



Unraveling the Mystery: Where Are All the Triplets?

Description

In the US, the number of triplet births has changed a lot over the years. It went up a lot in the 1980s. Then, between 1998 and 2023, the number of triplet and higher-order births dropped by almost 65 percent.

Quadruplet and higher-order births fell even more, by about 80 percent. This decline is a good thing because multiple births can be risky for mothers and babies.

Many factors caused this change. Better fertility treatments now help couples have babies safely. Also, people are having children at older ages.

In the past, doctors often transferred many embryos to increase the chance of pregnancy. Now, they usually transfer only one or two embryos. This helps keep mothers and babies healthier.

Experts say that fewer multiple births are a result of new recommendations and better medical practices. As of 2020, over 80 percent of embryo transfers in the US involved just one embryo.

The CDC has a report about this topic, which you can read [here](#).

Vocabulary List:

1. **Triplet** /ˈtrip.lɪt/ (noun): One of three offspring born at the same birth.
2. **Quadruplet** /kwɒdˈruː.plɪt/ (noun): One of four offspring born at the same birth.
3. **Decline** /dɪˈklaɪn/ (verb): To decrease or diminish in quantity or quality.
4. **Embryo** /ˈɛm.bri.oʊ/ (noun): An early stage of development for a fertilized egg before it becomes a fetus.
5. **Recommendations** /ˌrɛk.ə.menˈdeɪ.ʃənz/ (noun): Suggestions or proposals for the best course of action.
6. **Fertility** /fərˈtɪl.ɪ.ti/ (noun): The ability to conceive and bear children.

Comprehension Questions

Multiple Choice

1. What was the trend in the number of triplet births in the US during the 1980s?

Option: Steady increase

Option: Dramatic rise



- Option: Sharp decline
- Option: Fluctuating pattern

2. By how much did the number of triplet and higher-order births drop between 1998 and 2023?

- Option: 20%
- Option: 45%
- Option: 65%
- Option: 80%

3. What is one of the reasons cited for the decline in multiple births?

- Option: Decreased awareness
- Option: Improper medical practices
- Option: Better fertility treatments
- Option: Decreased desire for children

4. What percentage of embryo transfers in the US involved just one embryo as of 2020?

- Option: 50%
- Option: 60%
- Option: 70%
- Option: 80%

5. What is a common medical practice now regarding the number of embryos transferred?

- Option: Many embryos
- Option: Only one or two embryos
- Option: No embryos
- Option: At least five embryos

6. Why is the decline in multiple births considered positive?

- Option: It increases birth rates
- Option: It is cost-effective
- Option: It reduces risks for mothers and babies
- Option: It leads to larger families

True-False

7. Multiple births can be risky for mothers and babies.

8. Doctors used to transfer only one or two embryos in the past.



9. The decrease in multiple births is solely due to declining fertility rates.
10. In 2020, majority of embryo transfers in the US involved more than one embryo.
11. The CDC has not conducted any research or reports on the topic of multiple births.
12. People are generally having children at younger ages now compared to the past.

Gap-Fill

13. Between 1998 and 2023, the number of triplet and higher-order births dropped by almost _____ percent.
14. As of 2020, over _____ percent of embryo transfers in the US involved just one embryo.
15. Doctors now typically transfer only _____ embryos to increase pregnancy chances.
16. Better fertility treatments have helped couples have babies _____ .
17. Experts attribute the decline in multiple births to new recommendations and improved _____ .
18. While the decline in multiple births is positive, it can also be attributed to people having children at _____ ages.

Answer

Multiple Choice: 1. Dramatic rise 2. 65% 3. Better fertility treatments 4. 80% 5. Only one or two embryos 6. It reduces risks for mothers and babies

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

Gap-Fill: 13. 65 14. 80 15. one or two 16. safely 17. medical practices 18. older

Vocabulary quizzes



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

1. What term describes a decrease or reduction in something?
Option: Triplet
Option: Quadruplet
Option: Decline
Option: Embryo
2. What term refers to the ability to conceive children or young?
Option: Shadow
Option: Fertility
Option: Laser
Option: Interact
3. What term refers to the application of scientific knowledge for practical purposes?
Option: Material
Option: Discovery
Option: Technology
Option: Asteroid
4. Which word indicates making something different or altering it?
Option: Surface
Option: Change
Option: Pass
Option: Shake
5. What word is used to describe something shining or full of light?
Option: Bright
Option: Autistic
Option: Diagnosed
Option: Career
6. Which term means to keep something in a good condition or preserve it?
Option: Understand
Option: People
Option: Group
Option: Maintain
7. What unit of energy is commonly used to measure the energy content of food?
Option: Calories
Option: Metabolic
Option: Expenditure



Option: Adjust

8. Which term describes the accomplishment of an aim or purpose?

Option: Maintain

Option: Success

Option: Autistic

Option: Decline

9. What word refers to a collection of individuals who come together?

Option: Change

Option: Group

Option: Calories

Option: Shadow

10. Which term means to communicate or work together with someone or something?

Option: Bright

Option: Interact

Option: Technology

Option: Fertility

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

11. The _____ used in the construction of the building was of high quality.

12. Regular exercise can help boost your _____ rate.

13. The scientist made an important _____ that changed the field of physics.

14. When nervous some people tend to _____ their hands.

15. The child was _____ at an early age.

16. The doctor provided some helpful _____ for leading a healthier lifestyle.

17. It is important to _____ your sails to catch the wind properly while sailing.

18. I could see the train _____ by as I waited on the platform.

19. During the early stages of pregnancy the developing baby is called an _____.

20. The tree cast a long _____ across the lawn in the evening sun.



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

21. Doctors used a focused beam of light to perform eye surgery.
22. Space scientists study rocks orbiting the sun that are smaller than planets.
23. After the assessment the nutritionist provided suggestions for a balanced diet plan.
24. She gave birth to three babies at the same time.
25. The top layer of the earth is known as the crust.
26. She has been working as a lawyer for the past ten years.
27. The doctor determined the illness after a series of tests.
28. There is a diverse group of individuals living in the neighborhood.
29. The company carefully tracks its financial spending to stay within budget.
30. The object blocked the light creating a dark area behind it.

Answer

Multiple Choice: 1. Decline 2. Fertility 3. Technology 4. Change 5. Bright 6. Maintain 7. Calories 8. Success 9. Group 10. Interact

Gap-Fill: 11. Material 12. Metabolic 13. Discovery 14. Shake 15. Autistic 16. Recommendations 17. Adjust 18. Pass 19. Embryo 20. Shadow

Matching sentence: 1. Laser 2. Asteroid 3. Recommendations 4. Triplet 5. Surface 6. Career 7. Diagnosed 8. People 9. Expenditure 10. Shadow

CATEGORY

1. Health - LEVEL1

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