

# The Amazing Sun



## 1. Read the story

Look at the pictures on these pages.  
What is the story about? Now read it.

**ALBERTA, CANADA** <sup>1</sup>Everyone loves a sunny room. But did you know that a bright room can make you healthier, happier, and more hard-working? **Amazing** new **research** is teaching us about the **effects** of natural **light**.

<sup>2</sup>Daylight is important in schools. Canadian research **suggests** that students do better on tests in sunny, bright schools. <sup>3</sup>Students are **absent** less often in these schools, too. <sup>4</sup>Even more surprisingly, children seem to grow taller in schools with lots of natural light.

<sup>5</sup>Sunlight is also good for business. The **use** of natural light instead of **electric** light makes customers spend more money in stores. One popular American store put in skylights\* and, as a

result, business is up 40 percent. <sup>6</sup>In offices, workers who have windows near their desks work harder than those who don't. They also miss fewer days of work.

<sup>7</sup>Sunlight is good for your health. In his book, *Sunlight*, Dr. Zane Kime **advises** readers to get plenty of it. According to Kime, the sun's light gives you more **energy** and **causes** your heart rate\*\* to go down. <sup>8</sup>And with more windows, you use less electricity, which is good for Mother Earth. So open up your **curtains** and let the sun shine in!

\* skylights: windows in the roof or ceiling

\*\* heart rate: how fast a person's heart beats

## NEW WORDS

**amazing** *adj*  
**research** *n*

**effect** *n*  
**light** *n*

**suggest** *v*  
**absent** *adj*

**use** *n*  
**electric** *adj*

**advise** *v*  
**energy** *n*

**cause** *v*  
**curtain** *n*

>> See Glossary on page 95. >>

## 2. Rate the story

How much did you like it? Mark an X.



### 3. Check your comprehension

Match the first and second parts of the sentences.

- |   |   |
|---|---|
| a. Research suggests that students ____                   | 1. work harder than those who don't.      |
| b. Workers who have windows ____                          | 2. went up a lot.                         |
| c. When an American store put in skylights, business ____ | 3. get a lot of sunlight to stay healthy. |
| d. Dr. Zane Kime advises readers to ____                  | 4. causes your heart rate to go down.     |
| e. The sun's light ____                                   | 5. are absent less in sunny schools.      |

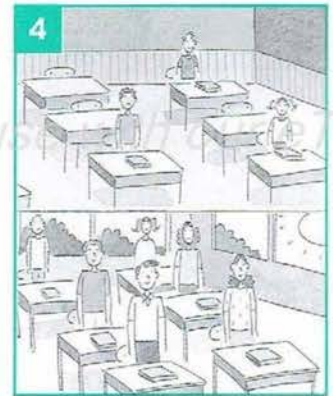
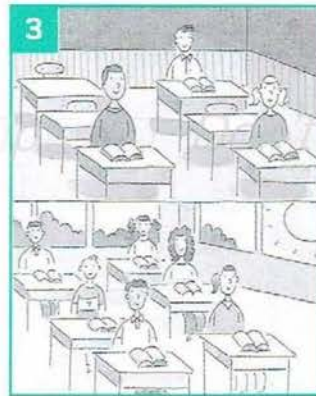
### 4. Check your vocabulary

Complete the sentences with the New Words.

- Students in sunny schools are a \_\_\_\_\_ less often.
- The u\_\_ of natural light rather than ele\_\_\_\_\_ light makes people spend more money in stores.
- Because the sun's light gives you e\_\_\_\_\_, Dr. Kime adv\_\_\_\_\_ you to get plenty of it.
- So open up your cur\_\_\_\_\_ and let the sunlight in!

### 5. Listen to the story track 30

Now listen to the story two or three times. Look at the pictures below as you listen.



### 6. Retell the story

Cover the story and look at the pictures above. Retell the story using the New Words.

