

Class

Name

Unit 1. Hyperloop



Listen to the audio and fill in the blanks.



Track 03

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

They are about 650 (2) _____ (3) _____. 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) _____. However, a new idea could make this trip shorter.

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

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

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Unit 2. City Animals



Listen to the audio and fill in the blanks.



Track 05

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

Almost 300,000 people live in the city of Anchorage, in (2) _____ Alaska. It is a very (3) _____ place. One (4) _____ thing about Anchorage is that (5) _____ live in the city. Between 250 to 1,000 moose live in the city at (6) _____ times of the year.

The (7) _____ moose live in Anchorage is because they feel (8) _____ there. In the (9) _____, bears try to kill and eat moose. But in the city, there is (10) _____ of food to eat. Bears, moose, and other animals get food from (11) _____. In the winter, they can go into people's (12) _____ and eat (13) _____ from the trees. In the summer, they can eat plants from people's (14) _____.

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) _____ of the city.

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Unit 3. The Chunnel



Listen to the audio and fill in the blanks.



Track 07

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

Before 1994, people had to (6) _____ by airplane or boat to (7) _____ the English Channel. But boats are slow, and airports are (8) _____. It was very (9) _____. In 1994, a more comfortable (10) _____ of (11) _____ opened. A train that travels in a (12) _____ 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) _____ to cross the English Channel in thirty-five minutes. The name "Chunnel" comes from putting (14) _____ the words "channel" and "tunnel." Trains can carry passengers, cars, trucks, and (15) _____ from England to France. The Chunnel allows people to travel between England and France quickly and easily.

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Unit 4. Manaus



Listen to the audio and fill in the blanks.



Track 09

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

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

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

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Unit 5. The Science of Sleep



Listen to the audio and fill in the blanks.



Track 11

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

(2) _____ and happy.

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

(4) _____. Breathing slows and the brain (5) _____ less to

(6) _____. It becomes difficult to wake up.

The second stage is REM (Rapid Eye Movement) sleep. In this stage, body

(7) _____ rises and the heart (8) _____ speeds up. The brain

becomes (9) _____ and we (10) _____ 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) _____. Our bodies grow (12) _____ and (13) _____

muscles. The (14) _____ system is also strengthened.

Without enough sleep, we can get sick and feel sad. It can also cause

(15) _____ gain and other health problems. Thinking can become difficult.

Try to sleep for eight hours every night.

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Unit 6. Control Your Dreams



Listen to the audio and fill in the blanks.



Track 13

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

Users put it on when they go to sleep. They wear it the (5) _____ night. The headband waits for the user to enter REM sleep. It senses body (6) _____, body temperature, and brain (7) _____. This is when people usually have dreams. When REM sleep starts, the band goes into action. It sends out (8) _____. It plays low-volume sounds as (9) _____. 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) _____. They can go on an (11) _____ (12) _____.

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

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Unit 7. Sleeping Habits



Listen to the audio and fill in the blanks.



Track 15

A (1) _____ of sleep can make (2) _____ hard.

Kids who cannot concentrate well in school are more (3) _____ to get (4) _____ (5) _____. On the other hand, getting (6) _____ sleep (7) _____ kids to concentrate better. They can think (8) _____ for longer (9) _____ of time. That (10) _____ 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) _____ can fix this problem. Exercising (12) _____ is helpful. People need more sleep after exercising. Relaxing before (13) _____ 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) _____. Kids who follow these habits are likely to improve their (15) _____ in school.

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Unit 8. Testing Dreams



Listen to the audio and fill in the blanks.



Track 17

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

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

Next, the scientists had (11) _____ group of people sleep in the same room.
However, this time the room smelled like (12) _____ eggs. The smell in the
room was (13) _____. 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) _____ bad dreams. You
just need to make (15) _____ your room has a good smell.

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Unit 9. First in Flight: The Wright Brothers



Listen to the audio and fill in the blanks.



Track 19

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

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

The brothers (12) _____ two days (13) _____ 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) _____ three more times that day. The last flight was almost 260 meters long and (15) _____ one minute. The Wright brothers were first in flight.

