers and divide the total by three
e. suppose; imagine; for example
f. a person between 13 and 19 years old
g. usual, ordinary
h. not asleep



Two travelers and their dog rest on their journey in Ellesmere Island, Canada.

Go to Sleep!



- 1 **S**leep is very important. Did you know that sleep is more important than food? A person who does not sleep dies at a younger age than a person who does not eat.
- 2 **Let's say** you go to sleep 12 hours later than you usually do. It will take your body about three weeks to return to **normal**. We spend about one-third (1/3) of our lives in sleep. That's about 121 days a year!

3 How much sleep do we need? We are all different. A baby needs 16 hours of sleep every day. Children 6 to 12 years old need an **average** of 10 to 12 hours of sleep. A **teenager** needs 9 to 10 hours of sleep. An **adult** needs an average of 7 to 8 hours a night. There are some people who need only 3 hours of sleep. Others need 10 hours of sleep. After the age of 50, the average sleep time goes down to 6.5 hours a night. We need less sleep as we get older.

4 Most people have some nights when they cannot sleep. About one in three Americans has a problem with sleep. Many of these people cannot **fall asleep** or stay asleep. The name of this problem is *insomnia*. The word *insomnia* means “no sleep.” Some people say, “I didn’t sleep all night.” They may sleep lightly and wake up several times. In the morning, they only remember the times they were **awake**, so they think they were awake all night.

5 This is not a new problem. Many famous people in history had insomnia. Some of these people had special ideas to make them sleep. Benjamin Franklin, the famous statesman¹ and **inventor**, had four beds. He moved from one to the other to fall asleep. King Louis XIV of France had 413 beds and hoped to fall asleep in one of them. Mark Twain, the famous American writer, had a different way. He lay on his side across the end of the bed!

¹ *statesman*: a government leader



VOCABULARY

VOCABULARY IN CONTEXT

A Complete these sentences with the words in the box.

adult	awake	inventor	normal
average	fall asleep	let's say	teenager

- After the age of 50, people sleep a(n) _____ of 6.5 hours a night.
- _____ you don't sleep one day. How would you feel the next day?
- Some people cannot _____. They call this problem *insomnia*.
- A(n) _____ needs an average of 7 to 8 hours of sleep every day.
- Benjamin Franklin was a(n) _____.
- A(n) _____ needs 9 to 10 hours of sleep every day.
- When you don't sleep one night, it takes weeks for your body to go back to _____.
- When you don't sleep for a few hours at night, you think you were _____ all night.

B Choose the correct answer. Then use the answer in a complete sentence.

- Which of the following is a good thing to do to **fall asleep**?
 - going shopping
 - reading a difficult book
 - cooking

EXAMPLE: *Reading a difficult book is a good thing to do to fall asleep.*

- Which of the following is a **teenager**?
 - a boy of 16
 - a girl of 11
 - a person of 21

- Which of the following was an **inventor**?
 - Mahatma Gandhi
 - Thomas Edison
 - William Shakespeare

- What is the **average** of 11, 16, and 18?
 - 16
 - 45
 - 15

- At what age are you an **adult**?
 - 14
 - 21
 - 12

6. What is a **normal** time for an adult to go to bed?
- a. seven o'clock at night b. two o'clock in the morning c. ten o'clock at night
-

VOCABULARY BUILDING

A Complete these sentences with the correct form of the new words in the box.

to snore = to make noise when you sleep
to dream = to see pictures in your sleep
to have a nightmare = to have a bad dream

1. Sometimes I _____ in color.
2. I usually wake up when I _____. I am so scared and my heart beats fast.
3. My brother says he can't sleep because I _____ when I sleep. I don't believe him.

B Now make your own sentences with the new words.

READING COMPREHENSION

LOOKING FOR MAIN IDEAS

Answer these questions with complete sentences.

1. How many hours of sleep do people of different ages need?
-

2. What is the name of the problem for people who cannot sleep?
-

3. Who are two famous Americans who had a problem with sleep?
-

LOOKING FOR DETAILS

Decide if the following statements are True (T) or False (F).

- _____ 1. Some people need only three hours of sleep a night.
- _____ 2. After age 50, the average sleep time is 6.5 hours a night.
- _____ 3. One in four Americans has a problem with sleep.
- _____ 4. We spend about a quarter of our lives in sleep.
- _____ 5. Benjamin Franklin had four beds.
- _____ 6. Mark Twain was a famous inventor.

DISCUSSION

A Find out from the students in your class how they sleep. Fill out this chart.

Name	Number of Hours of Sleep Each Night	Do You Get Up in the Night?	Do You Remember Your Dreams?
<i>Klara</i>	<i>9</i>	<i>sometimes</i>	<i>no</i>

B Discuss the answers to these questions with your classmates.

1. What do people eat or drink to help them sleep?
2. What may make you sleep badly or lose sleep?
3. What things do you need in a room to be able to sleep?

CRITICAL THINKING

Discuss the answers to these questions with your classmates.

1. What happens when people don't get enough sleep? How can one person's insomnia affect other people?
2. Let's say you need only three hours of sleep. What do you do with all that extra time?

