

Unit 1. Hyperloop

Los Angeles and San Francisco are cities in the (1) state of California, in the U.S.

They are about 650 (2) kilometers (3) apart. Millions of people travel between these cities every year. Today, the fastest way to travel between them is by airplane. It is about one (4) hour. However, a new idea could make this trip shorter.

The Hyperloop is a kind of (5) train. It could make the 650-kilometer trip in only thirty minutes. It could go 1,100 kilometers (6) per hour, which is faster than an airplane. It would carry (7) passengers in cars called pods. Pods would use (8) magnets and low air (9) pressure to (10) float and move (11) through tubes. This is how the Hyperloop would be able to go 650 (12) kilometers in only thirty minutes.

The Hyperloop is (13) still just an idea. It's the idea of an (14) inventor named Elon Musk. It would (15) cost billions of dollars, but it would save many people a lot of time.

Unit 2. City Animals

Alaska is the (1) largest state in the U.S.

Almost 300,000 people live in the city of Anchorage, in (2) southern Alaska. It is a very (3) unique place. One (4) special thing about Anchorage is that (5) moose live in the city.

Between 250 to 1,000 moose live in the city at (6) different times of the year.

The (7) reason moose live in Anchorage is because they feel (8) comfortable there. In the (9) wild, bears try to kill and eat moose. But in the city, there is (10) plenty of food to eat.

Bears, moose, and other animals get food from (11) dumpsters. In the winter, they can go into people's (12) yards and eat (13) branches from the trees. In the summer, they can eat plants from people's (14) gardens.

Most people don't mind having moose in the city. Although some moose cause small problems, these animals make the city special. The people of Anchorage have even made the moose a (15) symbol of the city.

Unit 3. The Chunnel

There is a sea in (1) Europe called the English (2) Channel. It is between southern England and (3) northern France. The shortest (4) distance in the English Channel is the Dover (5) Strait. It is a little over thirty-three kilometers long.

Before 1994, people had to (6) travel by airplane or boat to (7) cross the English Channel. But boats are slow, and airports are (8) busy. It was very (9) uncomfortable. In 1994, a more comfortable (10) type of (11) transportation opened. A train that travels in a (12) tunnel opened. This tunnel allows people to go under the Dover Strait.

A boat crossing the English Channel takes about one hour and thirty minutes. After the “Chunnel” opened, it was (13) possible to cross the English Channel in thirty-five minutes. The name “Chunnel” comes from putting (14) together the words “channel” and “tunnel.” Trains can carry passengers, cars, trucks, and (15) motorcycles from England to France. The Chunnel allows people to travel between England and France quickly and easily.

Unit 4. Manaus

Brazil is a (1) country in South America. Deep in the Amazon (2) Rainforest is the city of Manaus, Brazil. Over 1.5 (3) million people live there. A big city in the (4) middle of the rainforest is unique. But Manaus was (5) built there for a reason.

Manaus was built where two large (6) rivers meet and become one. The two rivers are the Rio Negro and the Amazon River. Manaus started (7) as a small city. In the (8) 1900s, (9) rubber from the rainforest was very (10) important. Manaus is built in a good (11) place. Many goods can be moved around and (12) sold easily. Rubber came from the rainforest. It was moved along the river and sold in Manaus. Manaus (13) rapidly grew bigger. It became a (14) center for business.

Rubber is not as important today. However, Manaus is still an important city. Now, computer screens, TVs, and other (15) electronic goods are made there. Manaus is still a big and important place because of where it is.

Unit 5. The Science of Sleep

Every night we fall asleep and then wake up the next morning. We go through the sleep-wake (1) cycle. We need to do this every night to stay (2) healthy and happy.

The first part of the cycle is slow-wave sleep. In this (3) stage, the body (4) relaxes.

Breathing slows and the brain (5) responds less to (6) noises. It becomes difficult to wake up.

The second stage is REM (Rapid Eye Movement) sleep. In this stage, body (7) temperature rises and the heart (8) rate speeds up. The brain becomes (9) active and we (10) experience dreaming. In this stage, the brain gets rid of unimportant information.

Important things happen while we sleep. The body and mind are reset and (11) refreshed.

Our bodies grow (12) tissue and (13) repair muscles. The (14) immune system is also strengthened.

Without enough sleep, we can get sick and feel sad. It can also cause (15) weight gain and other health problems. Thinking can become difficult. Try to sleep for eight hours every night.

Unit 6. Control Your Dreams

(1) Imagine (2) controlling your dreams. A bad dream could change into a beautiful (3) fantasy. A good dream would be (4) perfect. A new headband lets you control your dreams.

