



Top Late-Night Snack to Manage High Blood Pressure

Description

A large wildflower garden opened in the center of the city last weekend. The garden is located in the new Green Park, which was created to bring more nature into the urban area. People in the community are excited about this new space because it's a place where they can relax and enjoy nature.

The garden covers an area of 10 hectares and has over 200 different types of wildflowers. These flowers attract many insects and birds, making it a lively place full of natural beauty. There are paths for walking and benches where visitors can sit and enjoy the peaceful surroundings.

The city government worked with environmental experts to create this garden. They wanted it to be not only beautiful but also good for the environment. The wildflowers help to support local wildlife, like bees and butterflies, which are important for pollination.

The opening event last Saturday was a big success. Many families and friends came to see the garden for the first time. Children enjoyed special activities, like painting and storytelling. There were also guided tours where people learned about the different types of flowers and their benefits.

Mayor Linda Gomez spoke at the event, saying, "This garden is a gift to our community. It's a place where people can connect with nature and each other." She hopes this project will encourage more green spaces in other parts of the city.

The wildflower garden is open every day from sunrise to sunset. Entrance is free for everyone, making it easy for the whole community to visit and enjoy.

Vocabulary List:

1. **Wildflower** /'waɪld,flaʊər/ (noun): A flower that grows in the wild not cultivated.
2. **Community** /kə'mjʊnɪti/ (noun): A group of people living in the same place or having a particular characteristic in common.
3. **Environment** /ɪn'vaɪrənmənt/ (noun): The surrounding conditions in which a person animal or plant lives or operates.
4. **Pollination** /,pɒlɪ'neɪʃən/ (noun): The process by which pollen is transferred from the male anther of a flower to the female stigma in order to fertilize it.
5. **Entrance** /'entrəns/ (noun): The action of entering or the means of entering a place.
6. **Surroundings** /sə'reʊndɪŋz/ (noun): The areas around a particular place or thing.



Comprehension Questions

Multiple Choice

1. Where is the wildflower garden located?
Option: Red Park
Option: Green Park
Option: Blue Park
Option: Yellow Park
2. How many hectares does the wildflower garden cover?
Option: 5 hectares
Option: 10 hectares
Option: 15 hectares
Option: 20 hectares
3. What do the wildflowers in the garden attract?
Option: Fish and reptiles
Option: Insects and birds
Option: Dogs and cats
Option: Squirrels and rabbits
4. Who worked with the city government to create the wildflower garden?
Option: Local students
Option: Environmental experts
Option: Movie stars
Option: Restaurant owners
5. What did children enjoy during the opening event?
Option: Video games
Option: Rock climbing
Option: Painting and storytelling
Option: Shopping
6. What did Mayor Linda Gomez describe the garden as?
Option: A shopping mall



- Option: A gift to the community
- Option: A construction site
- Option: A zoo

True-False

- 7. The wildflower garden is free for everyone to enter.
- 8. The wildflowers help support local wildlife.
- 9. Mayor Linda Gomez hopes the garden will lead to more industrial buildings.
- 10. There are no benches for visitors to sit in the garden.
- 11. The opening event was a failure.
- 12. There are 300 different types of wildflowers in the garden.

Gap-Fill

13. The wildflower garden covers an area of 10 hectares and has over 200 different types of wildflowers.

The garden is a place where people can _____ and enjoy nature.

14. The city government worked with environmental experts to create this garden to be not only beautiful but also good for the _____.

15. The garden was created to bring more nature into the _____ area.

16. The wildflowers in the garden help to support local _____, like bees and butterflies.

17. The opening event last Saturday was a big _____.

18. Mayor Linda Gomez spoke at the event, saying the garden is a place where people can connect with



nature and each other. She hopes this project will encourage more green spaces in other parts of the

Answer

Multiple Choice: 1. Green Park 2. 10 hectares 3. Insects and birds 4. Environmental experts 5. Painting and storytelling 6. A gift to the community

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

Gap-Fill: 13. relax 14. environment 15. urban 16. wildlife 17. success 18. city

Vocabulary quizzes

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

1. Who takes part in a competition or event?

Option: Vibrant

Option: Achievements

Option: Participants

Option: Community

2. What term is used to describe an occasion of festivity or joy?

Option: Nutrition

Option: Participants

Option: Celebration

Option: Community

3. Which word relates to the protection of the natural world?

Option: Encouraging

Option: Recycled

Option: Environmentally

Option: Empowered

4. What resources and accommodations are provided for a specific purpose?

Option: Atmosphere

Option: Facilities

Option: Community

Option: Strolls



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5. What process involves the transfer of pollen from one plant to another?
Option: Nutrient
Option: Pollination
Option: Balanced
Option: Participants
6. Which term refers to the ability to maintain at a certain rate or level?
Option: Empowered
Option: Techniques
Option: Sustainable
Option: Wildflower
7. What is the basic physical and organizational structures needed for the operation of a society?
Option: Surroundings
Option: Emissions
Option: Sustainable
Option: Infrastructure
8. What term is used to describe the right or opportunity to use or benefit from something?
Option: Incentives
Option: Promoting
Option: Access
Option: Accessible
9. What is the process of converting waste materials into reusable objects?
Option: Nutritious
Option: Recycled
Option: Inspiring
Option: Environmentally
10. Which term means giving support confidence or hope to someone?
Option: Encouraging
Option: Celebration
Option: Community
Option: Atmosphere

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

11. Taking leisurely _____ in the park can be relaxing.
12. Eating a diet rich in fruits and vegetables is important for good _____ .
13. Through education individuals can become _____ to make positive changes in



society.

14. The meadow was filled with colorful _____ attracting bees and butterflies.
15. Reducing carbon _____ is crucial for combating climate change.
16. Companies offer various _____ to encourage employees to perform better.
17. Marketing plays a key role in _____ products and services to consumers.
18. Recognizing one's _____ can boost self-confidence and motivation.
19. Building a strong sense of _____ can lead to collective progress and well-being.
20. Maintaining a clean and pleasant environment contributes to positive _____.

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

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| 21. The _____ of the stadium was filled with excitement and energy as fans cheered on their team. |
| 22. These are the individuals who compete in the marathon. |
| 23. The grand party thrown in honor of her promotion was a beautiful _____ of her hard work. |
| 24. Mastering the art of watercolor requires learning various _____ and styles of painting. |
| 25. The local _____ came together to organize a charity event for the homeless. |
| 26. Protecting the _____ is essential for the well-being of future generations. |
| 27. _____ environmental awareness can lead to greater conservation efforts. |
| 28. Making public spaces wheelchair-friendly ensures equal _____ for all individuals. |
| 29. The new sports complex offers state-of-the-art _____ for athletes to train. |
| 30. Her words of support were _____ and helped him believe in himself. |

Answer

Multiple Choice: 1. Participants 2. Celebration 3. Environmentally 4. Facilities 5. Pollination 6. Sustainable 7. Infrastructure



8. Access 9. Recycled 10. Encouraging

Gap-Fill: 11. strolls 12. nutrition 13. empowered 14. wildflowers 15. emissions 16. incentives 17. promoting
18. achievements 19. community 20. surroundings

Matching sentence: 1. Atmosphere 2. participants 3. celebration 4. techniques 5. community 6. environment
7. Promoting 8. Access 9. facilities 10. Encouraging

CATEGORY

1. Health - LEVEL3

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