



Glyphosate: Hidden Dangers in Poisoned Fields

Description

A new study suggests that spending time in nature may improve mental health. Researchers found that people who spent at least 120 minutes a week in nature reported higher levels of well-being and satisfaction.

The study involved over 20,000 people in the United Kingdom. Participants were asked to record their activities and how often they spent time in natural environments.

People who spent at least 120 minutes in nature each week were more likely to feel healthy and have a positive outlook on life. This time could be spent in parks, forests, or other green spaces.

Researchers also noted that the benefits of spending time in nature were consistent across different ages, genders, and income levels. Even people with busy schedules can benefit from incorporating nature into their routines.

The study did not specify why time in nature has such positive effects on mental health, but the researchers suggest that being outdoors helps reduce stress and improve mood.

In conclusion, spending time in nature is a simple and cost-effective way to boost mental well-being. Whether it's going for a walk in the park or hiking in the mountains, incorporating nature into our lives can have lasting benefits on our mental health.

Vocabulary List:

1. **Well-being** /,wel'bi:ɪŋ/ (noun): A state of being comfortable healthy or happy.
2. **Satisfaction** /,sætɪs'fækʃən/ (noun): The feeling of pleasure or contentment from fulfilling a desire or need.
3. **Incorporating** /ɪn'kɔ:rpə,reitɪŋ/ (verb): Including or integrating a part into a whole.
4. **Consistency** /kən'sɪstənsi/ (noun): The quality of always behaving or performing in a similar way.
5. **Reduce** /rɪ'du:s/ (verb): To make something smaller or less in amount degree or size.
6. **Boost** /bu:st/ (verb): To increase or improve something.

Comprehension Questions



Multiple Choice

1. What is one of the main findings of the study mentioned?
 - Option: Spending time in nature may improve mental health
 - Option: Spending time in nature has no impact on mental well-being
 - Option: Spending time indoors is better for mental health
 - Option: Nature has negative effects on mental well-being
2. How many people were involved in the study conducted in the United Kingdom?
 - Option: 10,000 people
 - Option: 20,000 people
 - Option: 30,000 people
 - Option: 40,000 people
3. Where could people spend their 120 minutes in nature each week according to the study?
 - Option: Malls
 - Option: Beaches
 - Option: Parks, forests, or other green spaces
 - Option: Office buildings
4. According to the researchers, who can benefit from spending time in nature?
 - Option: Only young people
 - Option: Only men
 - Option: People with busy schedules
 - Option: Only wealthy individuals
5. Why do researchers believe being outdoors is beneficial for mental health?
 - Option: It leads to sunburn
 - Option: It increases stress levels
 - Option: It reduces stress and improves mood
 - Option: It has no impact on mental health
6. What is the conclusion of the study in relation to spending time in nature?
 - Option: It is expensive to spend time in nature
 - Option: It has no impact on mental well-being
 - Option: It is a simple and cost-effective way to boost mental well-being
 - Option: It only benefits certain age groups



Answer

Multiple Choice: 1. Spending time in nature may improve mental health 2. 20,000 people 3. Parks, forests, or other green spaces 4. People with busy schedules 5. It reduces stress and improves mood 6. It is a simple and cost-effective way to boost mental well-being

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



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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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