Users put it on when they go to sleep. They wear it the (5) whole night. The headband waits for the user to enter REM sleep. It senses body (6) movement, body temperature, and brain (7) waves. This is when people usually have dreams. When REM sleep starts, the band goes into action. It sends out (8) lights. It plays low-volume sounds as (9) signals. While the user sleeps, the signals tell them that they are dreaming. Now, that person can control what they dream. They can play the piano or turn themselves into a (10) superhero. They can go on an (11) ideal (12) vacation.

Soon, (13) developers want to (14) expand their headband's (15) ability. They want to let users share delightful dreams together. They're working on connecting two people's headbands to do this.

Unit 7. Sleeping Habits

A (1) lack of sleep can make (2) concentrating hard.

Kids who cannot concentrate well in school are more (3) likely to get (4) lower (5) grades.

On the other hand, getting (6) enough sleep (7) enables kids to concentrate better. They can think (8) clearly for longer (9) periods of time. That (10) allows them to do better at school. Studies show that kids who get enough sleep are more likely to get higher grades.

This is why children should sleep about eight hours every night.

Sometimes it can be difficult to fall asleep. Luckily, some simple (11) habits can fix this problem. Exercising (12) regularly is helpful. People need more sleep after exercising.

Relaxing before (13) bedtime also helps. Going to bed and waking up at the same time every day is helpful. A dark bedroom at night and a bright bedroom in the morning is good.

It helps your body keep a regular sleep (14) schedule. Kids who follow these habits are likely to improve their (15) performance in school.

Unit 8. Testing Dreams

A (1) group of (2) scientists wanted to know if smells (3) affect the (4) sorts of dreams that we have. They did an experiment with two groups of people. The (5) results of the (6) experiment were (7) interesting.

Here is what the scientists did. They had one group of people sleep in a room that smelled like roses. Most people (8) agree that roses smell nice. The next morning, the scientists (9) interviewed the people. They (10) asked them if they had good dreams or bad dreams. The people said that they had good dreams.

Next, the scientists had (11) another group of people sleep in the same room. However, this time the room smelled like (12) rotten eggs. The smell in the room was (13) terrible. Again, the scientists interviewed the people the next morning. This time, the people said that they had bad dreams.

This experiment seems to show us a way to (14) avoid bad dreams. You just need to make (15) sure your room has a good smell.

Unit 9. First in Flight: The Wright Brothers

One day, a long time (1) ago in the United States, brothers Orville and Wilbur Wright (2) received a toy (3) helicopter. It was a gift from their father. At that time, all flying (4) machines were just toys. The boys were very (5) interested in the helicopter. It gave them (6) ideas about making real flying machines.

As they got older, the brothers still wanted to (7) invent a flying machine. They built (8) models of flying machines. In 1903, they built a real flying machine with an (9) engine. They wanted to try flying for real. Wilbur tried first, but his flight (10) crashed after flying less than four (11) seconds.

The brothers (12) spent two days (13) fixing the plane. Then they were ready to fly again. This time, Orville flew the plane for twelve seconds. He did not crash. After he landed, they (14) flew three more times that day. The last flight was almost 260 meters long and (15) lasted one minute. The Wright brothers were first in flight.

Unit 10. Amelia Earhart

Amelia Earhart was an American (1) pioneer for women and in (2) aviation. In 1928, she flew over the Atlantic (3) Ocean with a man. In 1932, she did it (4) alone. In 1935, she flew alone over the Pacific Ocean. She was the first woman to do all of these things.

Two years later, Earhart tried to make (5) history again. She wanted to be the first (6) female pilot to fly around the world. She started this (7) voyage with her (8) navigator, Fred Noonan. They almost (9) finished the trip. Sadly (10) though, they (11) never (12) returned home.

There was a problem with her airplane. They tried to land on a small island, but the (13) weather was cloudy. They couldn't find the island. She tried to use her radio to get help, but she couldn't hear anything.

Earhart, Noonan, and the plane likely crashed (14) somewhere in the Pacific Ocean.

People (15) searched for them, but they were never found. Her life story is still an important one now.

Unit 11. Flying Around the World

The Wright (1) brothers became the first people ever to fly an (2) aircraft. On (3) December 17th, 1903, they made four (4) brief (5) flights. The longest flight was about 260 meters. A little over twenty years later, airplane (6) technology had (7) advanced a lot.

On (8) April 6th, 1924, eight U.S. Army pilots took off in four airplanes from the city of Seattle, Washington. Their (9) mission was to fly around the world. The airplanes were named (10) after American cities: Seattle, Chicago, Boston, and New Orleans. After 175 days, only two of the four (11) original planes finished the voyage. The Seattle crashed and was (12) destroyed. The Boston had (13) mechanical problems.

