

Top 3 Exercises for Longevity: Boost Health & Lifespan

Description

Thirteen countries in Africa are currently facing severe food shortages. Many people in countries like Ethiopia, Sudan, and South Sudan are struggling to find enough food to eat every day. Wars, climate change, and poor local economies contribute to these food shortages.

In Ethiopia, for example, there has been ongoing conflict for several years, leading to food shortages as farming activities are disrupted. Moreover, drought has made it difficult for crops to grow, which means there is less food available for people.

Sudan is also experiencing a challenging situation. In April, a violent conflict broke out, making it hard for families to access food, water, and other basic needs. The prices of everyday items have gone up, which makes it even harder for people to buy food. Additionally, many families have had to leave their homes to find safety, leaving their farmland behind.

In South Sudan, millions of people are affected by flooding, which destroys crops and homes. The floods, combined with conflict, have led to a serious hunger crisis. Many children are especially vulnerable, and aid organizations are trying to help by providing food and other essentials.

Different organizations, like the United Nations, are working to assist these countries. They are sending food supplies and helping communities to build better farming systems. They also work with local governments to find more sustainable solutions to these ongoing problems.

Despite these efforts, more support is needed. International communities are encouraged to donate and help raise awareness so these countries can overcome their food crises and work toward a brighter future.

Vocabulary List:

- 1. **Shortages** /ˈʃɔːrtɪdʒɪz/ (noun): Situations where the supply of something is insufficient to meet demand.
- 2. Conflict /'konflikt/ (noun): A serious disagreement or argument typically a protracted one.
- 3. **Drought** /draʊt/ (noun): A prolonged period of abnormally low rainfall leading to a shortage of water.
- 4. **Vulnerable** /'vʌlnərəbəl/ (adjective): Open to physical or emotional harm; susceptible to injury or attack.
- 5. **Sustainable** /sə'steɪnəbl/ (adjective): Capable of being continued with minimal long-term effect on the environment.
- 6. Essentials /ɪˈsenʃəlz/ (noun): Basic necessary items or resources needed for survival or functioning.

Comprehension Questions



Multiple Choice

1. What are some factors contributing to the food shortages in African countries like Ethiopia, Sudan, and South Sudan?

Option: Wars

Option: Climate change

Option: Poor local economies

Option: All of the above

2. Which country mentioned in the text has ongoing conflict leading to disrupted farming activities and food shortages?

Option: Ethiopia Option: Sudan

Option: South Sudan

Option: Kenya

3. What natural disaster is affecting millions of people in South Sudan, contributing to the hunger crisis? ESL-NEWS.

Option: Drought Option: Hurricanes Option: Flooding Option: Earthquakes

4. Which international organization is mentioned in the text as working to assist the African countries facing food shortages?

Option: World Bank

Option: IMF

Option: United Nations Option: Red Cross

5. What are aid organizations doing to help in South Sudan according to the text?

Option: Providing shelter Option: Offering employment

Option: Providing food and essentials

Option: Building schools

6. What is encouraged for international communities to do in order to support the countries facing food crises?

Option: Economic sanctions



Option: Military intervention

Option: Donate and raise awareness

Option: Close borders

True-False

- 7. The food shortages in African countries are only caused by climate change.
- 8. Conflicts in Sudan do not affect families' access to basic needs like food and water.
- 9. Aid organizations are not focusing on helping vulnerable children in South Sudan.
- 10. Localized efforts are sufficient to overcome the food crises in the mentioned African countries.
- 11. The United Nations is not actively involved in providing food supplies to the affected countries.
- 12. Donating and raising awareness are unnecessary actions to support countries facing food crises. ESL-NEWS

Gap-Fill

13. Ethiopia has been facing ongoing conflict disrupting farming activities and leading to food shortages for
several years due to
14. Sudan experienced a surge in violent conflicts in, further exacerbating the
access to basic needs for families.
15. The floods in South Sudan have destroyed crops and homes, contributing to a serious hunger crisis
affecting millions of people, especially
16. International communities are encouraged to and raise awareness to support
the countries facing food crises.



