



Red Meat Tied to Higher Colon Cancer Risk in Young Adults

Description

There is a new trend in the world of fitness that is gaining popularity. It is called "plogging," a combination of jogging and picking up litter. The concept originated in Sweden but has spread to other countries around the world.

Plogging is simple - when you go for a run, you also pick up litter along the way. This not only helps keep the environment clean but also adds a new challenge to your workout. You can use a plastic bag or gloves to collect the trash you find.

Some benefits of plogging include improving your physical fitness, contributing to the community by cleaning up the environment, and reducing waste that can harm wildlife. It is a fun and easy way to make a positive impact on the world around you.

Ploggers have been organizing events in their communities to raise awareness about the importance of keeping our surroundings clean. These events bring people together to work towards a common goal and promote a healthier planet for everyone.

So, next time you go for a jog, consider bringing along a bag to collect any litter you see. You'll not only get a good workout but also help make the world a cleaner place for all.

Vocabulary List:

1. **Plogging** /'plɒ:.gɪŋ/ (noun): A combination of jogging and picking up litter.
2. **Environment** /ɪn'vaɪrənmənt/ (noun): The natural world including the air water and land.
3. **Challenge** /'tʃæl.ɪndʒ/ (noun): A difficult task or situation that requires effort to overcome.
4. **Contributing** /kən'trɪb.ju.tɪŋ/ (verb): Giving or adding to a common cause or goal.
5. **Waste** /weɪst/ (noun): Materials that are no longer useful and are discarded.
6. **Awareness** /ə'weər.nəs/ (noun): Knowledge or perception of a situation or fact.

Comprehension Questions

Multiple Choice



1. What is plogging?

- Option: A form of exercise involving yoga and meditation.
- Option: A combination of jogging and picking up litter.
- Option: A dance fitness program.
- Option: A team sport involving running and passing a ball.

2. Where did the concept of plogging originate?

- Option: Japan
- Option: Sweden
- Option: Australia
- Option: Brazil

3. What can you use to collect trash while plogging?

- Option: A vacuum cleaner
- Option: A plastic bag or gloves
- Option: A fishing net
- Option: A broom

4. What are some benefits of plogging?

- Option: Improving your cooking skills
- Option: Reducing stress levels
- Option: Improving physical fitness cleaning up the environment and reducing waste
- Option: Learning a new language

5. What do ploggers do to raise awareness about keeping surroundings clean?

- Option: Host dance parties
- Option: Organize cooking classes
- Option: Organize events to clean up communities
- Option: Host painting workshops

6. What is the main goal of plogging events?

- Option: To set new jogging records
- Option: To promote unhealthy habits
- Option: To work towards a common goal of cleaning up and promoting a healthier planet
- Option: To sell sports equipment

Answer

Multiple Choice: 1. A combination of jogging and picking up litter. 2. Sweden 3. A plastic bag or gloves 4. Improving physical fitness cleaning up the environment and reducing waste 5. Organize events to clean up communities 6. To work towards a common goal of cleaning up and promoting a healthier planet



Vocabulary quizzes

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

1. What is a progressive brain disorder that affects memory and cognitive function?
Option: Alzheimer's disease
Option: Parkinson's disease
Option: Multiple sclerosis
Option: Huntington's disease
2. What is the ability to understand and share the feelings of others?
Option: Sympathy
Option: Antipathy
Option: Empathy
Option: Apathy
3. What is the capacity to recover from setbacks adapt well to change and keep going in the face of adversity?
Option: Persistence
Option: Resilience
Option: Stagnation
Option: Vulnerability
4. What method is commonly used to gather data from a group of people to understand their opinions or experiences?
Option: Survey
Option: Hypothesis
Option: Experiment
Option: Observation
5. Which term refers to the measure of how efficiently a person or system is able to convert inputs into useful outputs?
Option: Efficiency
Option: Productivity
Option: Effectiveness
Option: Throughput
6. Which term refers to the surroundings or conditions in which a person animal or plant lives or operates?
Option: Ecosystem



- Option: Environment
- Option: Habitat
- Option: Biome

7. Which term relates to the circulatory system comprising the heart and blood vessels?

- Option: Pulmonary
- Option: Cardiovascular
- Option: Endocrine
- Option: Lymphatic

8. What does the term "connectivity" refer to in the context of technology and communication?

- Option: Wireless charging
- Option: Internet speed
- Option: Network strength
- Option: Data encryption

9. What is the state of being conscious of and informed about a particular fact or situation?

- Option: Ignorance
- Option: Awareness
- Option: Indifference
- Option: Neglect

10. What is something that tests one's abilities skills or determination?

- Option: Obstacle
- Option: Challenge
- Option: Barrier
- Option: Hurdle

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

11. To improve brain health it is important to constantly _____ the mind with new activities.

12. A healthy lifestyle can contribute to a longer _____.

13. In case of an emergency it is essential to have a plan in place to safely _____ the building.

14. Continuous work without breaks can lead to _____ affecting both mental and



physical health.

15. To enhance overall well-being it is important to _____ healthy habits into your daily routine.

16. Volunteering in your community can give you a sense of purpose and the satisfaction of _____ to society.

17. Taking _____ measures can help prevent accidents or injuries.

18. During challenging times communities often come together in _____ to support each other.

19. The sudden power outage _____ the meeting and caused delays.

20. Getting enough sleep is _____ for maintaining good health and cognitive function.

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

21. The study required active engagement from all the volunteers who took part in the research.
22. Plogging is a combination of jogging with picking up litter to help keep the environment clean.
23. The heavy rainfall triggered a landslide blocking the main road and causing traffic congestion.
24. Encouraging recycling and reducing waste is one way of positively to environmental conservation efforts.
25. Before the storm hit the authorities issued evacuation orders to ensure people's safety.
26. Regular exercise and a balanced diet are essential for maintaining overall .
27. Public transportation should be made more to ensure mobility for all members of society.
28. Reading books and solving puzzles can help the brain and increase mental agility.
29. Educational campaigns are crucial in raising about the importance of wildlife conservation.



30. In times of crisis communities often demonstrate by coming together to support those in need.

Answer

Multiple Choice: 1. Alzheimer's disease 2. Empathy 3. Resilience 4. Survey 5. Productivity 6. Environment 7. Cardiovascular 8. Network strength 9. Awareness 10. Challenge

Gap-Fill: 11. stimulate 12. longevity 13. evacuate 14. burnout 15. incorporate 16. contributing 17. precautionary 18. solidarity 19. disrupted 20. significant

Matching sentence: 1. Participants 2. Plogging 3. Landslide 4. Contributing 5. Precautionary 6. Well-being 7. Accessible 8. Stimulate 9. Awareness 10. Solidarity

CATEGORY

1. Health - LEVEL3

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