

UNIT 5

PHYSIOLOGY



READING I- What Makes You Laugh?

Before Reading

QUICK DISCUSSION

1. When was the last time you laughed really hard? What was so funny?
2. How do you feel after a good laugh?
3. Look at the photo. Why do you think these people are laughing?
4. What makes you laugh?

*funny photos

*sitcoms

*stand-up comics

*parties

*jokes

*classmates

* family

* friends

* young children

*surprises

Vocabulary Preview

A. Here are some words from Reading 1. Read the sentences. Then write each underlined word next to the correct definition.

- _____ 1. Laughter is natural, just like eating and sleeping.
- _____ 2. I don't really enjoy parties, but I pretend to have fun.
- _____ 3. He has a busy social life. He likes to be with friends and family all the time.
- _____ 4. I always feel nervous when my brother drives. He's not a good driver.
- _____ 5. I don't like to stand up in front of the class. I feel embarrassed.
- _____ 6. We expect a sitcom to be funny.
- _____ 7. Wear sunglasses to protect your eyes from the sun.

- a. *(verb)* to keep someone or something safe
- b. *(verb)* to try to make someone believe something that is not true
- c. *(verb)* to think that something will happen
- d. *(adjective)* made by nature, not by people
- e. *(adjective)* shy or worried about what other people think
- f. *(adjective)* connected with being with other people
- g. *(adjective)* worried or afraid about what may happen

B. Fill in the blanks with the words given in the box

pretend	natural	social	nervous	embarrassed	expect	protect
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1. The decoration of the new building looks very _____. It looks like there is no modification.
2. After the question of my teacher, I felt so _____ and I became red in the face immediately.
3. We all _____ to have a very bright future ahead of us.
4. The little cat wanted to _____ its kittens from the danger of the outside world.
5. Don't _____ to behave like a little kid! You are already twenty years old.
6. She felt rather _____ before getting into the interview.
7. The _____ organizations of our schools provide many opportunities to the students.

Reading Comprehension

SKIMMING

Skimming is a method of getting a **general overview of a text**. When readers skim a complete passage or part of any text, they read three or four times faster than usual. In other words, skimming is a reading technique that is used to **get a quick “gist” of a text**. In academic writing, reading the **topic sentence** (first sentence) of a paragraph and especially the **keyword** in it will help you get the gist, or main idea, of each paragraph in a text.

A. Skim the passage ‘What makes you laugh?’. Then answer the questions.

1. What is laughter?
2. When do people laugh?
3. What is funny?
4. Why doesn’t everyone laugh at the same joke?

SUMMARIZING

Summarizing is giving a brief statement of the most important points of a text. As you read, **highlight** or **underline** the main points of the text. Then use the information to write a summary. Even when you are just writing a summary for your notes, you should use your own words to avoid potentially plagiarizing the work if you decide to use it in an assignment later.

B. Read the first part of the text ‘What makes you laugh?’. Look at the summary of it. What do you like about it? What would you change?

People are born with laughter. In other words, babies start to laugh a few months after their birth. Laughing is a way of socializing with people and people laugh more when someone accompanies them than on their own. If a person starts to laugh, other people can’t stop themselves and join them. Laughter is something real. If it is fake, people can understand this easily.

WHAT MAKES YOU LAUGH?



WHAT IS LAUGHTER?

Laughter is **natural** for people. We start to laugh at about four months of age. We start to laugh even before we start to speak!

Laughter is **social**. It connects us with other people. We laugh more when we are with other people. Studies find that we are 30 times more likely to laugh with other people than alone. Laughter is also contagious. When one person laughs, other people begin to laugh, too.

It is difficult to **pretend** to laugh. Laughter is honest. Try to laugh right now. It's difficult, isn't it? When people pretend to laugh, most people know it's not real. Studies show that people don't like the sound of fake laughter.

WHEN DO PEOPLE LAUGH?

Only 10 to 20 percent of laughter is about something funny. Most laughter is about being friendly with other people. Most laughter says, "I don't want to compete with you. I want to be friendly with you." This kind of laughter brings people together.

