



Task 1-2 | Reading

Task 1

Read the text and think of the general heading for the article.



British scientists – because, who else? – have estimated that on average, adults laugh only 26 times a day. That's roughly ten times less than an average child. You might say that grown up life is no laughing matter, but still, maybe we should **loosen up** a bit and **crack a smile** every so often, as much for the fun of it as for the health benefits.

The advantages of laughter for our well-being are hard to overestimate. A **sunny disposition** and positive mood largely depend on the proper secretion of endorphins. These so-called "feel-good" chemicals act as pain relievers and happiness boosters, producing the feeling of **euphoria**. Release of endorphins is most commonly triggered by strenuous exercise or prolonged physical activity. If you are not an endurance athlete, do not despair: you don't need to run marathons to reap the benefits of an endorphins high, because laughing stimulates production of endorphins just as well. Laughing significantly reduces the levels of stress, relieves anxiety, dissipates negative emotions and gives your mind a much-needed break. A good **chuckle** session is akin to a yoga class: **boisterous** laughter relaxes your muscles for up to 45 minutes after the fact. Relaxed and recharged, you stay focused and maintain a can-do attitude for longer. Even **forced** laughter unleashes a powerful cocktail of hormones, neuropeptides, and dopamine that is guaranteed to improve your mood.

Not only does laughter diffuse stress and conflict, it can also boost your immunity. Truly, a laugh a day keeps a doctor away! Laughing increases the circulation of antibodies in the blood stream and makes the whole body more resistant to infection. Studies have shown that frequent laughter may increase natural killer cell levels, a type of white blood cell that attacks cancer cells. Have you ever laughed so hard you went red in the face? Keep it up! This kind of **hearty** laughing (especially along with a healthy diet and regular exercise) lowers blood pressure by stimulating better blood flow – as a result, your blood vessels are stronger and more elastic, which, in turn, safeguards you against cardiovascular problems.

Laughter, humor and happiness play a substantial role in good health and life longevity. Just 15 minutes of **jollity** a day can go a long way towards improving your mental and physical condition. Treat yourself to some humor therapy right now! Go ahead, hit "play" on a YouTube clip of cat antics and **giggle** away. It remains to be further researched if laughter is indeed the best medicine, but it is surely the sweetest, fastest acting and cheapest one.



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Task 2

Read the text again and choose true (T), false (F) or not given (NG)\*.

\*Choose F if the information in the sentences below is different from what is written in the text. Choose NG if there is no such information in the text.

1. T / F / NG Adults laugh less because they have less fun than children.
2. T / F / NG A lot of endorphins are released when people do sport.
3. T / F / NG Laughing for 10 minutes can relax your muscles for up to 45 minutes.
4. T / F / NG When you force yourself to laugh it is bad for your mood.
5. T / F / NG Laughter helps people fight cancer cells.
6. T / F / NG If your face becomes red when you laugh, it means you have problems with blood vessels.
7. T / F / NG Laughing and being happy helps you live longer.

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Task 3-5 | Vocabulary

Task 3

A. Look at the words and phrases in bold in the text and match them to the following meanings:

1. begin to smile	d. crack a smile
2. a feeling of great happiness that usually lasts for a short time only	e. euphoria
3. the state or feeling of being happy	f. jollity
4. lively and noisy (laughter)	g. boisterous
5. friendly and enthusiastic, often loud (laughter)	b. hearty
6. not sincere or natural (laughter)	a. forced
7. a natural tendency to be positive	c. sunny disposition
8. relax, or to become less serious	h. loosen up
9. laugh (two synonyms)	i. chuckle, giggle

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B. Complete the sentences with the correct form of the words from the Task 3a.

1. Dan gave a **forced** laugh but he thought it wasn't funny at all.
2. The girls at the end of the classroom started **giggling** uncontrollably after Mike quickly ate a sandwich when the teacher wasn't looking.
3. It's hard to make him **crack** smile. He's so serious.
4. I think you should **loosen up** a bit. You've been working too much lately.
5. Anna was in a state of **euphoria** after she realized that she won the prize.
6. It was a **boisterous** game, so we were running around and laughing like little kids.

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Task 4

Study the mind map with collocations with 'joke' and match the following phrases to the definitions:



1. practical joke	f. a trick
2. private joke	e. a joke only a few people understand
3. as a joke/for a joke	b. make people laugh
4. get a joke	g. understand why something is funny
5. play a joke on somebody	a. trick someone
6. tell a joke	d. tell a funny story
7. crack/make a joke	c. say something funny

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Task 5

Rephrase the sentences using the expressions from task 4.

1. He's just said something I don't get. It's probably **a joke only a few people understand** **a private joke**.
2. I'm sorry, I didn't mean to hurt you. I did it **to make people laugh** **as a joke / for a joke**.
3. We didn't realize he wanted **to trick us** **to play a joke on us**, we took his words too seriously.
4. Could someone explain this? I don't **understand why it is funny** **get this joke**.
5. We'd been laughing hard for 5 minutes after he **said something funny** **cracked a joke**.
6. Have you heard him telling **this funny story** **the joke**? It's hilarious!