WRITING ■ 1

WRITING SKILLS

Using *when*

- We can use **when** to show that two things happen at the same time.

EXAMPLES: I have the lights on **when** I sleep.

When I sleep, I have the lights on.

- We can also use **when** with two time clauses in the future. In this case **when** means “after.”

EXAMPLES: I'll see you **when** I get to school.

When I get home tonight, I'll eat my dinner.

Notice the use of the comma when a sentence starts with **when**.

EXERCISE 1

Join the two sentences with **when**. Begin your sentence with **when**. Use the correct punctuation.

1. I sleep. I have the radio on.

2. I sleep. I snore.

3. I sleep. I move around a lot.

4. I sleep. I like to hold something.

5. I sleep. I lie on my side.

6. I have problems. I cannot sleep.

7. I eat too much. I have a nightmare.

8. I am in a different bed. I cannot sleep.

EXERCISE 2

There are 10 mistakes in grammar below. Find the mistakes and correct them.

Sleep very important is. It is most important than food. When a person do not eat, he or she dies. When a person does not sleep, he or she dies more fast. Baby need the more sleep. Teenager sleep more long than adult. People need less sleep as they get oldest.

WRITING PRACTICE

WRITE SENTENCES

Answer these questions with complete sentences.

1. How much sleep do you need?

2. What time do you usually go to bed, and what time do you get up in the morning?

3. Are the lights in your room on or off when you sleep? Is the window open or closed? Is your room quiet, or noisy?

4. How often do you wake up in the middle of the night? Do you wake up every night or some nights? What do you do when you wake up?

5. How do you usually sleep—on your back, side, or stomach? Do you move around a lot?

REWRITE IN PARAGRAPH FORM

Rewrite your sentences in the form of a paragraph. Then use the paragraph checklist to check your work.

Paragraph Checklist

- Did you indent the first line?
- Did you give your paragraph a title?
- Did you write the title with a capital letter or letters?
- Did you put the title in the center at the top of the page?
- Did you write on every other line or double-space on a computer?

EDIT YOUR PARAGRAPH

Work with a partner or your teacher to edit your sentences. Check the spelling, punctuation, vocabulary, and grammar. Use the editing checklist to help you.

Editing Checklist

- Subject in every sentence?
- Verb in every sentence?
- Words in correct order?
- Sentences begin with a capital letter?
- Sentences end with a period, a question mark, or an exclamation point directly at the end of a sentence?
- Sentences have a space between them?
- Commas in the correct place?
- Wrong words?
- Spelling?
- Missing words (use insertion mark: ^)?

WRITE YOUR FINAL COPY

After you edit your paragraph, you can write your final copy.

READING ■ 2

PRE-READING

PREPARING FOR THE READING TOPIC

Discuss the answers to these questions with your classmates.

1. Who are some well-known funny people in your country?
2. Describe the photo on page 58. Does it make you laugh?
3. How do you feel when you laugh?

KEY VOCABULARY

Do you know these words? Match the words with the meanings.

- _____ 1. muscles
 - _____ 2. an organ
 - _____ 3. blood pressure
 - _____ 4. circulation
 - _____ 5. a heartbeat
 - _____ 6. a brain
 - _____ 7. a painkiller
 - _____ 8. relaxation
-
- a. measurement of the force of blood moving around the body
 - b. something that is not work; something that you enjoy
 - c. the action of the heart
 - d. movement of the blood around the body
 - e. a medicine that stops pain
 - f. what is on your bones that helps you move
 - g. a part of the body that has a special job (for example, the heart)
 - h. the organ in the head used for thinking





Laughing Out Loud

- 1 **S**ome people say that laughter is the best medicine. Scientists are beginning to agree with this. They are studying laughter seriously and are finding that it is really good for us.
- 2 So what happens when we laugh? We use 15 different **muscles** in our face, and laughing is good for every **organ** in our body. When we laugh, we breathe quickly and exercise the face, shoulders, and chest. Our **blood pressure** goes down, and



A squirrel gets into a tourists' photo at Lake Minnewanka in Banff, Canada.

our **circulation** gets better. Our **heartbeat** is lower, and our **brain** makes a natural **painkiller** called a beta-endorphin.

3 Every minute we laugh is the same as 45 minutes of **relaxation**. Many doctors around the world believe that laughter helps us get better when we are sick.

4 Today, there are laughter clubs around the world. They try to improve people's health with laughter. The laughter clubs started in India. Now they are in many different countries. There are more than 450 laughter clubs just in India. All kinds of people join a laughter club. They go once a day for 20 minutes and start to laugh. There are no jokes. People laugh as a kind of exercise, and everyone feels better afterwards. Some people pay a lot of money to join a laughter club and just laugh.

5 Of course, there are many kinds of laughter. We may laugh in different ways when we are in different situations. But we all have a laugh that is special to us.

6 How and when do you usually laugh? Does the following make you laugh?

- 7 **Patient:** Doctor! Doctor! Every time I drink coffee,
I get a sharp pain in my eye.
- 8 **Doctor:** Well, take out the spoon.