We often laugh when we feel **nervous**. At the beginning of meetings, someone often tells a joke when everyone feels nervous. It is usually a small joke, but we laugh a lot. Our laughter helps us relax. Sometimes we laugh because we think we are better than other people. When we laugh at another person, we are saying, "I am better than you." This kind of laughter makes others feel bad.

WHAT IS FUNNY?

Some things are funny because we don't expect them. When a joke begins, we already have an idea about the end. We think we know the end, but then the joke ends in a different way. The end of the joke surprises us. It makes us laugh.

Silly things are sometimes funny. We laugh at jokes about people and their mistakes because we know something they don't know. We think we are better than they are.

WHY DOESN'T EVERYONE LAUGH AT THE SAME JOKE?

Not everyone has the same sense of humor. Some people think a joke is funny, but other people don't think so. People have different ideas about what is funny. Our idea of what is funny changes with time. For young children, the world is new. Many things surprise them, so they laugh a lot. Teenagers often worry about what others think of them. They laugh to protect themselves. Teenagers laugh when they feel embarrassed. Adults laugh at themselves and other people with similar problems. They laugh at things that give them stress. Our reasons for laughter change over time.

C. Read the text and circle the best option.

1. Why do we laugh?
 - a. because our parents teach us to laugh
 - b. because it is a natural thing to do
2. When do people laugh most often?
 - a. when they are alone
 - b. when they are with other people
3. What is funny?
 - a. something we know very well
 - b. something surprising or silly
4. Why doesn't everyone laugh at the same joke?
 - a. Different things make different people laugh.
 - b. Most people don't laugh in front of others.

D. Read the statements. Write T (true) or F (false). Then correct the false statements.

1. People sometimes laugh when they are surprised. ____
2. People like it when others pretend to laugh. ____
3. A small joke at the beginning of a meeting makes us relax. ____

E. Complete the sentences with the correct word from the box.

contagious	friendly	social
nervous	embarrassed	honest

1. Most people laugh as a way to show they are _____.
2. We laugh more when we are with other people because laughter is _____.
3. If I am laughing, you are likely to start laughing because laughter is _____.
4. People do not like the sound of fake laughter because laughter is _____.
5. Some people laugh when they feel nervous or _____.

WRITING I

Connectors and their functions:

1. Addition

Not only..... but also is used to connect two ideas in a way that emphasizes both.

- Brenda is not only talented in music, but also excels in sports.

What's more adds extra information, usually with a surprising or important twist.

- The movie was incredibly moving. What's more, it had a fantastic soundtrack.

In addition to is used to indicate something is added to what was previously mentioned.

- In addition to his teaching duties, he is also a researcher.

Moreover is used to introduce more important or stronger information.

- The report was inaccurate. Moreover, it lacked key data.

2. Contrast

On the other hand shows a contrast or alternative point of view.

- Glenn enjoys quiet evenings. On the other hand, her brother loves parties.

On the contrary is used to introduce a statement that contradicts the previous one.

- Martha thought the Project was difficult. On the contrary, I found it quite easy.

Nevertheless / Nonetheless indicates a contrast, yet highlights the previous statement's truth.

- The weather was cold. Nevertheless, they went for a walk.

Although / Even though shows contrast between two ideas.

- Even though it rained heavily, we had a great time.

In spite of / Despite is used to show a contrast with something expected.

- Despite the rain, they decided to go hiking.

Whereas is used to contrast two different ideas, often in formal writing.

- This book is based on fact, whereas the other one is purely fictional.

3. Cause and Effect

As a result of / As a consequence of shows that one event is the outcome of another.

- As a result of the financial crisis, many companies laid off workers.
- As a consequence of the new regulations, many small businesses closed down.

Due to indicates a direct cause.

- The flight was delayed due to technical difficulties.

Thus is used to conclude or explain an outcome.

- Sue didn't stop eating fast food; thus she couldn't lose weight.

Consequently indicates a direct consequence.

- Nina didn't study for the test. Consequently, she failed.

Owing to is often used in formal contexts, indicating the cause of something.

- Owing to the bad weather, the event was postponed.

4. Emphasis and Clarification

Indeed is used to emphasize a statement or clarify a point.

