



Nighttime Sleep Troubles Linked to Higher Dementia Risk: Study

Description

Lunar New Year, also known as Chinese New Year, is celebrated by millions of people around the world. This year, the festival falls on February 1st, marking the beginning of the Year of the Tiger in the Chinese zodiac.

During this time, families come together to enjoy traditional foods, exchange red envelopes filled with money for good luck, and watch colorful parades with dragon and lion dances. The festival lasts for 15 days and ends with the Lantern Festival, where people hang lanterns to guide wayward spirits back to the afterlife.

In China, millions of people travel back to their hometowns to celebrate with their families. It is one of the biggest annual migrations in the world, known as the Spring Festival travel rush. The celebrations are not limited to China, as communities around the world also partake in the festivities.

2022 is also the Year of the Tiger, which symbolizes strength, courage, and passion. People born in the Year of the Tiger are said to be brave, competitive, and confident. It is believed that wearing red clothing and decorations can bring good luck and ward off evil spirits during the new year.

Whether you are participating in Lunar New Year celebrations or learning about them, it is a time to embrace tradition, spend time with loved ones, and look forward to the year ahead.

Vocabulary List:

1. **Festival** /'fɛstəvəl/ (noun): A celebration or series of events held to mark a particular occasion.
2. **Tradition** /trə'dɪʃən/ (noun): A long-established custom or belief passed down through generations.
3. **Symbolizes** /'sɪmbə,laɪzɪz/ (verb): To be a symbol of; to represent or stand for something.
4. **Migration** /maɪ'greɪʃən/ (noun): The seasonal movement of animals or people from one region to another.
5. **Embrace** /ɪm'breɪs/ (verb): To accept or support willingly and enthusiastically.
6. **Celebrations** /,sɛlɪ'breɪʃənz/ (noun): The act of marking a special event with festivities.

Comprehension Questions

Multiple Choice



1. When is the Lunar New Year celebrated this year?

- Option: January 1st
- Option: February 1st
- Option: March 1st
- Option: April 1st

2. How long does the Lunar New Year festival last?

- Option: 7 days
- Option: 10 days
- Option: 15 days
- Option: 20 days

3. What do families exchange during the Lunar New Year for good luck?

- Option: Gifts
- Option: Red envelopes with money
- Option: Food
- Option: Clothing

4. Which animal represents the upcoming lunar year according to the Chinese zodiac?

- Option: Dragon
- Option: Lion
- Option: Tiger
- Option: Rabbit

5. What do people hang during the Lantern Festival?

- Option: Flags
- Option: Lanterns
- Option: Balloons
- Option: Firecrackers

6. What is the traditional color associated with bringing good luck during the Lunar New Year?

- Option: Blue
- Option: Green
- Option: Yellow
- Option: Red

True-False



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7. The Lunar New Year festival ends with the Dragon Dance.
 8. Wearing red clothing during the Lunar New Year is believed to ward off evil spirits.
 9. The Year of the Tiger symbolizes strength and courage.
 10. The Lunar New Year celebrations are limited to China only.
 11. The Lantern Festival marks the end of the Lunar New Year festivities.
 12. Millions of people travel back to their hometowns for the Lunar New Year, known as the Spring Festival travel rush.

Gap-Fill

13. The Lunar New Year festival marks the beginning of the Year of the _____ in the Chinese zodiac.
14. The Lunar New Year celebrations end with the _____ Festival.
15. In China, millions of people travel back to their hometowns to celebrate with their families during the Spring Festival travel rush, which is one of the biggest annual migrations in the world. This tradition is also known as the _____ Festival travel rush.
16. People born in the Year of the Tiger are believed to possess qualities such as bravery, competitiveness, and _____.
17. The color red is associated with good luck and warding off evil spirits during the Lunar New Year, as it is believed to bring _____.
18. The Lunar New Year is a time for families to come together, enjoy traditional foods, and embrace _____.



Answer

Multiple Choice: 1. February 1st 2. 15 days 3. Red envelopes with money 4. Tiger 5. Lanterns 6. Red

True-False: 7. False 8. True 9. True 10. False 11. True 12. True

Gap-Fill: 13. Tiger 14. Lantern 15. Spring 16. confidence 17. good luck 18. tradition

Vocabulary quizzes

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

1. What is the process of moving goods from one place to another?

- Option: Cargo
- Option: Supplies
- Option: Migration
- Option: Efficiently

2. What are substances that provide nourishment essential for growth and the maintenance of life?

- Option: Cholesterol
- Option: Regulate
- Option: Nutrients
- Option: Devastating

3. What is a day or period of celebration set aside for special religious or cultural observances?

- Option: Oversized
- Option: Surge
- Option: Festival
- Option: Devastating

4. Which term refers to groups of people living in the same place or having a particular characteristic in common?

- Option: Reinforces
- Option: Communities
- Option: Tremors
- Option: Implementing

5. Who is a person who seeks to promote the welfare of others typically through donations of money resources or time?

- Option: Awareness
- Option: Generous
- Option: Philanthropist



Option: Contribute

6. Which term describes a condition that persists over a long period of time?

- Option: Destructive
- Option: Infrastructure
- Option: Chronic
- Option: Alerts

7. What is the act of putting a decision plan or course of action into effect?

- Option: Extinguish
- Option: Devastating
- Option: Implementing
- Option: Awareness

8. What term means to represent or be a symbol of something?

- Option: Migration
- Option: Symbolizes
- Option: Embrace
- Option: Celebrations

9. What does it mean to control or maintain the rate or speed of a process?

- Option: Alerts
- Option: Regulate
- Option: Reinforces
- Option: Servings

10. What term is used to describe something that is larger than standard size?

- Option: Oversized
- Option: Surge
- Option: Festival
- Option: Tradition

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

11. A sudden _____ in demand for a product can lead to shortages.

12. During special occasions people come together for _____ and merriment.

13. Proper _____ is essential for the smooth running of a city.

14. Natural disasters can have a _____ impact on communities.



15. Each individual can _____ to making the world a better place.
16. Earthquakes are often preceded by small _____.
17. Firefighters work tirelessly to _____ fires and protect lives.
18. Educational campaigns aim to raise _____ about important issues.
19. She is known for her _____ donations to various charities.
20. Exercise and a healthy diet can help _____ cholesterol levels.

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

21. The movement of birds in the winter to warmer regions is an example of animal .
22. In order to complete the project on time it is essential to manage time and resources .
23. The community decided to welcome the new members warmly and make them feel at home.
24. Positive feedback from teachers often _____ students' confidence in their abilities.
25. The weather app sends out alerts about approaching storms or severe conditions.
26. It is important to control portion sizes and eat balanced for a healthy diet.
27. The shipping company specializes in handling large cargo.
28. The earthquake had a impact on the region causing extensive damage.
29. The campaign aimed to raise awareness about the importance of mental health.
30. The city hosts a grand festival for its annual cultural festival attracting visitors from around the world.

Answer

Multiple Choice: 1. Cargo 2. Nutrients 3. Festival 4. Communities 5. Philanthropist 6. Chronic 7. Implementing 8. Symbolizes 9. Regulate 10. Oversized

Gap-Fill: 11. Surge 12. Celebrations 13. Infrastructure 14. Devastating 15. Contribute 16. Tremors 17. Extinguish 18. Awareness 19. Generous 20. Regulate

Matching sentence: 1. Migration 2. Efficiently 3. Embrace 4. Reinforces 5. Alerts 6. Servings 7. Oversized 8. Devastating



9. Awareness 10. Celebrations

CATEGORY

1. Health - LEVEL3

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