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## 6 Foods That Naturally Curb Your Appetite: Expert-Backed

### Description

Last week, a group of local volunteers came together to clean up Green Park, a popular spot in our town. The event attracted around 50 people, including families, students, and some elderly residents. Everyone worked hard for about four hours to make sure the park looked its best again.

The volunteers picked up trash, collected fallen leaves, and even planted new flowers. They also painted some benches and fixed a few broken playground toys. By the end of the day, the park looked fresh and tidy. One of the organizers, Lisa Tran, said she was very happy with the turnout and how much everyone accomplished together.

Lisa explained that the idea for the cleanup came when she noticed the park was not looking as nice as it used to. The busy summer months left a lot of litter, and some parts needed repairs. She decided to take action and invite others to help. Using social media and posters around town, she got people interested in volunteering.

During a short break, volunteers enjoyed snacks and drinks provided by local businesses. It was also a great time for people to chat, make new friends, and talk about how they could keep the park clean in the future. Many agreed they should meet at least twice a year for similar events.

The local government was pleased with the outcome and promised to support future initiatives. They also praised the volunteers for their community spirit and dedication to keeping the park beautiful for everyone to enjoy.

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### Vocabulary List:

1. **Volunteers** /ˌvɒl.ən'tiəz/ (noun): Individuals who offer their time and services for free to help others.
2. **Cleanup** /'kli:nʌp/ (noun): An activity where people come together to clean an area.
3. **Accomplished** /ə'kʌmpɹɪʃt/ (adjective): Successful in doing something; having achieved goals.
4. **Residents** /'rezɪdənts/ (noun): People who live in a certain place.
5. **Dedication** /,dedɪ'keɪʃən/ (noun): The quality of being committed to a task or purpose.
6. **Initiatives** /ɪ'nɪʃətɪvz/ (noun): Plans or programs intended to improve a situation.

### Comprehension Questions



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## Multiple Choice

1. How many people participated in the cleanup event at Green Park?  
Option: 30  
Option: 50  
Option: 70  
Option: 100
  
2. What activities did the volunteers engage in during the cleanup?  
Option: Singing  
Option: Building sandcastles  
Option: Picking up trash, planting flowers, and painting benches  
Option: Watching movies
  
3. How long did the volunteers work to clean up Green Park?  
Option: 2 hours  
Option: 4 hours  
Option: 6 hours  
Option: 8 hours
  
4. What motivated Lisa Tran to organize the cleanup event at Green Park?  
Option: To cause trouble  
Option: To admire the litter  
Option: To make the park look better and involve the community  
Option: To have a day off
  
5. How did Lisa Tran spread the word about the cleanup event?  
Option: By sending smoke signals  
Option: By using social media and posters  
Option: By sending carrier pigeons  
Option: By yelling loudly in the park
  
6. What was one of the outcomes of the cleanup event at Green Park?  
Option: The park got messier  
Option: Volunteers were unhappy with the results  
Option: The park looked fresh and tidy  
Option: Volunteers argued with each other



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### True-False

7. The cleanup event at Green Park attracted only young volunteers.
8. The local government was displeased with the outcome of the cleanup.
9. Lisa Tran organized the cleanup event because she wanted to make the park look better.
10. The volunteers only focused on picking up trash during the event.
11. Volunteers enjoyed snacks and drinks provided by aliens during the break.
12. The volunteers agreed they should never meet again for similar events.

### Gap-Fill

13. Lisa Tran was very happy with the \_\_\_\_\_ of people who participated in the cleanup event.
14. The volunteers also \_\_\_\_\_ some benches during the cleanup.
15. The cleanup event aimed to make Green Park look \_\_\_\_\_ and tidy.
16. Many agreed they should meet at least \_\_\_\_\_ a year for similar events.
17. The local government promised to support future \_\_\_\_\_.
18. Lisa Tran used social media and posters to get people interested in \_\_\_\_\_.