- The task was difficult; indeed, it was the hardest challenge I have ever faced.

In fact is used to provide further support to a statement.

- Jack claims to be an expert in the field. In fact, he has never worked in it.

Specifically is used when we give more exact information.

- I enjoy many genres of music, specifically jazz and blues.

EXERCISE 1 : Circle the correct option.

1. The team worked hard on the project. **Nevertheless / Because / Consequently**, they managed to finish ahead of the deadline.
2. The experiment was a success. **In addition to / On the contrary / In spite of**, the results were disappointing.
3. The solution was complex; **nevertheless / due to / thus**, it offered a long-term benefit.
4. **Although / Moreover / Despite** there were many technical problems, the meeting continued without interruption.
5. I am allergic to cats; **on the other hand / thus / however**, I cannot spend too much time with them.
6. Sam enjoys hiking and outdoor activities. **On the other hand / Even though / Consequently**, he dislikes being indoors for long periods.

EXERCISE 2: Rewrite the sentences using the connectors in paranthesis.

1. Henry failed to attend the meeting. He had been reminded multiple times.**(even though)**
2. We had a great time. It rained. **(despite)**
3. They were confident about the presentation. The team was well-prepared.**(thus)**
4. George enjoys watching horror movies. His wife prefers comedies.**(whereas)**
5. The company faced financial difficulties. It had to close several branches.**(due to)**
6. They didn't follow the instructions. They failed the experiment. **(consequently)**
7. The movie was long. It was still very entertaining.**(nevertheless)**

READING II- Reasons to Laugh



PREVIEW THE READING

A. Vocabulary: Here are some words from Reading 2. Read their definitions. Then choose the correct word to complete each sentence.

ability (noun) the power and knowledge to do something

effect (noun) a change that happens because of something

increase (verb) to make the amount, level, or number of something go up

prevent (verb) to stop someone from doing something; to stop something from happening

rate (noun) the speed of something or how often it happens

score (noun) a number that shows how well someone did on a test or in a competition

serious (adjective) not funny, not joking or playing

whole (adjective) all of something

1. When the teacher tells a joke, the _____ class laughs. No one is quiet.
2. We all have the _____ to laugh. It is natural.
3. Laughter has a positive _____. It makes you feel good.
4. We all want to _____ the number of friends we have.
5. The average _____ of reading is 200 word per minute.
6. Healthy foods can _____ illness.
7. The top student in the class had the best _____ on the test.
8. This is no laughing matter. It is very _____.

B. Skim the article and then read the question below. Circle Yes or No.

Is laughing good for you? Yes/ No

C. Read the article and gather information about what makes people laugh.

REASONS TO LAUGH

Happy people laugh. But can laughter make people happy? Research on this topic says it can! Laughter changes how you feel. It sends out "feel good" chemicals called *endorphins*. These are the same chemicals you feel after exercising. In fact, laughter is good exercise! It makes you breathe quickly. It makes your heart **rate** go up. It can turn your face red. Ten to 15 minutes of laughing burns 50 calories. Laughter exercises your **whole** body.

Laughter also reduces pain. One study found that people laughing at comedy videos could keep their hands in ice water longer than people watching **serious** videos. The study also showed that the **effect** continued up to 20 minutes after laughing. But it cannot be fake laughter. It has to be real. Fake laughter does not improve your **ability** to live with pain.

Laughter has a positive effect on your health. It reduces high blood pressure. It can also **prevent** heart disease. One study found people who laughed more had healthier hearts. Laughter **increases** your ability to fight illnesses.

Laughter improves your memory and learning. In one study of older people, one group sat quietly for 20 minutes. The other group watched a funny video. Then both groups took a test. The group who laughed had much better **scores** in memory and learning! Laughter must be real to have these positive effects, but that is not difficult. All you need to truly laugh is to hear other people laughing. In fact, there are social clubs that practice laughing. People begin by pretending to laugh, but in seconds they are truly laughing. Even just a smile can make you more likely to laugh. It does not have to be a real smile. It can be fake. When you smile, your brain sends endorphins and other chemicals that make you feel good. And when you smile, your brain expects laughter to follow. A smile makes you ready to laugh.