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Task 6-8 | Grammar

Task 6

Choose the correct option. In some cases both options are possible.

1. During that time I **went out** **had been out** almost every night.
2. When we arrived she told me that she **had left** **left** the tickets at home.
3. They **had been saving** **had saved** money for a new house before they won the money in a lottery.
4. She couldn't put the children to bed because **they'd already had** **they'd already had been having** a nap.
5. I **opened** **was opening** the door when I heard a strange sound.
6. The teacher guessed that some of the students **were not doing** **hadn't done** the task.
7. I **was finishing** **had been finishing** my dinner when the program started.
8. I **was watching** **had been watching** a movie for almost an hour when I **realized** **had realized** that I **read** **had read** the book it was based on a few years before.

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Task 7

Choose the correct option.

This story happened about twenty years ago. I (1) **was staying / stayed / had stayed / have been staying** with Julia, a friend from university, in the country. Julia's family (2) **recently bought / bought recently / had recently bought / had been buying** a very large old country house a few miles from Cambridge and she (3) **had invited / invited / had been inviting / was inviting** me down to see it. It was a dark, winter afternoon and we (4) **had been chatting / were chatting / chatted / had chatted** in the sitting room. We were alone in the house because Julia's mom (5) **went shopping / had been shopping / had gone shopping / had been going shopping** a little while earlier, so imagine our surprise when we (6) **have heard / had heard / had been hearing / heard** someone walking around in the room above. At first we thought that Julia's Mum (7) **forgot / had forgotten / forgot / was forgetting** something and was coming back for it: 'So we didn't pay much attention to it and (8) **didn't stop / hadn't stop / weren't stopping / hadn't been stopping** talking. Imagine our surprise when five minutes later, we (9) **had seen / saw / had been seeing / seen** Julia's mum's car driving up to the house! So who...or what (10) **had walked / walked / had been walking / was walking** around upstairs for almost half an hour?

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Task 8

Open the brackets using the correct tense.

1. Our father **had been working** **'d been working** (work) in that company for 24 years before he retired.
2. We could see that the storm **had ruined** **'d ruined** (ruin) most trees and buildings near the beach.
3. At the concert they **realized** (realize) that they **didn't know** **did not know** (not know) most of the songs the band **was playing** (play).
4. The police **came** (come), **asked** (ask) us a few questions and **left** (leave).
5. I **didn't know** **did not know** (not know) what to think – **had** **I met** (meet) him before or was I mistaken?
6. Before Leonardo DiCaprio **won** (win) an Oscar he **had played** **'d played** (play) so many good roles.
7. Our boss **had been talking** **'d been talking** (talk) about this new project since the meeting **started** **'d started** (start). It was becoming really boring.
8. Before going to bed last night I **had watched** **'d watched** (watch) a couple of episodes of my favorite sitcom.
9. Yesterday at 9 a.m. I **was getting** (get) ready for my today's exam.
10. We **'d been waiting** **I had been waiting** (wait) for ages before the concert finally **began** **'d begun** (begin).

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Notes

Write your own notes

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Test Yourself

Choose the correct option

1. 'Laugh' is a verb. Which one is a noun?  
a. ☐ laugh  
b. ☐ laughter  
c. ☐ laugher  
d. ☐ laugh
2. I \_\_\_ my friend for 5 years by the time he met his future wife.  
a. ☐ had been knowing  
b. ☐ knew  
c. ☐ had known  
d. ☐ known
3. To understand a joke  
a. ☐ to feel a joke  
b. ☐ to catch a joke  
c. ☐ to grab a joke  
d. ☐ to get a joke
4. I \_\_\_ my friend for 5 years by the time he met his future wife.  
a. ☐ had been knowing  
b. ☐ knew  
c. ☐ had known  
d. ☐ known
5. A joke which is understood only by a certain social group of people  
a. ☐ a practical joke  
b. ☐ a social joke  
c. ☐ a private joke  
d. ☐ a complicated joke
6. Pete \_\_\_ for that company for a long time when he finally got a promotion.  
a. ☐ had been working  
b. ☐ worked  
c. ☐ was working  
d. ☐ had worked
7. Which line is correct?  
a. ☐ bite/bite/bite  
b. ☐ bite/ bite/ bitten  
c. ☐ bite/beat/beaten  
d. ☐ bite/bite/bitten
8. When I came into the shop, I realized I \_\_\_ any money.  
a. ☐ had taken  
b. ☐ didn't take  
c. ☐ bite/bite/bitten  
d. ☐ took
9. Which phrase doesn't mean 'to tell a funny story and make people laugh'?  
a. ☐ tell a joke  
b. ☐ do a joke  
c. ☐ make a joke  
d. ☐ crack a joke
10. He was washing a car while Mary \_\_\_ on a sofa.  
a. ☐ were sleeping  
b. ☐ had been sleeping  
c. ☐ was sleeping  
d. ☐ slept

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Flashcards

Words related to humour

peñu to zwiñe: zwiñe ziwñuñ