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Unit 10. Amelia Earhart



Listen to the audio and fill in the blanks.



Track 21

Amelia Earhart was an American (1) _____ for women and in (2) _____. In 1928, she flew over the Atlantic (3) _____ with a man. In 1932, she did it (4) _____. 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) _____ again. She wanted to be the first (6) _____ pilot to fly around the world. She started this (7) _____ with her (8) _____, Fred Noonan. They almost (9) _____ the trip. Sadly (10) _____, they (11) _____ (12) _____ home.

There was a problem with her airplane. They tried to land on a small island, but the (13) _____ 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) _____ in the Pacific Ocean. People (15) _____ for them, but they were never found. Her life story is still an important one now.

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Unit 11. Flying Around the World



Listen to the audio and fill in the blanks.



Track 23

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

On (8) _____ 6th, 1924, eight U.S. Army pilots took off in four airplanes
from the city of Seattle, Washington. Their (9) _____ was to fly around the
world. The airplanes were named (10) _____ American cities: Seattle,
Chicago, Boston, and New Orleans. After 175 days, only two of the four
(11) _____ planes finished the voyage. The Seattle crashed and was
(12) _____. The Boston had (13) _____ 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) _____ for one minute.
In twenty short years, they flew over 44,342 kilometers around the
(15) _____, for 175 days.

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Unit 12. Solar Flight History



Listen to the audio and fill in the blanks.



Track 25

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

The two pilots (8) _____ 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) _____ energy. On March 9th, 2015, they took off in their special aircraft from Abu Dhabi in the U.A.E.

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

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Unit 13. Smart Sportswear



Listen to the audio and fill in the blanks.



Track 27

(1) _____ (2) _____ work hard. They want to be the best at their sport. They (3) _____, eat healthy food, and (4) _____ a lot. But (5) _____ isn't everything. Athletes need to be smart, too.

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

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

(15) _____, 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.

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Unit 14. Water Safety



Listen to the audio and fill in the blanks.



Track 29

People like to play in pools, rivers, lakes, and (1) _____. It is a lot of fun.

But there is also a (2) _____. In (3) _____ to stay safe, try to follow a few (4) _____ (5) _____ tips.

First, do not go very far away by yourself. If you get into trouble, having someone

(6) _____ can help. Second, do not run nearby the water. You could

(7) _____ and fall down. You could get hurt or fall into (8) _____

water. If you fall into deep water, it could be (9) _____. If you don't know

how to swim well, you might (10) _____ and (11) _____. Panicking

makes a person (12) _____ in water. Third, learn how to

(13) _____ on your back. This is a good way to (14) _____ if you

get into deep water.

Even if you feel unsafe, you should stay (15) _____. Wait for someone to

help you and don't panic. Following these simple tips will help you stay safe and

have fun around water.

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Unit 15. Dodgeball



Listen to the audio and fill in the blanks.



Track 31

Dodgeball is a famous, fast, and fun game that is easy to learn and play. The

(1) _____ of the game is (2) _____. You try to (3) _____

other players by (4) _____ them with a ball. They must dodge the ball to

(5) _____ being hit. That is why it is called “dodgeball.” The

(6) _____ is the person or team that hasn’t been hit by the

(7) _____ of the game.

To play a game, you need (8) _____ or more players. You can play on any

sort of (9) _____ or (10) _____, as long as there is

(11) _____ room. It is played with two or more large, soft rubber balls.

Dodgeball is (12) _____ because there are different ways to play it. When

there is an (13) _____ number of players, you can play in teams. When

there is an (14) _____ number of players, you can play “every person for

themselves.” It’s easy to understand why so many people around the

(15) _____ love this game.

Class

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Unit 16. Golden Time that Saves Lives



Listen to the audio and fill in the blanks.



Track 33

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

First, call for an (5) _____. Second, do (6) _____ (7) _____. 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) _____ the (9) _____ of your body down on their chest and (10) _____. Do not (11) _____ about hurting them. You need to (12) _____ this very quickly, about 100 –120 times per minute. Think of a fast song and push in time to the beat. (13) _____ to do this until help (14) _____.

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) _____ teacher.