So, stop being so serious and laugh a little more! It is good for your health. And it will make you happier, too.

D. Find the main idea of the article

1. Laughter makes you smarter and strong
2. Laughter reduces pain.
3. Laughter improves health and increases happiness.
4. Laughter is good exercise.

E. Match the beginning of each sentences with the correct ending.

- | | |
|---|------------------------------------|
| 1. Your brain sends out endorphins_____ | a) you are more likely to laugh |
| 2. You feel less pain _____ | b) you are less likely to get sick |
| 3. When you smile, _____ | c) when you laugh |
| 4. When you laugh often, _____ | d) when you exercise or laugh |
| 5. When you laugh for 15 minutes, _____ | e) you burn 50 calories |

WRITING II- Paraphrasing

What is paraphrasing?

Paraphrasing is when you take an original idea and rewrite it to express the same meaning but in a different way. This might be by changing words, word forms, sentence structure, or using synonyms. More than one paraphrase can be correct as there are many ways to say the same thing.

There are three techniques to paraphrase. Rather than exclusively using one of them, a good paraphrase includes all methods.

1. Use synonyms

Synonyms are different words that express the same or similar meaning.

Original: Many people think that cars should not be allowed in city centres.

Paraphrase: Many people believe that motor vehicles should be banned in urban areas.

2. Change the word forms

Another way to paraphrase is to change word forms. For example, changing a noun into a verb, a verb into a noun or an adjective into a noun or vice versa.

Original: Some people think Instagram is an invasion of privacy (invasion = noun).

Paraphrase: Some people think Instagram has invaded our privacy (has invaded = verb).

3. Change the sentence structure A third way to paraphrase is to change sentence structure.

This could be by changing the sentence from passive to active or vice versa, or changing the order of the clauses.

Active to Passive Original: The hurricane destroyed the city.

Paraphrase: The city was destroyed by the hurricane.

Passive to Active Original: The public transport system was developed by the city council.

Paraphrase: The city council developed the public transport system.

Order of clauses Original: During the summer, many people visit the temple.

Paraphrase: Many people visit the temple during the summer.

Example: The overuse of natural resources ultimately exhausts them. This causes huge harm to the environment. Therefore, the government should discourage people from overusing such resources.

Possible paraphrases: → Exploiting natural resources will ultimately deplete them and lead to environmental harm. Therefore, the overuse of these resources should be discouraged by governments.

The exploitation of natural resources results in their exhaustion. This causes environmental damage. Thus, governments should encourage people to take care not to overuse these resources.

Natural resources will ultimately be exhausted if we continue to overuse them. It damages the environment and should therefore be discouraged by governments.

Paraphrase the following sentences.

1. The continent with the lowest annual rainfall is Antarctica.

2. Nowadays, more and more foreign students are going to English-speaking countries to learn the international language – English.

3. Companies like Nike and Adidas sponsor the best athletes in the world to advertise their products.

4. The effects of global warming on the world is serious.

5. There was a significant increase in the number of student population from 1990 to 2000.

6. He has tons of stuff to throw away.

7. You should buy the plane tickets online if you want to find cheaper deals.

8. There are several things you have to do in order to complete the essay task successfully.

WRITING TASK 5: Write a well-organized problem solution essay about one of the topics

1. Why do people laugh less in today's world, and what can be done to bring more laughter into daily life?
2. Is unhappiness contagious and what steps can be taken to prevent its spread ?

EDIT- Complete the self-assessment checklist before you hand in your essay.

SELF-ASSESSMENT	YES	NO
Does the essay include an introductory paragraph, two / three body paragraphs, and a concluding paragraph?		
Does the essay start with an introductory paragraph with a hook and give important background information regarding the topic?		
Is there a clear thesis statement?		
Do the body paragraphs provide details and /or examples ?		
Does the concluding paragraph summarize the information you have put in the essay?		
Have you used the problem solution phrases and modals suitably?		
Does the essay include vocabulary from the unit?		
Did you check your essay for punctuation, spelling, and grammar?		

