Unit 1 Cow Comforts

■ Listening

W: Can you believe that those scientists found that cows like listening to music? _____ they even _____ a preference?

M: _____, farmers had _____ that for years. _____ why the _____ did the _____ in the first _____. And cows weren't the _____ animals the farmers _____ music to.

W: Really? _____ animals did the _____ start with?

M: Chickens. In _____ Zealand and _____, they have _____ a method _____ uses music to _____ raise chickens.

W: Does the _____ help them _____ more eggs?

M: Well _____, I think the _____ makes the chickens _____ better. That _____, we get bigger _____ with better _____.

W: Oh! That's _____ . . . I guess. _____ don't you think _____ music just so _____ can eat fatter _____ is a bit horrible?

M: No _____! I love eating _____. And the best _____ is, this _____ is organic. No chemicals or hormones are used.

■ Integrated Practice

B: If I have a lot of work to do in a short time, the first thing I do is make a list of what I need to get done. _____ is a list _____ I will _____ follow. Next, _____ put _____ in a quiet _____—without _____, TV, or even _____! I can't _____ very well when _____ is noise. Finally, _____ just do _____ work until it is _____. I mean, _____ don't eat _____ leave the _____ until I am _____. That really _____ me to _____ quickly!

G: I work _____ when I am _____. Quite often, I _____ at home _____ I have a _____ of work to _____ in a short _____ of time. I _____ have to _____ to music; if _____ room is too _____, I can't _____. Also, I _____ being free to _____ around. If I get stuck on something, I can walk around a bit until I have a new idea.

Unit 2 Three Sisters

■ Listening

B: I want to do some research about plants that grow well together. I _____ if there is a _____ name for _____.
G: Yes, it's _____ "companion _____." My parents _____ a book _____ it when _____ planted their _____ garden a _____ of years ago.
B: _____ you remember _____ interesting from the _____?
G: Well, _____ are different _____ of companion _____ methods. For _____, you can plant _____ that help _____ other _____ or you can _____ things that _____ each other.
B: You mean _____ how squash _____ protect beans and _____?
G: It _____ be like that. _____ it could _____ a plant _____ some _____ don't like. _____ you plant _____ in your garden, _____ flowers will _____ away certain _____ of worms, _____, and aphids.
B: Yuck! I _____ marigolds smell _____.
G: Mint _____ will do the _____ thing. They'll keep _____ worms, beetles, and _____; and in _____, ants and moths.
B: Mint smells better than marigolds. I'd rather plant that.

■ Integrated Practice

M: You've heard about plants that keep some insects out of your garden. _____ there are _____ plants that do the _____. They attract more _____ to your garden. _____ would you _____ to put in _____ that bring _____ insects to your _____? Well, _____ are two _____ Or, really, _____ are two _____ of insects _____ you want to _____ to your _____—bees and _____. You want to get _____ to visit _____ garden because _____ help spread _____ from plant to _____. This will increase _____ yield of your _____ plants. By adding _____ flowers that _____ like to _____ garden, you'll get bees. _____ bees will visit _____ vegetable plants _____ with your flowers. _____ are also _____ like ladybugs _____ prefer certain kinds of _____. Ladybugs like _____ plants and cosmos. If _____ plant these in _____ vegetable garden, you'll _____ more ladybugs _____. They are good because they eat aphids, which might damage your plants.

Unit 3 Where Is Rick's Café?

■ Listening

W: What is your favorite movie? _____ is a good _____ or a good _____ from that movie? _____ you can _____ of several _____ quotes. Do you _____ any quotes _____ the movie Casablanca? You _____ do because it _____ has more famous _____ than any other _____! In a survey, _____ researchers listed the _____ most well-known _____ from movies. Six _____ from Casablanca were in _____ top 100. That _____ the most of any _____. So, what _____ of lines _____ the movie do _____ know? See if _____ recognize any of _____:

"Here's _____ at you, kid."

"_____ it, Sam. Play '_____ Time Goes By.'"

"I _____ this is _____ beginning of a _____ friendship."

"_____ up the usual _____."

"We'll _____ have Paris."

