

# UNIT 1- PHYSIOLOGY

## READING I – No Laughing Matter



### PREVIEW THE READING

#### A. Quick Discussion



Discuss these questions with your classmates.

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? Look at the words given that make people laugh and choose the ones that are true for you. You may also add new ones.

- *classmates*
- *family*
- *friends*
- *sitcoms*
- *young children*
- *stand-up comics*
- *surprises*
- *jokes*
- *funny photos*
- *other people laughing*

## B. Vocabulary

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 above.

1. The decoration of the new building looks very \_\_\_\_\_. It looks like there is no modification.  
2. After my teacher's question, 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.



### WHAT IS LAUGHTER?

- 1 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!
- 2 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.
- 3 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?

- 4 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.
- 5 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?

6 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.

7 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?

8 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.

## WORK WITH THE READING

### A. Identify Circle the best answer according to Reading 1.

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

**B. Categorize** Read the statements. Write T (true) or F (false). Then correct the false statements. Write the number of the paragraph where the information is found.

- \_\_\_\_ 1. People sometimes laugh when they are surprised. \_\_\_\_
- \_\_\_\_ 2. People like it when others pretend to laugh. \_\_\_\_
- \_\_\_\_ 3. Young children often laugh because the world surprises them. \_\_\_\_
- \_\_\_\_ 4. A small joke at the beginning of a meeting makes us relax. \_\_\_\_

**C. Apply** 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

### USING COMMAS

We use commas for different reasons:

- to separate three or more items:  
Greg sells dishes like tacos, burritos, and enchiladas.
- after an introductory phrase:  
As a food tester, Paul eats ice cream every day.
- To set off a quotation:  
"I have worked on over a hundred cookbooks," says Maggie.

NOTE: British English often don't use a comma before "and."

**A. Add a comma to each sentence.**

1. That restaurants' service location, and prices are great.
2. If you ask me a recipe tester's job sounds boring.
3. "I 'd like some water a salad and some bread," said William.
4. For a blogger you don't know much about food.
5. "I love my job" says Alice.
6. As a food taster, I taste juice, coffee tea, and soda.

**B. Add ten commas to this paragraph.**

Look for Teddy's Kitchen restaurants in Shanghai Guangzhou Wuhan and other cities in China. The restaurants are unusual because you never eat alone there. A teddy bear sits next to you during your meal. There are small medium and large teddy bears. "I come here to feel happy" says one customer. "I love it here. My favourite meal here is steak rice and a dessert" says another. On your next visit to China stop by Teddy's.

**GRAMMAR Sentence Formation**

**Sentence Structure in English**

The following statements are true about sentences in English:

- A new sentence begins with a **capital letter**.  
He obtained his degree.
- A sentence ends with **punctuation** (a period, a question mark, or an exclamation point).  
He obtained his degree.
- A sentence contains a **subject that is only given once**.  
~~Jack~~ he obtained his degree.
- A sentence contains a **verb or a verb phrase**.  
He obtained his degree.
- A sentence follows **Subject + Verb + Object** word order.  
He (subject) obtained (verb) his degree (object).
- A sentence **must have a complete idea that stands alone**. This is called as **independent clause**.  
He obtained his degree.



**A. Complete the paragraph below with the words given in the box.**

|           |        |     |           |           |
|-----------|--------|-----|-----------|-----------|
| in        | hero   | won | think     | first     |
| perfectly | Kenyan | her | ambitious | next week |

Yesterday, Chimokel Chilapong, a (1) \_\_\_\_\_ housewife and mother of four, beat hundreds of Professional athletes and (2) \_\_\_\_\_ the Nairobi marathon and \$12,000. This was her (3) \_\_\_\_\_ marathon race and she ran it (4) \_\_\_\_\_ in 2 hours, 39 minutes and 9 seconds. The other runners included professionals such as Joyce Chepchumba, the three times winner of the London marathon. Chimokel started running a year ago, (5) \_\_\_\_\_ April, to pay for her children's education. Now, in Kenya, she is a (6) \_\_\_\_\_ and an inspirational person. People (7) \_\_\_\_\_ she is an (8) \_\_\_\_\_ woman, a dedicated mother and a talented person. (9) \_\_\_\_\_, there is a party for (10) \_\_\_\_\_ honour.