## 7. Answer the questions

### About the story...

- What are three advantages of sunlight?
- What are the effects of natural light in schools?
- What happened when an American store put in skylights?
- What happens when office workers sit near windows?

### About you...

- How much natural light is there in your school?
- Do you think there is enough sunlight in your life? Why or why not?
- How does sunlight make you feel?
- Think about a business in your neighborhood. Are the workers getting enough light? Why or why not?

## 8. Learn word partnerships

Study the partnerships below. Complete the sentences so they are true for you.

ADVISE	
advise someone to do something	<b>Dr. Kime advises readers to get plenty of sunlight.</b> <i>My doctor advises me to eat healthy food.</i> <i>Her parents advised her to go to college.</i>
strongly gently	advise <i>My boss strongly advises me to take the trip.</i> <i>Dan's mother gently advised him to get more rest.</i>

- When I was young, \_\_\_\_\_ advised me to \_\_\_\_\_.
- My English teacher advises students \_\_\_\_\_.
- I \_\_\_\_\_ my friend to \_\_\_\_\_.

## 9. Learn word groups

Complete the sentences so they are true. Use words from the pictures.

### LIGHT



lightbulb



light switch



flashlight



spotlight



streetlight



traffic light

- I use a \_\_\_\_\_ to turn on an electric light.
- You can find a \_\_\_\_\_ in a lamp.
- Actors are often in a \_\_\_\_\_.
- When people go camping, they often bring a \_\_\_\_\_.

## 10. Take a dictation track 31

Use your own paper to write the dictation. Check your answers on page 87.

## 11. Complete the story

Use the words from the box to complete the story.

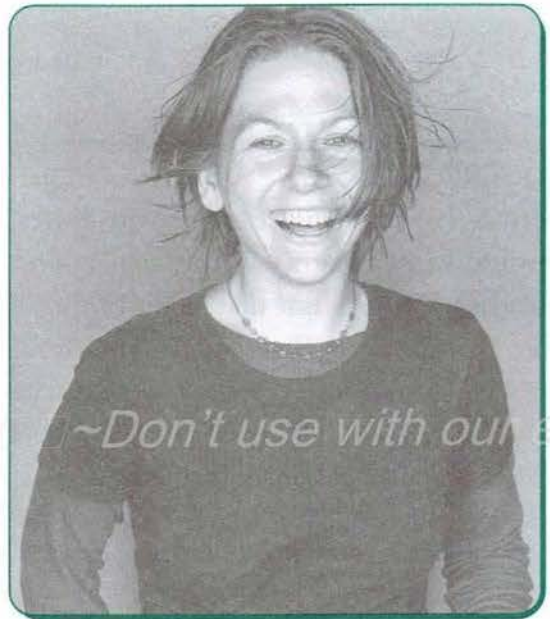
suggests    causes    research    effect    amazing    advise

# Amazing Laughter

MARYLAND, USA    How often do you laugh? Did you know that laughter\* is like medicine? New research by doctors at the University of Maryland (1) \_\_\_\_\_ that laughter can be good for your heart. People who laugh a lot seem to have less heart disease. Doctors are not sure how this happens, but they are very interested.

Laughter can be useful for sick people, too. (2) \_\_\_\_\_ shows that when people laugh a lot, they feel less pain. Some hospitals invite clowns\*\* to come in to help sick children laugh more.

Healthy five-year-old children laugh about 300 times a day. But most adults laugh only 17 times a day. What (3) \_\_\_\_\_ this (4) \_\_\_\_\_ change? Does our daily life change us into sad people? Do adults think that playing and fun are only for children? Here is what some doctors (5) \_\_\_\_\_: Remember to have fun. Be silly. Watch funny videos. Make friends with people who laugh. Then see what a good (6) \_\_\_\_\_ laughter has on you!



\*laughter: the sound people make when they are happy

\*\*clowns: people who wear funny clothes and make people laugh



### Talk about the stories

How are the effects of laughter and sunlight similar? Do you get enough of each? What can you do to get more?