And, "Of all the gin joints in all the towns in all the world, she walks into mine."

■ Integrated Practice

M: One of my favorite movies of all time is about dinosaurs. The _____ is called Jurassic _____. It takes place on a _____ island. A rich _____ bought the whole _____ and tried to _____ it into a park or _____ with real _____ in it. It is an _____ where _____ else lives. I _____ Jurassic Park _____ it has great _____ effects and the _____ is exciting and _____.

W: If I had to _____ one movie as my _____, I would choose The _____ of Music. It's a _____, and it's a _____ story. The story is _____ in Austria around the _____ that World _____ II began. It is about a _____ and a single _____ with a _____ of children. Of _____, the story of _____ movie is interesting, _____ what I _____ love about the _____ is the music. _____ of the _____ make me laugh and _____ make me cry. I just love it.

Unit 4 The Knowledge

■ Listening

W: Wow! I didn't realize that London taxi drivers had to know so much. _____ have to be _____ to be a taxi _____.
M: Yup. The _____ tests them on _____ 25,000 streets.
W: How _____ they remember it _____? I don't _____ I would be _____ to.
M: I don't _____, but scientists _____ found that _____ for the Knowledge _____ affects the brain.
W: _____? How does it _____ the brain?
M: Well, _____ found that _____ studying for the _____ actually increase the _____ of their brains. Their _____ get bigger.
W: No way! _____ all of their _____ get bigger or _____ one part?
M: Just _____ part, the _____ associated with _____ and finding _____.
W: No wonder the _____ have improved memories! I _____ be smart like _____ if I had a _____ brain, too! I wish I had time to study for the Knowledge.

■ Integrated Practice

M: If you are interested in art and history, the best place to start your walking tour is Trafalgar Square. _____ beside the _____ is the National Gallery _____ the Portrait Gallery. _____ square is _____ St. James's _____ and is at the _____ of the _____, Cockspur _____, and Whitehall. After _____ are finished _____ these galleries, _____ can walk _____ up the Mall. _____ only is this _____ next to St James's _____, which means it is a _____ walk, but as _____ walk down the _____ you will see _____ Palace. And the _____ part is that _____ won't have to _____ a taxi to _____ it all! All you need is a good pair of walking shoes.

Unit 5 Cards, Anyone?

■ Listening

M: Forms of playing cards are used all over the world. _____, there are _____ as many _____ of playing _____ as there are _____ that use them. In _____ America, we _____ players are familiar with _____, spades, diamonds, and _____ on our _____ cards. However, _____ to Europe _____ see very _____ sets of cards. _____ of the hearts, _____, diamonds, and clovers, _____ will see hearts, _____, bells, and acorns in _____. In Switzerland, _____ will again see a _____ deck of cards. _____ hearts or leaves. This _____, they will play _____ shields, roses, bells, and _____. What about Spain? _____, the symbols are _____. This _____, they are _____ different: _____, cups, swords, _____ clubs. But no matter the symbols on the cards, where there are cards, there is entertainment!

■ Integrated Practice

B: My favorite game is Uno. _____ play Uno, _____ match _____ color or _____ of the card _____ before yours. _____ example, if _____ is a green _____ on the _____, you can _____ down a _____ card of any _____ or a five _____ of any color. _____, if you _____ have anything to _____, you have to _____ up cards _____ you get a _____ you can _____. The _____ person to _____ rid of _____ their cards wins!

G: One card _____ I like is _____. In this game, _____ want _____ people to _____ your cards. _____ there is a _____ of diamonds _____ the table, _____ you want to put _____ a lower _____, like a _____ of diamonds. _____ you don't _____ any diamonds, you can _____ down any _____. In this _____, the person _____ the highest _____ diamond _____ to take all the _____. But _____ of hearts! Each _____ card is _____ a point. You _____ other people to have to _____ all of your _____ cards. This is because the person with the lowest number of points wins.