17. The United Nations is actively working with local governments to find more
solutions to the ongoing problems in the affected African countries.
18. Aid organizations in South Sudan are trying to help by providing food and other
to the affected population.

Answer

Multiple Choice: 1. All of the above 2. Ethiopia 3. Flooding 4. United Nations 5. Providing food and essentials 6. Donate and raise awareness

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

Gap-Fill: 13. Wars 14. April 15. children 16. donate 17. sustainable 18. essentials

Vocabulary quizzes

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

1. Who typically helps with community events and projects without being paid?

Option: Residents Option: Specialties Option: Vulnerable Option: Festival

2. What environmental issue causes a prolonged period of dry weather?

Option: Outages Option: Backup Option: Conflict Option: Drought

3. Which term describes practices that are environmentally friendly and can be maintained over time?

Option: Improved Option: Vibrant Option: Sustainable Option: Services

4. What type of device is responsible for executing computer programs?

Option: Temporary



Option: Dedication Option: Processor **Option: Options**

5. What term refers to new plans or strategies undertaken to solve a problem?

Option: Improve Option: Efficiently Option: Initiatives Option: Accomplished

6. What encompasses the surroundings in which plants animals and humans live?

Option: Options Option: Community Option: Conflict Option: Environment

7. What occurs when supplies of goods or resources are insufficient?

Option: Outages Option: Improved Option: Conflict Option: Shortages

NEWS.COM 8. What term is used to describe the interruption of services like electricity or water?

Option: Sustainable Option: Outages Option: Vibrant Option: Function

9. Who is a group of people living in the same place or having a particular characteristic in common?

Option: Options Option: Vulnerable Option: Community Option: Festival

10. What are actions intended to help others such as providing information or assistance?

Option: Processor Option: Services Option: Restore **Option: Options**

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



11. After the event volunteers helped with the	to ensure the area was spotless.	
12. Despite the shortages the	e community came together to support each other.	
13. Temporary were set up to	o assist those affected by the natural disaster.	
14. The new software update aims to improve the	of the existing programs.	
15. Efforts to the damaged e	cosystem are ongoing to protect wildlife.	
16. Through dedication and hard work the team	their productivity by 20%.	
17. During times of conflict civilians are often the most	to harm.	
18. By utilizing the latest technology the organization v	vas able to operate more	
than before.		
than before. 19. The annual festival is a long-standing	that brings the community together.	
20. Residents were presented with various	to address the ongoing issues in the	
neighborhood.		
Matching Sentences (Match each definition to the correct word from the vocabulary list.)		
21. The of the small town were known for their gener	osity and close-knit community.	
22. The ongoing between the two groups led to disru	ptions in the region.	
23. Every summer the town hosts a vibrant to celebra	ate its cultural heritage.	
24. The restaurant is known for its delicious seafood	and unique culinary .	
25. The team's to the project ensured its successful o	completion ahead of schedule.	
26. During the storm it is crucial to have such as food	water and flashlights.	
27. The city's art scene is incredibly with galleries and street art installations.		
28. The team their goal of planting 1000 trees in the community park.		



- 29. Efforts to the historic building after the fire were met with local support.
- 30. The hikers were as they navigated the rocky terrain to avoid injuries.

Answer

Multiple Choice: 1. Volunteers 2. Drought 3. Sustainable 4. Processor 5. Initiatives 6. Environment 7.

Shortages 8. Outages 9. Community 10. Services

Gap-Fill: 11. Cleanup 12. Anticipated 13. Services 14. Function 15. Restore 16. Improved 17. Vulnerable

18. Efficiently 19. Tradition 20. Options

Matching sentence: 1. Residents 2. Conflict 3. Festival 4. Specialties 5. Dedication 6. Essentials 7. Vibrant

8. Accomplished 9. Restore 10. Cautious

CATEGORY

1. Health - LEVEL3

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