

历史上,人们一直在此某种踢球游戏。现在世界称之为是球的 运动最早可以追溯到公之前对四年的中国脏潮游戏。我们公大题 暴心边及运动起源于英国的了19世纪10年代,英格兰处城协全区外部 这了一套规则,现代运球就比诞生。如今,金球面与有超过几个的最祝 球员会与这个活动,真已经得足球成为了一边全球性的运动。

成明:富人和不从二层图

所的对何何如此上最多山区的这切民,也是世界上最富有.最知各的 胜城队的前在地。欧洲的建设分部—如西班牙的复数马径里和 英格兰的爱服—已任从他的城队发展成为全球的一座,拥有遍布全块的 安持后。其中一些战队内的国高人拥有,如仍在促乐部投入大量签金 在党通过门穿游过,电视和广告发的新得可观的回报。

亚的、日色增生心恐情

加速等加計中國. 许多国家之间激烈二旦球复赛都生物提高了

附件 4:



参赛类别: 🗆 A 🗆 B 🗘 C 🗆 [

整下现的对这项运动的趣情。这种处情也有助于分分的歧,将人们

澳大利亚和大泽游; 足球花漠冰

是球海,如今,海地區以上或之动设施球处数量最深最少,但随着 来自然于半岛和其他国家的移民将他们的运动带到新的国家,及额 还在逐渐增长。

和湖、足球山新河湖.

非洲有计多才华播路的城员,然而,这下大陆部乡强大的国内 球队,并面临着许多最好的城员流走到取的俱乐等p小局景。

南美尚,无与伦北山大战

每美的产生了一些地球上最多人具备公足球运动,以上的处最令 人们敬命公球员。也面赢得了有史以来最多公世界办决赛, 并且是



参赛类别: □ A □ B □ C □ C

唯一了参加过每一届世界抓的收入。所报廷在历史上最激动人心· 的决赛之一中赢得了2022年世界机。

北美湖:一种的有人参与加体商

在北美洲、10年30岁的职业就是出世一这是世界上最大的教育。 女子野村还城赛也排挥高双河。男子足城在北美洲也越来越爱双亚,尽管面临着其他英门运动和激烈黄萝、如棒城、美武已城和 (尤其是在力拿大)水城。

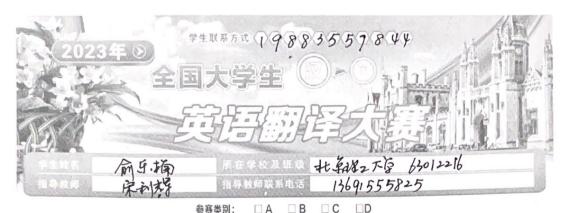
圣珠:一种全球性的力量

由于卫星电视的覆盖和全球着及,卫球在近年年经历了重大的发展。也吗么,或此从国的引进球员和教练,俱乐部也得到了全球球迷的支持。在过去的25年里,四球成功地跨越了国界,成为3一种相互联系的运动,有力量让我们团结起来。



It is 1:45 RM, and 21-year-old Thomas Murphy is staying up late studying for on important engineering exam scheduled for 2 PM today. To stay awake and forcused, he has consumed two cups of coffee in the past three hours and is now drinking a popular energy dink that contains two to three times the caffine of a similarly sized can of soda water. Many students like Murphy, Marathon runners, airline pilots, and long-distance travelers attribute their energy to one of the oldest stimulants known to man-caffeine. Many say they can't do without it.

The ability to overcome physical fatigue and enhance efficiency is part of the reason why caffeine is so popular. It is found not only in soda water, energy drinks, coffee, and tea but also in weight loss pills, pain relievers (such as aspirin), and chocolate



bars. Rituals surrounding the use of coffeine have been created all over the world: the afternoon tea in Britain. the coffee culture in France, and the morning coffee and tea that mark the start of the day in many cultures.

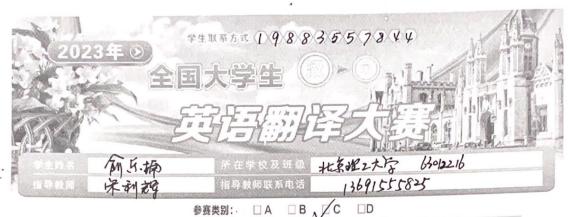
Many of the foods we eat and the water we drink contain caffeine. but is it really beneficial for us? A scientist and sleep expert form Harvard Medical School, Charles Czeisler, believes that caffeine can cause insomnia, which is unhealthy. Czeistler says, Without adequate sleep - the standard 8 hours -out bodies do not operate at their best physically, mentally, and emotionally. We often consume caffeine to stay awake. Which then prevents us from getting the rest we need.

Health risks are also closely associates with caffeine



intake. Over the years, many studies have attributed a higher incidence of certain types of concer and bone diseases to catteine consumption. However, to date, there is not enough evidence to prove that catteine indeed causes these diseases.

The scientific community, generally agrees that moderate caffeine intake is not dagerous, for example alrinking one or two small cups of coffee per day (about 300 millgrams of coffeine). Additionally, the many existing studies rejecte the long-standing negrative views about caffeine, suggesting that it may actually be beneficial to health. For instance research indicates that cafficial can help alleviate pain by reducing muscle inflamnation. As a stimulant, it can also help improve a person's mood. Studies also show that some caffeinated



beverages, especially certain teas, contain chemicals that can help the body fight againest many diseases.

The effects of a caffeine on behavior are real, but very subtle. Indeed the quest for more energy is the reason why many popular dinks contain caffeine. Whether it's a student drinking coffee before class or a businessman having tea during lunch, humanity's favorite stimulant is at work every day.