



Eat Healthier for Symptom Relief

Description

The annual music festival in town has been postponed due to bad weather. The event was scheduled to take place this weekend but has been rescheduled for next month.

Organizers of the festival made the difficult decision after reviewing weather forecasts predicting heavy rain and thunderstorms during the planned dates. They expressed their disappointment but stressed that safety is their top priority for both attendees and performers.

The festival, which attracts music lovers from all over the country, features a variety of artists and activities, including live performances, food vendors, and art installations. Attendees were eagerly anticipating the event, which had been sold out for weeks.

Several ticket holders expressed their understanding of the situation and appreciated the organizers' quick response in putting safety first. They are looking forward to the rescheduled date and are grateful for the clear communication from the organizers.

Despite the disappointment of the postponement, many are now eagerly anticipating the new date and are already planning for an exciting weekend of music and fun next month.

Keep an eye out for updates on the festival's website and social media channels for the new dates and any further announcements.

Vocabulary List:

1. **Postponed** /pəʊst'pəʊnd/ (verb): To delay an event to a later time or date.
2. **Forecasts** /'fɔː.kɑːsts/ (noun): Predictions about future events especially regarding the weather.
3. **Disappointment** /,dɪs.ə'pɔɪnt.mənt/ (noun): The feeling of sadness because something did not happen as expected.
4. **Eagerly** /'iː.gər.li/ (adverb): With a great deal of enthusiasm or excitement.
5. **Anticipating** /æ'n'tɪs.i.ˌpeɪ.tɪŋ/ (verb): To expect or look forward to something.
6. **Rescheduled** /,ri:'ʃɛd.juːld/ (verb): To arrange for an event to take place at a different time.

Comprehension Questions



Multiple Choice

1. What was the reason for postponing the annual music festival?
 - Option: Bad weather conditions
 - Option: Venue unavailability
 - Option: Low ticket sales
 - Option: Technical issues
2. What activities are typically featured at the music festival?
 - Option: Live performances, food vendors, and art installations
 - Option: Sports competitions and craft workshops
 - Option: Film screenings and dance workshops
 - Option: Fashion shows and cooking demonstrations
3. What was the main concern of the festival organizers when making the decision to postpone the event?
 - Option: Ensuring profitability
 - Option: Prioritizing the safety of attendees and performers
 - Option: Avoiding inconvenience to ticket holders
 - Option: Rescheduling for a more convenient date
4. Why were several ticket holders understanding of the postponement?
 - Option: They received a full refund
 - Option: They appreciated the organizers' prioritization of safety
 - Option: They were offered free tickets to next year's festival
 - Option: They were not interested in attending anymore
5. What is the main message expressed by the ticket holders towards the festival organizers?
 - Option: Disappointment with the decision
 - Option: Appreciation for clear communication and prioritizing safety
 - Option: Anger over the rescheduled date
 - Option: Demand for compensation
6. What should attendees do to stay informed about updates regarding the festival?
 - Option: Check the local news
 - Option: Follow the organizers on social media and the festival's website
 - Option: Wait for a personal notification
 - Option: Contact the ticketing agency directly



Answer

Multiple Choice: 1. Bad weather conditions 2. Live performances, food vendors, and art installations
3. Prioritizing the safety of attendees and performers 4. They appreciated the organizers' prioritization of safety 5. Appreciation for clear communication and prioritizing safety 6. Follow the organizers on social media and the festival's website

Vocabulary quizzes

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

1. What was highlighted at the food festival?

- Option: Attendees
- Option: Performances
- Option: Cuisines
- Option: Delighted

2. Which emotion did the guests feel after the event?

- Option: Satisfaction
- Option: Disappointment
- Option: Delighted
- Option: Anxiety

3. What helps in predicting future outcomes?

- Option: Forecasts
- Option: Boost
- Option: Nutrients
- Option: Variety

4. Which mindset can help reduce anxiety?

- Option: Negative
- Option: Positive
- Option: Calm
- Option: Engaged

5. What is necessary for overall well-being?



- Option: Illnesses
- Option: Benefit
- Option: Essential
- Option: Reduce

6. What feeling is derived from incorporating consistency into life?

- Option: Reduce
- Option: Boost
- Option: Satisfaction
- Option: Variety

7. What brings excitement by reducing monotony?

- Option: Eagerly
- Option: Anticipating
- Option: Rescheduled
- Option: Variety

8. What effect did the engaging performances have on the audience?

- Option: Postponed
- Option: Boosted
- Option: Disappointment
- Option: Satisfaction

9. What can be prevented by incorporating a balanced diet rich in nutrients?

- Option: Well-being
- Option: Variety
- Option: Illnesses
- Option: Benefit

10. What were the attendees eagerly doing before the event?

- Option: Reduce
- Option: Anxiety
- Option: Anticipating
- Option: Positive

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

11. The event was _____ due to unforeseen circumstances.

12. Meditation can help _____ levels in individuals.



13. The audience was actively _____ during the interactive session.
14. Regular exercise can help _____ the risk of certain health conditions.
15. A morning walk can _____ your mood and energy levels.
16. Practicing mindfulness can bring about a sense of _____ and clarity.
17. Getting adequate sleep can help _____ stress.
18. Achieving personal goals can lead to a sense of _____ .
19. Regular physical activity is crucial for overall _____ .
20. _____ healthy habits into your daily routine can improve your quality of life.

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

21. The musicians delivered outstanding at the concert.
22. The speaker summarized the key of the conference in the closing remarks.
23. The participants waited for the results of the competition.
24. Due to weather conditions the outdoor event was for the following weekend.
25. Fresh fruits and vegetables provide essential for the body.
26. Regular exercise has numerous health for individuals.
27. Achieving success requires dedication and in your efforts.
28. The team felt a sense of after losing the championship game.
29. The guests were excited and the release of the new product.
30. The culinary event showcased a diverse range of international .

Answer

Multiple Choice: 1. Cuisines 2. Delighted 3. Forecasts 4. Positive 5. Essential 6. Satisfaction 7. Variety
8. Boosted



9. Illnesses 10. Anticipating

Gap-Fill: 11. Postponed 12. Reduce 13. Engaged 14. Reduce 15. Boost 16. Calm 17. Reduce 18. Satisfaction
19. Well-being 20. Incorporating

Matching sentence: 1. Performances 2. Highlights 3. Eagerly 4. Rescheduled 5. Nutrients 6. Benefit
7. Consistency 8. Disappointment 9. Anticipating 10. Cuisines

CATEGORY

1. Health - LEVEL3

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