Unit 6 Not Just Women's Work

■ Listening

M: Did you know that in some traditional jobs for men, women can earn more than men? _____ right! A woman _____ earn more _____ a man at a _____ job. The list _____ such jobs _____ surprise you. Here _____ a few of _____: bus drivers and _____ drivers, accountants, _____ repairing electrical _____, and jobs in _____ engineering fields. Why do _____ in these _____ of jobs make _____? One reason is _____ fewer women try _____ get those jobs. In _____ countries, governments want _____ to hire equal _____ of men and women. _____ that reason, _____ a woman tries to _____ such a job, _____ company may offer _____ more money to _____ her to work _____. If she goes to _____ companies, they _____ have to try to _____ each other's _____. Therefore, a woman's starting salary in some jobs can be much higher than the average man's starting salary.

■ Integrated Practice

W: Not so long ago, researchers did a survey of men and women. _____ wanted to _____ out what kinds of _____ most of them _____. The results of that survey _____ to show that _____ choose among a smaller _____ of jobs when _____ work outside the _____. For example, _____ this survey, the _____ listed 110 _____ jobs. Over _____ the men worked in _____ 20 of these jobs. On _____ other hand, over _____ the women worked in _____ 10 of these jobs! _____ causes women _____ limit their _____ of jobs? The researchers _____ sure. But there is _____ else to _____ about. Maybe _____ results of this survey _____ out this way _____ of the jobs it listed. The _____ jobs may _____ focused mostly on _____ jobs for men. _____ the original list of _____ were _____ in a different way, _____ the results _____ the survey _____ be different. I mean, there are more female teachers and librarians than there are female firefighters and pilots.

Unit 7 Get Moving to Music

■ Listening

W: There is one song that appears on more top workout song lists than any other song. It _____ the song "Gonna Fly _____," which was the _____ song from the _____ Rocky. However, this song is _____ played at only 95 _____ per minute. It is a _____ that it is such a _____ workout song.

Dr. Karageorghis _____ that it has to _____ with the emotions that the _____ brings out. When _____ hears this song, it _____ him or her feel _____ and inspired. People _____ to try harder, _____ farther, and _____ more. In fact, there is a _____ school band in _____ York that plays _____ song every year for _____ in the New _____ City Marathon. The band _____ every year at Lafayette Avenue _____ the runners to _____. As the runners go by, the band plays "Gonna Fly Now" to inspire them to push on and finish the race.

■ Integrated Practice

W1: There is something about jazz music that helps me relax. _____ I put on my _____ jazz album, I can _____ down with my _____ closed and just float _____ on the music. It _____ me forget anything _____ I might be _____ about. After half an _____ of listening to _____, I feel refreshed.

M: When I study, _____ prefer to listen to _____ music. I like it for a _____ of reasons. First, there aren't _____ words. I can study _____ being distracted. Classical _____ is also good for _____ because I believe the _____ sounds and rhythms _____ my brain and _____ me think better.

W2: I like to _____ to fast music _____ I exercise. I put all _____ my favorite _____ on my MP3 _____ so that I can _____ to them while I'm _____. I guess I have _____ 30 playlists. The songs _____ everything from classic _____ and roll tunes from the _____ to modern stuff by _____ and Green _____ It's more than enough music to keep me going for an hour of jogging.

Unit 8 Excuse Me!

■ Listening

M: Man, did you hear that guy's belch? How _____!
W: Yeah, it was. But, _____ know, it's necessary.
M: _____ on. He doesn't _____ to be so disgusting. _____ hold mine in.
W: Well, _____ is good for you. _____ you hold it in, _____ could get stomach pains!
M: _____?
W: Yeah. And anyway, maybe _____ couldn't help it.
M: _____ do you mean?
W: _____, for example, _____ he drank a lot _____ cola or another soft _____ before.
M: Yeah, that's true. Soft _____ always make me burp.
W: Also, if you eat _____ food or chew gum _____ even eat too fast, _____ can cause you to _____ more.
M: No way! _____ there also _____ you can eat that _____ decrease your burps?
W: Well, it's _____ to drink things _____ than soft drinks, like _____ juice or tea or _____. On the other hand, _____ vegetables like cabbage or _____ can cause more gas.
M: So I should avoid _____? Great!
W: No, no, just cooking them longer should be good enough.

