



The Science Behind Contagious Yawning

Description

Yawning is a behavior seen in many animals, including humans. We often yawn when we see others yawn, which could be a way of communicating without words. This contagious yawning may help groups work together and stay alert at the same time. Mirror neurons in our brain activate when we see someone yawn, making us feel empathy and connect socially.

Some ideas suggest yawning could help regulate our body's rhythm. While we are not sure why exactly we yawn, it might have to do with our internal body clock. People with autism or schizophrenia may not yawn when others do, showing how empathy plays a role in contagious yawning. So, if you yawn when a colleague does, it might be because of the shared experience, like eating lunch together. Yawning can be a special way of understanding others and communicating silently.

Vocabulary List:

1. **Contagious** /kən'teɪ.dʒəs/ (adjective): Able to be passed from one individual to another especially in reference to emotions or behaviors.
2. **Empathy** /'ɛm.pə.θi/ (noun): The ability to understand and share the feelings of another.
3. **Regulate** /'rɛg.jʊ.leɪt/ (verb): To control or maintain the rate or speed of a machine or process.
4. **Rhythm** /'rɪð.əm/ (noun): A strong regular repeated pattern of movement or sound.
5. **Behavior** /bɪ'heɪ.vjər/ (noun): The way in which one acts or conducts oneself especially towards others.
6. **Activate** /'æk.tɪ.veɪt/ (verb): To make something start working or to cause it to operate.

Comprehension Questions

Multiple Choice

1. What behavior is seen in many animals, including humans?

- Option: Running
- Option: Yawning
- Option: Jumping
- Option: Eating



2. What might contagious yawning help groups do?

- Option: Get tired
- Option: Fall asleep
- Option: Work together and stay alert
- Option: Get hungry

3. What activates in our brain when we see someone yawn?

- Option: Motor neurons
- Option: Sensory neurons
- Option: Mirror neurons
- Option: Cortical neurons

4. What role does empathy play in contagious yawning?

- Option: A minor role
- Option: No role
- Option: A significant role
- Option: An uncertain role

5. Why might people with autism or schizophrenia not yawn when others do?

- Option: Lack of sleep
- Option: Lack of empathy
- Option: Different body clock
- Option: Overactivation of mirror neurons

6. What might yawning help regulate?

- Option: Body temperature
- Option: Metabolism
- Option: Body rhythm
- Option: Heart rate

Answer

Multiple Choice: 1. Yawning 2. Work together and stay alert 3. Mirror neurons 4. A significant role 5. Lack of empathy 6. Body rhythm

Vocabulary quizzes



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

1. Which of the following activities is essential for maintaining physical fitness and overall health?
Option: Watching TV
Option: Eating fast food
Option: Regular exercise
Option: Sleeping all day
2. What do we call the substances found in food that are essential for growth energy production and overall health?
Option: Harmful elements
Option: Empty calories
Option: Nutrients
Option: Toxins
3. A health condition lasting for a long period or constantly recurring is known as:
Option: Acute
Option: Chronic
Option: Temporary
Option: Sporadic
4. Inflammation often leads to which common visible symptom?
Option: Fever
Option: Swelling
Option: Fatigue
Option: Hunger
5. What term describes the process of controlling or maintaining a specific condition within a certain range?
Option: Accelerate
Option: Regulate
Option: Disrupt
Option: Ignore
6. Which substance derived from food provides the power to perform physical or mental activities?
Option: Oxygen
Option: Fiber
Option: Protein
Option: Energy
7. The initiation or starting of a process or function is known as:
Option: Deactivation
Option: Inactive state



Option: Activation

Option: Reactivity

8. Which method is commonly used to collect data by asking questions to a group of people for statistical analysis?

Option: Laboratory tests

Option: Surveys

Option: Guesswork

Option: Intuition

9. The way in which a person or animal acts or conducts oneself especially in response to a particular situation is referred to as:

Option: Attitude

Option: Behavior

Option: Appearance

Option: Reaction

10. Substances formed by the union of two or more elements are called:

Option: Elements

Option: Compounds

Option: Mixtures

Option: Solutions

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

11. _____ are a unit of energy used to indicate the amount of energy that foods will produce in the human body.

12. _____ are conducted to gather information and insights from a target audience to make informed decisions.

13. Showing _____ towards others involves understanding sharing and being sensitive to their emotions and experiences.

14. Plants contain various _____ compounds that have healing properties and are used in traditional medicine.

15. Regular exercise helps keep the body _____ and improves overall health and well-



being.

16. Understanding the factors that influence human _____ allows for better prediction and management of actions.

17. Eating a balanced diet ensures that the body has enough _____ to perform daily activities.

18. Consuming foods rich in _____ can aid digestion and help prevent constipation.

19. Feeling _____ can be a sign of physical or mental exhaustion and may indicate the need for rest.

20. _____ play a crucial role in building and repairing tissues supporting immune function and as a source of energy.

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

21. Plants release during photosynthesis which is essential for the survival of most living organisms.
22. is a form of programmed cell death that is regulated differently from apoptosis.
23. The condition of being grossly overweight or having an excessive amount of body fat is referred to as .
24. Systematic is conducted to discover new knowledge validate existing theories or solve practical problems.
25. Medical treatment involving the use of chemical agents to destroy cancer cells is known as .
26. The process by which the body breaks down food into smaller components for absorption and energy production is called .
27. is the body's response to injury or infection characterized by redness swelling heat and pain.
28. functions include perception memory thinking and awareness.



29. A illness or condition is one that persists over a long period or tends to recur.

30. are substances made up of two or more elements that are chemically bonded together.

Answer

Multiple Choice: 1. Regular exercise 2. Nutrients 3. Chronic 4. Swelling 5. Regulate 6. Energy 7. Activation 8. Surveys 9. Behavior 10. Compounds

Gap-Fill: 11. Calories 12. Surveys 13. Empathy 14. Medicinal 15. Fit 16. Behaviour 17. Energy 18. Fiber 19. Tired 20. Proteins

Matching sentence: 1. Oxygen 2. Necroptosis 3. Obesity 4. Research 5. Chemotherapy 6. Digestion 7. Inflammation 8. Cognitive 9. Chronic 10. Compounds

CATEGORY

1. Health - LEVEL1

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