



Study Reveals Rapid Aging at 44 and 60

Description

This week, the mayor of Greenfield City announced a big plan to improve the local parks. The city council has agreed to spend \$2 million to make the parks more enjoyable and safe for everyone. They hope to finish these changes by next spring.

The project includes many exciting updates. First, they will add new playground equipment for children, such as swings, slides, and climbing walls. These play areas will be made of soft, safe materials to help prevent injuries.

Next, the city wants to plant more trees and flowers in the parks. This will not only make the parks look nicer but also help the environment. Trees can provide shade for people on hot days and improve air quality. Additionally, they will create new walking and biking paths for people who like to exercise or take a relaxing stroll.

The plan also focuses on safety. The city will install new lighting along the paths so people can feel safe when walking in the evening. They will also fix any broken benches or picnic tables and add more trash cans to keep the parks clean.

The mayor said these improvements are important because parks are a special place for families and friends to meet, play, and relax. He hopes that these changes will encourage more people to visit the parks and enjoy the outdoors.

Residents of Greenfield City seem happy about the plan. Some parents said they are excited for their children to have better playgrounds, while others look forward to more beautiful parks for everyone to enjoy.

Vocabulary List:

1. **Council** /'kaʊn.səl/ (noun): An assembly of persons convened for discussion deliberation or decision.
2. **Improvements** /ɪm'pru:v.mənts/ (noun): The process of making something better.
3. **Exciting** /ɪk'saɪ.tɪŋ/ (adjective): Causing great enthusiasm and eagerness.
4. **Environment** /ɪn'vaɪ.rən.mənt/ (noun): The natural world as a whole or in a particular geographical area.
5. **Safety** /'seɪf.ti/ (noun): The condition of being protected from or unlikely to cause danger.
6. **Encourage** /ɪn'kʊr.ɪdʒ/ (verb): To give support confidence or hope to someone.

Comprehension Questions



Multiple Choice

1. What is the main goal of the plan announced by the mayor?
 - Option: To improve local schools
 - Option: To make the parks more enjoyable and safe
 - Option: To build new shopping malls
 - Option: To increase parking spaces in the city

2. What type of equipment will be added for children in the parks?
 - Option: Computers
 - Option: Bicycles
 - Option: Swings, slides, and climbing walls
 - Option: Gardening tools

3. What will the city plant more of in the parks?
 - Option: Rocks
 - Option: Concrete structures
 - Option: Trees and flowers
 - Option: Fountains

4. What will be improved along the paths for safety?
 - Option: Sculptures
 - Option: Trash cans
 - Option: Aquariums
 - Option: Food stalls

5. What does the mayor hope the changes will encourage?
 - Option: Home renovations
 - Option: Visits to the city hall
 - Option: More people to visit the parks and enjoy the outdoors
 - Option: Car racing events

6. What are some residents happy about regarding the plan?
 - Option: Construction noise
 - Option: Better healthcare facilities
 - Option: Improved playgrounds for children and more beautiful parks for everyone to enjoy
 - Option: Increased traffic congestion



True-False

- 7. The mayor plans to invest \$2 million to improve the parks.
- 8. The new playground equipment will be made of hard materials.
- 9. The focus on safety includes installing new lighting along the paths.
- 10. The mayor hopes the changes will discourage people from visiting the parks.
- 11. Some parents are excited for their children to have better playgrounds.
- 12. The plan does not involve creating new walking and biking paths.

Gap-Fill

- 13. The city council has agreed to spend \$2 million to make the parks more _____
and safe for everyone.
- 14. The city wants to plant more trees and flowers in the parks to make them look _____
.
- 15. The city will install new lighting along the paths so people can feel safe when walking in the
_____.
- 16. The mayor said parks are a special place for families and friends to meet, play, and
_____.
- 17. Some parents said they are excited for their children to have _____ playgrounds.
- 18. The changes are aimed to encourage more people to visit the parks and enjoy the
_____.



Answer

Multiple Choice: 1. To make the parks more enjoyable and safe 2. Swings, slides, and climbing walls 3. Trees and flowers 4. Trash cans 5. More people to visit the parks and enjoy the outdoors 6. Improved playgrounds for children and more beautiful parks for everyone to enjoy

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

Gap-Fill: 13. enjoyable 14. nicer 15. evening 16. relax 17. better 18. outdoors

Vocabulary quizzes

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

1. Which activity helps in reducing waste and protecting the environment?

- Option: Consumption
- Option: Recycling
- Option: Dangerous
- Option: Participants

2. What type of waste poses a potential threat to public health or the environment?

- Option: Antioxidants
- Option: Hazardous
- Option: Additives
- Option: Exciting

3. Which aspect is crucial when it comes to handling hazardous materials?

- Option: Caffeine
- Option: Efficient
- Option: Safety
- Option: Moderate

4. What process involves improving the quality or value of something?

- Option: Inflammation
- Option: Enhancing
- Option: Council
- Option: Recall

5. Which substances help protect cells against the effects of free radicals?

- Option: Benefits
- Option: Antioxidants
- Option: Nutrients



Option: Waste

6. What term refers to the using up of a resource?

- Option: Recycling
- Option: Consumption
- Option: Encourage
- Option: Facility

7. Who are the individuals taking part in a research study or experiment?

- Option: Recall
- Option: Placebo
- Option: Participants
- Option: Exciting

8. What is a substance or treatment that has no therapeutic effect?

- Option: Diet
- Option: Placebo
- Option: Environment
- Option: Additives

9. What are advantages or gains that come from a specific action or decision?

- Option: Benefits
- Option: Negate
- Option: Inflammation
- Option: Efficient

10. What is the state of being free from illness or injury?

- Option: Antioxidants
- Option: Health
- Option: Diet
- Option: Council

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

11. Using an _____ process in recycling can lead to cost savings and resource conservation.

12. The local council aims to _____ residents to adopt sustainable practices.

13. Consuming caffeine in _____ amounts is generally considered safe for most adults.



14. The _____ has proposed new initiatives to improve waste management in the city.
15. The company issued a product _____ due to potential contamination.
16. Antioxidants are known to reduce _____ in the body thus promoting overall health.
17. A balanced diet provides essential _____ required for proper body function.
18. Following a healthy _____ can significantly impact one's well-being.
19. Reducing household _____ can contribute to a cleaner environment.
20. Some food products contain artificial _____ to enhance flavor or appearance.

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

21. The new technology innovations presented at the conference were truly groundbreaking.
22. Preserving the natural is essential for the well-being of future generations.
23. The renovations made to the old building resulted in a more functional workspace.
24. The team of conducted experiments to analyze the effects of the new drug.
25. Fruits like blueberries and strawberries are rich in natural .
26. Many people rely on the stimulating effects of to kickstart their day.
27. Regular exercise can help to the negative impacts of a sedentary lifestyle.
28. Engaging in mindfulness practices has numerous mental and emotional .
29. The study requires willing to volunteer for the clinical trials.
30. Regular physical activity is crucial for maintaining good and preventing diseases.

Answer

Multiple Choice: 1. Recycling 2. Hazardous 3. Safety 4. Enhancing 5. Antioxidants 6. Consumption
7. Participants 8. Placebo 9. Benefits 10. Health

Gap-Fill: 11. Efficient 12. Encourage 13. Moderate 14. Council 15. Recall 16. Inflammation 17. Nutrients 18. Diet



19. Waste 20. Additives

Matching sentence: 1. Exciting 2. Environment 3. Improvements 4. Researchers 5. Antioxidants 6. Caffeine
7. Negate 8. Benefits 9. Participants 10. Health

CATEGORY

1. Health - LEVEL3

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