■ Integrated Practice

M: Some foods produce more gas than others. _____, broccoli, cabbage, apples, _____ milk, for instance, are all "_____" foods. Why is _____? These foods _____ sugars which our _____ can't break down. _____ these sugars get _____ on to the intestines, _____ bacteria there go _____. They _____ on the sugars and _____ produce a lot of _____. Some foods _____ produce more smell _____ others. Foods like _____ or meat _____ for very _____ farts. These _____ contain a lot of _____, a very smelly _____. So if one of _____ friends had an _____ sandwich with milk for _____ and an _____ as a snack, don't _____ too close! You might get an unpleasant surprise.

Unit 9 Beware of the Internet

■ Listening

M: Craigslist was started in 1995 by Craig Newmark. He _____ it as a hobby _____ he moved to San _____. Since he _____ a newcomer to the _____, he didn't _____ much about _____ was going on. He _____ the idea that _____ newcomers might feel the _____. With this _____, he started the Craigslist _____. It was popular _____ instantly. And the number of _____ grew rapidly. Ads _____ put up about everything. _____ only did users put _____ classified ads about events, _____ they started to put _____ classified ads about many _____ things as well. By the _____ 2000, Newmark gave _____ his job and started _____Craigslist full-time. Amazingly, _____ is non-commercial. No company _____ to put up an _____ about their products or _____. There are no paid ads anywhere on the site.

■ Integrated Practice

W: I don't believe anything on the Internet anymore! _____ month, I _____ a big _____ to write for _____ history class. I _____ to do a lot of _____, so I used the _____. I took a _____ of my information from _____ website and _____ it in my paper. _____ when I _____ my grade, I was _____! I only got 60%! _____ teacher said that _____ of my facts were _____. That website was totally _____. Next time, I'm going to check my facts in the library, too.

M: I _____ that you can _____ what you _____ on the Internet. You just _____ to be careful about _____ websites you read. As _____ as you read websites _____ are professional, you _____ be safe. You _____, use newspaper or _____ websites, _____ just someone's _____ web page. I think _____ is also _____ for buying _____. Only buy from the _____ of companies you _____. I would never buy anything from a classified ad on the Internet.

Unit 10 A Natural Design

■ Listening

W: I know something else that was developed from an object in nature.
M: _____?
W: Velcro.
M: What kind of _____ is like Velcro?
W: The _____ didn't come from an _____. It came from a _____; actually, not a _____ but the _____ of a plant.
M: Hmm . . . I _____ can't think of _____ seeds that look like _____.
W: Have you ever _____ through tall grass and _____ little round ball things _____ to your socks?
M: Oh, _____. Burrs. Those things are _____ annoying. They don't come _____ when you wash your _____, so you have to _____ them off by _____. I hate burrs.
W: Right. _____, they stick really well. _____ where the guy who _____ Velcro came up _____ the idea. He _____ one side of Velcro to _____ like a burr and _____ other side to be _____ a sock. Now we _____ Velcro to make all _____ of things stick together.
M: _____ was a great idea. _____ the shoes I'm wearing right now have Velcro on them.

■ Integrated Practice

M: For the past ten years, researchers at two universities in the US have been working on a special robot. _____ is a tiny robot, _____ size of a fly. In _____, the robot _____ like a fly! They _____ it a micromechanical _____ insect, or _____ for short. The _____ is taking a _____ time because _____ robot is _____ small. The _____ have to make _____ the parts of _____ robot tiny _____ very light. Another _____ is that the _____ can't fly like _____ objects or _____ such as _____ or birds. Small _____ like flies _____ to move their _____ differently in _____ to travel _____ the air like they _____. The MFI has _____ move its _____ just like a _____ fly. When the _____ is finished, the _____ hope that _____ kinds of robots _____ be used in _____ where other _____ can't go. They would like MFIs to be used to find and help rescue people.

Unit 11 Smells Good!