**B. Put the words into correct order to make sentences. Use a comma where necessary.**

- three / There / that / happy / things / people / are / main / make  
\_\_\_\_\_.
- start / around / usually / Most / laughing / 4 months / babies / old  
\_\_\_\_\_.
- comedy / find / British / Charlie Chaplin's / don't / funny / people / often  
\_\_\_\_\_.
- the / stress / next / we / common / focus / our / In / lesson / causes / will / on / of  
\_\_\_\_\_.
- gender / such as / are / affect / nutrition / going to / heredity / Factors / the / outcome  
\_\_\_\_\_.
- young children / on / These days / spending / the / too much / social media / are / time  
\_\_\_\_\_.
- things / sense of humour / You / to / funny / need / side / see / of / the  
\_\_\_\_\_.

## READING II- Reasons to Laugh



### PREVIEW THE READING

#### A. Quick Discussion

Discuss these questions with your classmates.

1. Do you know someone who laughs very often?
2. Do you think people can stay healthy by laughing a lot?

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

Is laughing good for you?      Yes / No



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

|                            |  |
|----------------------------|--|
| <b>ability</b> (noun)      | the power and knowledge to do something                                |
| <b>effect</b> (noun)       | a change that happens because of something                             |
| <b>increase</b> (verb)     | to make the amount, level, or number of something go up                |
| <b>prevent</b> (verb)      | to stop someone from doing something; to stop something from happening |
| <b>rate</b> (noun)         | the speed of something or how often it happens                         |
| <b>score</b> (noun)        | a number that shows how well someone did on a test or in a competition |
| <b>serious</b> (adjective) | not funny, not joking or playing                                       |
| <b>whole</b> (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 words 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 \_\_\_\_\_.

## REASONS TO LAUGH

1 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.

2 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.

3 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.

4 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!

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

## WORK WITH THE READING

### A. Identify Find the main idea of the article.

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

### B. Identify Match the beginning of each sentence 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

### PARTS OF SPEECH

When you see a word you don't know in a text, it helps to identify the part of speech of the word. Nouns, verbs, adjectives, and adverbs are examples of parts of speech. Knowing the part of speech helps you better understand the meaning and use of the word. If you aren't sure, you can find the part of speech in a dictionary.

**noun (n.)** a person, place, thing (object/ idea) or animal

*He tells funny **jokes** at dinner.*

**verb (v.)** an action

*He **tells** funny jokes at dinner.*

**adjective (adj.)** describes a noun

*He tells **funny** jokes at dinner.*

**adverb (adv.)** describes an action

*We all laugh **loudly** at his jokes.*

When you know the part of speech, you can use the word correctly in a sentence.

✓ **Correct:** She **laughs** at my jokes.

X **Incorrect:** She **laughter** at my jokes.

**A. Apply** Read each sentence below. Write the part of speech of the underlined word.

Then check your answers in a dictionary.

1. I feel embarrassed when I meet new people.

\_\_\_\_\_

2. Laughter improves our ability to learn.

\_\_\_\_\_

3. Laughter protects you from some illnesses.

\_\_\_\_\_

4. We breathe differently when we laugh.

\_\_\_\_\_

5. Laughter has many healthy effects on the body.

\_\_\_\_\_

6. I laugh a lot with my friends.

\_\_\_\_\_

7. The whole group laughs together in a laughing exercise.

\_\_\_\_\_

8. Laughter makes you breathe quickly.

\_\_\_\_\_

**B. Compose** The underlined words are the incorrect part of speech. Rewrite each word using the correct part of speech. Use a dictionary to help you.

1. They are laughing because they are nerves. \_\_\_\_\_
2. She laughter when she watches TV shows. \_\_\_\_\_
3. Laughter is nature. \_\_\_\_\_
4. Laughter can improvement your health. \_\_\_\_\_
5. Laughter exercises can prevention some illnesses. \_\_\_\_\_
6. True laughter is honesty. \_\_\_\_\_

## USING TRANSITION WORDS TO ADD IDEAS

Transition words connect words or sentences. Using them correctly helps your writing flow more smoothly. One common type of transition word is for adding information. Pay attention to the position of the transition words **and**, **too**, **also**, and **in addition**, as well as the punctuation.

### And

- We use **and** to connect words or sentences.

*Examples:*

- Henry is very athletic, **and** he does regular exercise to stay fit.
- Travelling, swimming **and** cooking are my favourite free time activities.

- When two sentences have the same subject, you can combine the predicates with the word **and**.

*Examples:*

- The dog caught the ball and brought it back to me.
- Alice wrote the letter **and** posted it.

