

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 /'neɪ.t[ər/ (noun): The natural world including plants animals and landscapes.
- 3. Happier /'hæpiər/ (adjective): Feeling or showing pleasure or contentment; more happy.
- 4. **Health** /hεlθ/ (noun): The state of being free from illness or injury; physical and mental well-being.
- 5. Outdoor /'avt.do:r/ (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? NEWS.CO

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 ex	veryone present.	
12. The company addresses various about its products throu	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		
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16. Companies often choose to in research and development	to drive innovation.	
17. Some people prefer natural ingredients over additives in	additives in their food.	
18. Designing public spaces to be to individuals with disabilit	ies 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

Date Created

2025/01/28



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