



Pediatricians Innovate to Convert Vaccine Skeptic Parents

Description

A new study shows that spending time in nature can make people happier and healthier. Researchers from a university in Finland studied over 20,000 people from different countries. They wanted to see how spending time outside affects people's mood and health.

The researchers asked people how often they spend time in nature. They also asked people about their mental health and how happy they feel. The study found that people who spend at least 120 minutes a week in nature feel much better. These people were happier and had less stress compared to those who didn't spend time outside.

Spending time in nature can mean going to the park, hiking in the forest, or just walking in a garden. It is important for people to take a break from their busy lives and enjoy the outdoors. Nature offers fresh air, exercise, and a chance to relax, which are all good for both the body and mind.

The researchers also found that it doesn't matter if you spend 120 minutes in nature all at once or if you do it in several shorter visits. The important thing is to make sure you get enough time outside each week.

This study is important because it shows that simple things like a walk in the park can improve happiness and health. It encourages people to spend more time outside and enjoy the beauty of nature. So, whether it is a short walk or a long hike, spending time in nature can help everyone live a happier and healthier life.

Vocabulary List:

1. **Researchers** /rɪˈsɜːr.tʃərz/ (noun): Individuals who conduct scientific studies or investigations.
2. **Nature** /ˈneɪ.tʃər/ (noun): The natural world including plants animals and landscapes.
3. **Happier** /ˈhæpiər/ (adjective): Feeling or showing pleasure or contentment; more happy.
4. **Health** /hɛlθ/ (noun): The state of being free from illness or injury; physical and mental well-being.
5. **Outdoor** /ˈaʊt.dɔːr/ (adjective): Located happening or done outside rather than indoors.
6. **Relax** /rɪˈlæks/ (verb): To become less tense or anxious; to rest and become more comfortable.

Vocabulary quizzes

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

1. Which word describes the overall feeling or mood of a place?



- Option: Atmosphere
- Option: Support
- Option: Health
- Option: Nature

2. What is a synonym for being eager and excited?

- Option: Crafts
- Option: Enthusiastic
- Option: Modern
- Option: Album

3. Which term refers to handmade products or artistic work?

- Option: Festive
- Option: Transportation
- Option: Crafts
- Option: Environmentally

4. What is the word that describes the application of scientific knowledge for practical purposes?

- Option: Support
- Option: Technology
- Option: Complex
- Option: Interact

5. Which term relates to well-being and the absence of illness?

- Option: Nature
- Option: Happier
- Option: Health
- Option: Outdoor

6. Which word relates to activities or environments that occur outside?

- Option: Artificial
- Option: Outdoor
- Option: Access
- Option: Congestion

7. Which term describes something current or up-to-date?

- Option: Classic
- Option: Featuring
- Option: Modern
- Option: Perform

8. What is used to describe something of a high quality that remains stylish over time?

- Option: Environmentally



- Option: Album
- Option: Classic
- Option: Invest

9. Which term refers to executing a task or putting on a show?

- Option: Technology
- Option: Album
- Option: Excited
- Option: Perform

10. What describes a feeling of great enthusiasm and eagerness?

- Option: Support
- Option: Artificial
- Option: Excited
- Option: Opportunities

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

11. The meal served at the party was extremely _____ satisfying everyone present.

12. The company addresses various _____ about its products through open communication with customers.

13. Social media platforms provide opportunities for users to _____ with others worldwide.

14. Spending time outdoors in nature usually makes people feel _____ and more relaxed.

15. After a long day at work many people find it beneficial to engage in activities that help them _____.

16. Companies often choose to _____ in research and development to drive innovation.

17. Some people prefer natural ingredients over _____ additives in their food.

18. Designing public spaces to be _____ to individuals with disabilities is crucial for



inclusivity.

19. The decorations and music created a _____ atmosphere at the holiday party.

20. Many consumers today look for products that are _____ friendly and sustainable.

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

21. The community came together to offer help and to those affected by the natural disaster.
22. Studying abroad can provide valuable learning and cultural experiences.
23. The city implemented new public transportation systems to reduce on the roads.
24. The team of conducted experiments to analyze the effects of the new drug.
25. Many people find solace and peace in spending time surrounded by the beauty of .
26. Improving public systems can lead to less reliance on personal vehicles.
27. The upcoming movie is famous actors from different countries.
28. Solving the puzzle required understanding the relationship between the clues.
29. The artist released a new with a mix of original songs and covers.
30. Everyone was to see the popular band perform live at the music festival.

Answer

Multiple Choice: 1. Atmosphere 2. Enthusiastic 3. Crafts 4. Technology 5. Health 6. Outdoor 7. Modern
8. Classic 9. Perform 10. Excited

Gap-Fill: 11. Delicious 12. Concerns 13. Interact 14. Happier 15. Relax 16. Invest 17. Artificial 18. Accessible
19. Festive 20. Environmentally

Matching sentence: 1. Support 2. Opportunities 3. Congestion 4. Researchers 5. Nature 6. Transportation
7. Featuring 8. Complex 9. Album 10. Excited

CATEGORY

1. Health - LEVEL3

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