### Answer

- Multiple Choice:** 1. 50 2. Picking up trash, planting flowers, and painting benches 3. 4 hours 4. To make the park look better and involve the community 5. By using social media and posters 6. The park looked fresh and tidy
- True-False:** 7. False 8. False 9. True 10. False 11. False 12. False
- Gap-Fill:** 13. turnout 14. painted 15. fresh 16. twice 17. initiatives 18. volunteering



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## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Who typically helps with community events and projects without being paid?  
Option: Residents  
Option: Specialties  
Option: Vulnerable  
Option: Festival
2. What environmental issue causes a prolonged period of dry weather?  
Option: Outages  
Option: Backup  
Option: Conflict  
Option: Drought
3. Which term describes practices that are environmentally friendly and can be maintained over time?  
Option: Improved  
Option: Vibrant  
Option: Sustainable  
Option: Services
4. What type of device is responsible for executing computer programs?  
Option: Temporary  
Option: Dedication  
Option: Processor  
Option: Options
5. What term refers to new plans or strategies undertaken to solve a problem?  
Option: Improve  
Option: Efficiently  
Option: Initiatives  
Option: Accomplished
6. What encompasses the surroundings in which plants animals and humans live?  
Option: Options  
Option: Community  
Option: Conflict  
Option: Environment
7. What occurs when supplies of goods or resources are insufficient?



- Option: Outages
- Option: Improved
- Option: Conflict
- Option: Shortages

8. What term is used to describe the interruption of services like electricity or water?

- Option: Sustainable
- Option: Outages
- Option: Vibrant
- Option: Function

9. Who is a group of people living in the same place or having a particular characteristic in common?

- Option: Options
- Option: Vulnerable
- Option: Community
- Option: Festival

10. What are actions intended to help others such as providing information or assistance?

- Option: Processor
- Option: Services
- Option: Restore
- Option: Options

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. After the event volunteers helped with the \_\_\_\_\_ to ensure the area was spotless.
12. Despite the \_\_\_\_\_ shortages the community came together to support each other.
13. Temporary \_\_\_\_\_ were set up to assist those affected by the natural disaster.
14. The new software update aims to improve the \_\_\_\_\_ of the existing programs.
15. Efforts to \_\_\_\_\_ the damaged ecosystem are ongoing to protect wildlife.
16. Through dedication and hard work the team \_\_\_\_\_ their productivity by 20%.
17. During times of conflict civilians are often the most \_\_\_\_\_ to harm.



18. By utilizing the latest technology the organization was able to operate more \_\_\_\_\_ than before.
19. The annual festival is a long-standing \_\_\_\_\_ that brings the community together.
20. Residents were presented with various \_\_\_\_\_ to address the ongoing issues in the neighborhood.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The _____ of the small town were known for their generosity and close-knit community.
22. The ongoing _____ between the two groups led to disruptions in the region.
23. Every summer the town hosts a vibrant _____ to celebrate its cultural heritage.
24. The restaurant is known for its delicious seafood and unique culinary _____ .
25. The team's _____ to the project ensured its successful completion ahead of schedule.
26. During the storm it is crucial to have such _____ as food water and flashlights.
27. The city's art scene is incredibly _____ with galleries and street art installations.
28. The team _____ their goal of planting 1000 trees in the community park.
29. Efforts to _____ the historic building after the fire were met with local support.
30. The hikers were _____ as they navigated the rocky terrain to avoid injuries.

**Answer**

**Multiple Choice:** 1. Volunteers 2. Drought 3. Sustainable 4. Processor 5. Initiatives 6. Environment 7. Shortages 8. Outages 9. Community 10. Services

**Gap-Fill:** 11. Cleanup 12. Anticipated 13. Services 14. Function 15. Restore 16. Improved 17. Vulnerable 18. Efficiently 19. Tradition 20. Options

**Matching sentence:** 1. Residents 2. Conflict 3. Festival 4. Specialties 5. Dedication 6. Essentials 7. Vibrant 8. Accomplished 9. Restore 10. Cautious



**CATEGORY**

1. Health - LEVEL3

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