- When two sentences have the same predicate, you can combine the subjects with the word **and**.

*Examples:*

- My friend Sara **and** I went to the theatre.
- Henry is very athletic **and** he does regular exercise to stay fit.

**TIP:** An independent sentence never starts with **AND!!!**

### Also

- "**Also**" is used in positive sentences to add an agreeing thought.

*Examples:*

- I **also** sing.

-He **also** helped us.

-My friend speaks Korean and English. She **also** speaks Chinese.

- "**Also**" comes after "to be."

*Examples:*

-I was **also** there.

- I don't really feel like going out tonight, and I am **also** really tired. Let's just stay at home tonight.

- It's possible to use "**also**" at the beginning of a sentence, with a comma, but this isn't very common.

*Example:*

-My sister uses her computer a lot and she also has a smart phone.

-My sister uses her computer a lot. Also, she has a smart phone.

## Too

- "**Too**" is used in positive sentences to add an agreeing thought. It has the same meaning as "also," but its placement within the sentence is different.

*Examples:*

-Jane speaks French. Sam speaks French, too.

-I love chocolate. I love pizza, too.

- "**Too**" usually comes at the end of a clause after a comma .

*Examples:*

-I am Canadian, too.

-I can speak French too.

-If he wants to go, too, he should meet us at 8:00.

- Jim is an amazing swimmer, and he loves surfing, **too**.

## In addition

- We use "**In addition**" between two sentences.

*Examples:*

-Our new director can speak three languages. **In addition**, he has six years of experience.

-Our new house is close to the city centre. **In addition**, it has four large bedrooms.

-Players in Milan are all good footballers. **In addition**, many of them have years of experience playing together.

- We use "**In addition to**" followed by a noun / pronoun or gerund (V ing.)

*Examples:*

-**In addition to** basketball, I am good at volleyball.

- Fernando can speak English and French **in addition to** Spanish.

**A. Circle the correct words.**

1. Anne and Alex act and sing. **And/ In addition**, they dance.
2. Kim is very smart, talented **too /and** creative.
3. We are too busy to go for a walk. **In addition, / Too**, the weather is horrible today.
4. Cooking is a very relaxing activity and you can **also/ too** try new recipes.
5. She is a good nurse, she is **and/ also** the mother of three children.
6. **In addition / In addition to** studying English regularly, I read books and watch movies to learn English.
7. I can play the piano. I can play the violin, **also/ too**.
8. Yoga is a very good way to exercise mind and body. **And/ In addition**, it is very relaxing.
9. She is intelligent and she is **also/ too** beautiful.
10. I want to visit London. I want to visit Paris, **and / too**.
11. You need a passport **and/in addition** a visa to go abroad.
12. **In addition to/ In addition** short stories, Kate writes articles for a newspaper.

**B. Rewrite these sentences. Use the transition words in parentheses and any necessary punctuation.**

1. Peter works very hard to help his parents. He's also a good student. (In addition)  
\_\_\_\_\_
2. I like ice cream. I love chocolate. (also)  
\_\_\_\_\_
3. The service at this restaurant is excellent. The food is delicious. (and)  
\_\_\_\_\_
4. Rome is a great place to visit, and it hasn't got traffic problems. (In addition)  
\_\_\_\_\_
5. Cristina loves doing sport and she is good at it. (too)  
\_\_\_\_\_
6. Our music teacher is a talented musician. She can play the guitar, the violin and also the saxophone. (In addition to)  
\_\_\_\_\_

**C. Fill in the blanks with the transition words "and, also, too, in addition (to)"**

Farmers' markets are popular places to shop. They have lots of advantages but 1 \_\_\_\_\_ some disadvantages. One advantage is the fresh food. 2 \_\_\_\_\_, some people like farmers' markets because they can talk directly to farmers. 3 \_\_\_\_\_ fresh fruits, farmers usually sell many kinds of vegetables. One disadvantage of farmers' markets is the cost. The food is often more expensive, 4 \_\_\_\_\_ some people do not think it is worth the high price. People can't buy packaged foods from farmers' markets, so people still need to go to the store to find these items. 5 \_\_\_\_\_, most farmers' markets are open only one day a week.





### WRITING TASK 1

Write a paragraph about the topic given below by answering the questions.

*"What makes you happy?"*

- 1-What are the things that make you feel happy?*
- 2-Where and when do you experience those things?*
- 3-How often do you feel this way?*
- 4-Why do you think these things make you happy?*