After making seventy-four stops, the Chicago, New Orleans, and Boston II returned home. On September 28th, 1924, they landed back in Seattle, Washington. The first airplane, in 1903, could only fly 260 meters in a (14) field for one minute. In twenty short years, they flew over 44,342 kilometers around the (15) globe, for 175 days.

Unit 12. Solar Flight History

Bertrand Piccard and Andre Borschberg are (1) scientists, (2) pilots, and (3) pioneers. They are from Switzerland. They made a special aircraft called the (4) Solar Impulse 2. It's (5) unique because it doesn't use (6) fuel. Instead, it only uses solar (7) energy to fly.

The two pilots (8) intended to fly around the world. They wanted to be the first to do this using only solar power. They wanted to do this to make people think more about (9) renewable energy. On March 9th, 2015, they took off in their special aircraft from Abu Dhabi in the U.A.E.

(10) Originally, the pilots (11) planned for a five-month long voyage. However, technical problems and poor weather (12) conditions caused long (13) delays. But both men were (14) determined to finish the trip. On July 26th, 2016, they landed their plane back in Abu Dhabi. They successfully (15) completed the trip after 505 days. They also made people think more about renewable energy sources.

Unit 13. Smart Sportswear

(1) Professional (2) athletes work hard. They want to be the best at their sport. They (3) exercise, eat healthy food, and (4) practice a lot. But (5) strength isn't everything.

Athletes need to be smart, too.

The newest sports clothes (6) include new (7) designs and technology. These smart clothes (8) enable athletes to be smarter. With this, athletes can (9) improve their performance.

One (10) example is a new swimsuit for (11) competitive swimmers. The body, swimming cap, and (12) goggles are all one (13) piece. This is more comfortable and (14) efficient for the swimmers. They can swim faster and for a longer time.

(15) Recently, some soccer players started wearing smart shirts. These shirts have a tiny computer in the back of the shirt. This computer sends over 200 bits of data per second to the coach. The coach can see how each athlete is doing. He can know when certain players need to rest.

Athletes do everything they can to win. Now, with smart clothes, they can do even better.

Unit 14. Water Safety

People like to play in pools, rivers, lakes, and (1) beaches. It is a lot of fun. But there is also a (2) risk. In (3) order to stay safe, try to follow a few (4) basic (5) safety tips.

First, do not go very far away by yourself. If you get into trouble, having someone (6) nearby can help. Second, do not run nearby the water. You could (7) slip and fall down.

You could get hurt or fall into (8) deep water. If you fall into deep water, it could be (9) dangerous. If you don't know how to swim well, you might (10) panic and (11) drown.

Panicking makes a person (12) sink in water. Third, learn how to (13) float on your back.

This is a good way to (14) survive if you get into deep water.

Even if you feel unsafe, you should stay (15) calm. Wait for someone to help you and don't panic. Following these simple tips will help you stay safe and have fun around water.

Unit 15. Dodgeball

Dodgeball is a famous, fast, and fun game that is easy to learn and play. The (1) aim of the game is (2) simple. You try to (3) eliminate other players by (4) hitting them with a ball.

They must dodge the ball to (5) avoid being hit. That is why it is called “dodgeball.” The (6) winner is the person or team that hasn’t been hit by the (7) end of the game.

To play a game, you need (8) four or more players. You can play on any sort of (9) field or (10) court, as long as there is (11) enough room. It is played with two or more large, soft rubber balls.

Dodgeball is (12) great because there are different ways to play it. When there is an (13) even number of players, you can play in teams. When there is an (14) odd number of players, you can play “every person for themselves.” It’s easy to understand why so many people around the (15) world love this game.

Unit 16. Golden Time that Saves Lives

The (1) human heart needs to (2) beat all the time. If a person's heart is not beating, then there is no air going to the brain. If someone gets (3) injured and their heart stops beating, or they stop breathing, don't panic. You have four "golden minutes" to help someone in this (4) situation.

First, call for an (5) ambulance. Second, do (6) chest (7) compressions. Lie the person flat on their back. Put both your hands on their chest. One hand must be on top of the other. Then, (8) press the (9) weight of your body down on their chest and (10) release. Do not (11) worry about hurting them. You need to (12) repeat this very quickly, about 100 –120 times per minute. Think of a fast song and push in time to the beat. (13) Continue to do this until help (14) arrives.

These four "golden minutes" can save someone's life! You can read more about this online.* You can get the proper training from a (15) certified teacher.