■ Listening

W: The dodder plant is scary. _____! It can actually _____ its prey in _____ air, and then _____ toward it _____ feed!
M: It sounds _____ something out _____ a horror movie, doesn't _____? But, you _____, it isn't the _____ plant like that.
W: Really? _____ other plants _____ like this?
M: The _____ plant, for one. _____ if anything, it's even _____ than the dodder _____.
W: No way!
M: Yes, the _____ plant can _____ sense its prey and _____ toward it, but the _____ plant at least _____ openly above ground.
W: The _____ plant is different?
M: _____ of smelling _____ prey's chemicals _____ the air, it _____ them in the _____ below. After it tastes _____, it grows its _____ toward the prey's roots. It _____ steals its prey's _____ and food, all _____ the ground!
W: Wow!
M: I feel _____ for farmers _____ the witchweed plant _____ corn plants. It sucks these plants dry secretly, and then, instead of corn, the poor farmers find purple flowers!

■ Integrated Practice

G: I think the Venus flytrap is interesting. It's a meat-_____ that gets its _____ from eating insects. _____ thing that I _____ about the Venus flytrap is _____ it looks. It has _____strange spiky things _____ look like teeth. _____ one bad thing is _____ it dies easily. _____ flytraps are hard _____ to take _____ of.

M: I like the _____-blooming cereus. It _____ a cactus that _____ in the desert. _____ the day, it _____ brown and _____, but at _____ it comes _____. At night, it has _____, beautiful white _____ and the flowers _____ a wonderful _____. For these reasons, the night-blooming cereus is also called the queen of the night.

B: I like grass. _____ only is it _____ to walk on, _____ a lot of sports are _____ on it: soccer, _____, field hockey, and _____, to name a few. _____ it grows almost _____! It's a very _____ plant. Even after a long winter, it will usually come back to life if you water it.

Unit 12 The Blood Moon

■ Listening

M: Did you see the moon last night? It _____ huge!
W: No, _____ I've seen _____ illusion before.
M: Illusion?!
W: It _____ the real moon, _____ it was an _____ that it looked _____ big.
M: How _____ that be?
W: Nobody _____. I've heard _____ it has something _____ do with our _____ "fixing" the _____ of the moon _____ we see.
M: That's _____. I normally see the _____ fine. Why would my _____ need to fix what _____ saw last night?
W: When _____ saw the moon, _____ was near the _____, wasn't it?
M: Yes.
W: That _____ to have _____ to do with the _____ illusion. When it's _____ the horizon, the brain _____ to adjust the _____ of the image we _____. It's hard to explain.
M: _____ heard the atmosphere _____ the color of the _____. Can the atmosphere _____ it look bigger, too?
W: No, _____ illusion isn't _____ by the atmosphere. It's a trick of the brain caused by seeing the moon near the horizon.

■ Integrated Practice

W: Calling the second full moon in a month a blue moon started in the 1950s. A _____ and a radio show _____ that idea based on _____ information from research _____ blue moons. The older _____ to think about _____ moons is related to _____, not months. In _____ seasons, there are _____ full moons. _____ a season has _____ full moons. In _____ case, the third _____ moon is the _____ moon. Why is _____ third full moon blue _____ not the fourth? _____ is because the _____ full moon of the _____ should always _____ its traditional name. Therefore, the third full moon gets the name of the extra moon, the blue moon.

Unit 13 After All These Years

■ Listening

M: Would you rather visit Damascus or Jericho?
W: Damascus _____ like a more _____ place to me. It's a _____ bigger than _____, so I'm sure it _____ more interesting _____ to see and do.
M: _____ you mean it _____ more interesting historical _____?
W: No, _____ historical sites. I'm _____ that interested in history. I _____ Damascus must have more _____, parks, and shopping _____. With millions of _____ living there, it _____ be like a big _____ city in other _____ of the world.
M: Maybe you're _____ about that, but I _____ I'd still _____ go to Jericho.
W: Why? _____ is there to see in _____?
M: I heard _____ they have a big _____ just outside of the _____. It's a casino _____ for tourists! Plus, there's a _____ nearby with a _____ swimming pool. Now, that _____ like fun to me.
W: You've got to be kidding.