VOCABULARY

VOCABULARY IN CONTEXT

A Complete these sentences with the words in the box.

blood pressure	circulation	muscles	painkiller
brain	heartbeat	organ	relaxation

1. When we laugh, we use 15 different _____ in our face.
2. Laughter is good for every _____ in our body.
3. When we laugh, our _____ goes down.
4. Laughter makes our _____ better.
5. A beta-endorphin is a natural _____.
6. Laughter makes our _____ lower.
7. Laughter makes a natural painkiller in our _____.
8. Forty-five minutes of _____ is the same as one minute of laughter.

B Choose the correct answer. Then use the answer in a complete sentence.

1. Which of the following is **relaxation** for most people?

- a. watching television b. studying c. driving in traffic
-

2. Which of the following is an **organ** in the body?

- a. a leg b. a hand c. the brain
-

3. **Muscles** can be found in which of the following?

- a. our nails b. our legs c. our hair
-

4. Which of these activities gives you a faster **heartbeat**?

- a. sleeping b. running c. eating
-

5. What do you need a **painkiller** for?

- a. a joke b. a bath c. a headache
-

VOCABULARY BUILDING

A Complete these sentences with the correct form of the new words or phrases in the box.

a **joke** = something that you say or do that makes people laugh
to **be embarrassed** = to feel uncomfortable because of something you did or did not do
to **burst into laughter** = to suddenly begin to laugh

- Some people are good at telling _____. I'm not.
- She _____ when I told her the funny story.
- I forgot it was her birthday. I was so _____.

B Now make your own sentences with the new words or phrases.

READING COMPREHENSION

LOOKING FOR MAIN IDEAS

Circle the letter of the best answer.

1. Scientists say that laughter is _____.

- a. good for us b. serious c. not really good

2. Laughter is good for _____.

- a. our whole body b. only the face c. only the chest and shoulders

3. Laughter clubs _____.
- a. are only in India b. are places to learn jokes c. help people feel better

LOOKING FOR DETAILS

One piece of information in each sentence is not correct. Rewrite the sentence with the correct information.

1. We use 50 different muscles in our face when we laugh.

2. Laughing is good for every organ in our brain.

3. Every minute we laugh is the same as 45 hours of relaxation.

4. We may change the way we laugh in different ages.

5. When we laugh, we breathe seriously.

6. Our face makes a natural painkiller.

DISCUSSION

Discuss the answers to these questions with your classmates.

1. Do you often laugh or do you never laugh?
2. When you laugh, do you laugh with your mouth open?
3. When you laugh, do you laugh loudly?
4. When you laugh, do you have a shy and quiet laugh?
5. What makes you laugh?

CRITICAL THINKING

Discuss the answers to these questions with your classmates.

1. Do you think laughter clubs are silly or important? Explain.
2. Most laughter is a good thing. When is laughter a bad thing? Explain.
3. Have you ever laughed at the wrong time? Give an example. Why do people sometimes laugh at the wrong time?

3. _____

4. _____

5. _____

EXERCISE 3

There are 10 mistakes in grammar and capitalization below. Find the mistakes and correct them.

Scientist is studying laughter serious. They are finding that laughter is goodly for us. When people are sick, laughter helps them to get more better. Laughter club started in india. People join a laughter club and go very day. They may laugh loud for minutes and feel best afterwards.

WRITING PRACTICE

WRITE SENTENCES

Answer these questions with complete sentences.

1. Choose one of the following sentences and copy it below.

I like to laugh a lot.
I don't like to laugh.
I sometimes laugh.

2. What things make you laugh (jokes, funny situations, being embarrassed)?

3. When did you laugh last?

4. What happened when you last laughed? Who was with you? Where were you?

5. Did you laugh quietly or loudly?

6. Do you feel like laughing when you think of this situation?

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- Spelling?
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Weaving It Together

TIMED WRITING

Write a paragraph about yawning. First, answer the following questions with complete sentences. Then rewrite them into paragraph form. You have 50 minutes.

1. How often do you yawn? (every day / sometimes / often / rarely)
2. What makes you yawn? (sleepy / tired / cold / bored)
3. How long does your yawn last?
4. Do you make a noise when you yawn?
5. Do you yawn when somebody else yawns?
6. Are you yawning now?

SEARCH THE INTERNET

A Search the Internet for information about insomnia. Find answers to these questions:

1. What are the different types of insomnia?
2. What are some things that cause insomnia?
3. How many people in your country have insomnia?
4. What happens to people when they don't get enough sleep?
5. What are some ways that can help people sleep better?

B Search the Internet for interesting jokes and humor. Share the information with your classmates.

WHAT DO YOU THINK NOW?

Refer to page 47 at the beginning of this unit. Do you know the answers now? Complete the sentence, or circle the best answer.

1. Sleep (is / is not) more important than food.
2. A baby needs _____ hours of sleep a day.
3. Your heartbeat is (higher / lower) when you laugh.
4. Every minute of laughter is the same as _____ minutes of relaxation.