

PASSAGE #6Deep Breaths

Many people find that taking slow deep breaths helps to quell anxiety and reduce feelings of stress. The reason why deep breathing is calming is due to the structure of the human nervous system. Two divisions of the body's nervous system are the parasympathetic and sympathetic nervous systems. Both the sympathetic and parasympathetic nervous systems allow people to feel differently depending on the state of the breath and body. The sympathetic nervous system, however, has the body respond to perceived threats with elevations in heart rate and respiration.

MISSING SENTENCE

Such relaxing breaths, in essence, help the body to remove a perceived threat, and the parasympathetic nervous system returns the heart rate and respiration back to a relaxed state.

PASSAGE #7Reproduction

Reproduction is the biological process through which living organisms as parents create new life forms, which are offspring, to perpetuate a species. Reproduction of living organisms has two basic types, sexual and asexual. Sexual reproduction occurs when two organisms each combine their genetic materials together to form a new organism. Depending on the species of organism, the source genetic material from the parents can be in similar or different forms in the offspring. Conversely, asexual reproduction occurs when a single organism creates an identical or nearly identical copy of itself as a new organism.

MISSING SENTENCE

This is why there tends to be larger numbers of asexual organisms, like bacteria, than sexual organisms, like mammals, but they also tend to be much smaller in size.

PASSAGE #8Social Media

Humans are social animals by nature and crave interaction through conversation, community gatherings, and dating! Over time humans have met this need through creating physical spaces and activities to interact in coffee shops, houses of worship, and playgrounds, for example. With the advent of the Internet, however, people are able to connect socially in new ways. Initially, Internet interactions were one way like an online newspaper relaying information or a two-person conversation via email. However, new avenues for communication allowed for new mediums to evolve like social media platforms for people to interact virtually.

MISSING SENTENCE

This can lead to people interacting less face-to-face with other people in physical spaces.

PASSAGE #9Soil

Everyone needs to eat healthy food, but good food can't grow without the right soil. Healthy soil consists of a mixture of decaying material, water, minerals, and organisms, like bugs. However, not every region has the right soil for all types of crops. Different foods and plants require different combinations and ratios of these core components of soil. For example, lettuce grows well in wet soil whereas carrots grow well in dry soil.

MISSING SENTENCE

So, everyone can have access to many types of grains, vegetables, and fruits.

Touch screens allow users to operate electronic devices by moving a finger or stylus on the screen. There are many kinds of touch screens, but resistive and capacitive touch screens are the most popular. Resistive touch screens have an upper layer of plastic that is flexible and bonded to a lower layer of glass. When the plastic is pressed to the glass, a chip inside of the screen is able to determine where there was a touch. The capacitive touchscreen is made out of multiple layers of glass in which electrical currents in the screen make changes when fingers press down on the screen.

MISSING SENTENCE

This is why resistive screens may be better in settings where people need to use both fingers and stylus pens.