■ Integrated Practice

W: I went _____ near a small _____ in the woods with _____ of my friends. _____ told me that the _____ was once _____ by a tribe of primitive _____. The tribe _____ on some rocks _____ the lake. One _____ we went there _____ to look for _____ clues of these _____, like pieces of _____ pots or _____ like that. We _____ found anything, _____ we enjoyed a _____ weekend in the _____. And we got to see a fox and two deer.

M: I _____ to Mexico City _____ summer. It _____ a huge city _____ by more than 19 _____ people!
There are _____ parts to the _____, but also some ancient _____ as well. I _____ one place in the _____ where archaeologists found a _____ carving. It was _____. I also saw an _____ wall that was built _____ ago. Not far from that place is a great market where I bought some really nice Mexican pottery!

Unit 14 What Everywhere?

■ Listening

W: Wow, it would be really cool to be involved in an Improv _____ prank!
M: Yeah, _____ have done _____ funny ones. _____ one time, they _____ everyone _____ freeze in Grand _____ Station. You _____, that's the _____ train station _____ in New York. _____, one minute, _____ were busy _____ around doing things. The next _____ all just stopped moving and _____ in whatever pose _____ had been in when the _____ struck 2:30.
W: That _____ have been funny.
M: Yeah, _____ other people _____ didn't know what _____ happening. They _____ at them and a _____ even _____ to push them.
W: How _____ did they stay _____?
M: Only five _____. But that was _____ enough. Hey, if you're _____ interested in _____ part in a prank, you _____ check out _____ website. I heard that _____ also have _____ groups. Maybe they _____ something here, _____.
W: Really? I'm going to check that out right now! Thanks!

■ Integrated Practice

W: Although most people think Improv Everywhere's pranks are funny or at least harmless, occasionally their pranks get the police involved. _____ of their most famous _____ is the annual "_____ Pants" prank. In _____ yearly event, the _____ in this prank _____ their pants _____ ride the subway across _____ York City and _____. While the _____ are showing a _____ of leg, they _____ not completely naked on _____ lower half. That _____ not be funny! _____ wears underwear. _____ people wear very _____, funny underwear. _____ prank has been _____ on since the _____ 2002, and in 2006 it _____ to the attention _____ the police. This time, _____ police arrested _____ of the _____ for _____ the peace. Later, _____, the pranksters were _____ with just a _____. And, _____ this, the prank _____. Recently over 900 _____ participated in _____ "No Pants" prank. That's a _____ of naked legs! Luckily, the police seem not to care anymore.

Unit 15 EQ

■ Listening

W: Will you take an EQ test? I found one in this magazine.
M: _____.
W: OK, first _____. A friend does _____ that makes you angry. _____ do you do? A. Think _____ it but don't say _____. B. Forget about it. Everyone _____ mistakes. C. Tell your friend _____ are angry and _____.
M: Um, I would do A.
W: OK, _____ question. You are _____ down the street when _____ trip and almost _____. What do you do? A. _____ mad. B. Turn _____ and walk _____ away. C. Laugh and _____ walking.
M: Definitely A!
W: OK, _____ question. Your _____ friend just _____ his _____ with his _____. What do you do? A. _____ him that _____ never liked her _____. B. Introduce _____ to a new girl. C. _____ him out to help _____ forget.
M: I pick A _____. So, what _____ the results of my _____?
W: Well, _____ to this, you _____ below average EQ. _____ need to work on _____ social skills.
M: No way! Let me see that.

■ Integrated Practice

G: The most successful person that I know is my dad. _____ he was young, his _____ was really poor. He _____ to work while _____ was in _____ to help _____ them. But after _____ every night, he _____ up late _____ hard for _____ the next day. He _____ have been so _____ every day. Anyway, he _____ able to get a _____ to a university, and this _____ it possible for _____ to become a doctor!

B: I don't think _____ is about money or a _____. So, I think that the _____ successful person I _____ of is Mother _____. She was a _____ who lived in India. _____ of her, people _____ much more _____ of the problems of _____ people. She started the _____ by herself and _____ to beg for supplies. _____ so many _____ became _____ in _____ like her _____ she was _____ to open hospitals to _____ people all over the _____. This is why I think she was such a successful person—she helped so many people.

Unit 16 Becoming Beautiful

■ Listening

W: Young women in fattening rooms are not supposed to exercise. _____, there is one exception to this _____. One of the _____ that is important for _____ Efik women to _____ is a special dance. The _____ is called ekombi. _____ woman will _____ to perform this _____ on the day that _____ comes out of the _____ room. She will _____ an elaborate _____. And her hair will be _____ in a special way. _____ dance is also the _____ that a woman _____ at her wedding. It _____ to be that the _____ a woman came _____ of the fattening _____ was also her _____ day, but these _____ this is not always _____. When watching a _____ do ekombi, you might _____ her motions look like _____ or someone floating in _____. That is exactly right! The _____ of this dance are _____ to look like _____ and sea _____. Ekombi is actually a dance to honor the great water spirit in Efik tradition.

■ Integrated Practice

M: It's hard to imagine how large a person might be when we talk about things like BMI. So _____ me try and _____ some of these _____ in perspective. Let's _____ that a man is 175 cm _____ and weighs 70 kg. That's _____ average, right? _____ a man's BMI _____ come out to be _____-three. Now let's _____ a woman who is 160 cm and _____ 60 kg. Her BMI would _____ out to be _____-three as well. What _____ a woman 160 cm _____ who spent some _____ in a fattening room? If _____ came out of the _____ room at 90 kg, _____ BMI would be thirty-_____. _____ not just overweight. That's obese!

Unit 17 How Tall Are You?

■ Listening

W: Both Fogel and Barker link aspects of our bodies and health with things we can't control. _____ not everyone agrees _____ their findings. Lawrence Appel of _____ Hopkins University is _____ of these people. He _____ the effect of _____ on health is _____ important. He _____ that tribes living in _____ conditions do not _____ as much from _____ disease as American people. _____ these same tribes do _____ have access to much _____ care. And, most likely, _____ babies get less nutrition than _____ an average American _____ gets. Appel says that the _____ factor in this case is _____. The tribes eat _____ that they grow or _____. They don't go to _____. They don't eat _____ or potato _____. These tribes simply don't eat the amount of salt and fat that the average American does.

■ Integrated Practice

M: I think Appel is right. I don't completely agree with _____ and Barker as _____. Of course, the nutrition _____ get from our _____ before we're born _____ the original healthiness of _____ organs is important. But _____ no way _____ it is the only _____ which makes us _____ or unhealthy later in _____. What about people who _____ with toxic chemicals? _____ of these chemicals can _____ cancer in even the _____ organs. Even though _____ may have been _____ with very healthy _____, they still need to _____ care of themselves.

W: I _____ agree with _____ and Barker. I can _____ similar data in my _____ family. My great grandfather _____ my aunt are perfect _____. My great-grandfather smoked _____ cigarettes a day, _____ drinking, and _____ in a mine. Yet, he was perfectly _____ most of his life. _____ died when he was _____! On the other hand, _____ aunt who takes very _____ care of herself and _____ eats healthy things was _____ so lucky. She got _____ cancer when she was _____. She was also very short!

Unit 18 Barefoot Parks

■ Listening

W: Would you like to visit a barefoot park?
M: No, I don't _____ so.
W: Why not? Do _____ have sensitive feet?
M: No . . .
W: Well, _____ sounds like fun to _____.
M: Can't people get foot _____ in a place like _____?
W: I doubt it. I _____ it's more likely _____ you'd get a foot _____ from wearing your _____ all the time.
M: Why _____ my shoes _____ me a foot disease? I wash _____ feet every day, and _____ shoes are clean.
W: That _____ be true, but your _____ also sweat in your _____ every day. When your _____ sweat, they become _____. If you keep _____ wet feet in warm, _____ places like your _____ all day, then they _____ grow fungus. That's what _____ foot disease.
M: Yuck! Maybe giving my feet some air at a barefoot park isn't such a bad idea.

■ Integrated Practice

W: There seem to be a number of benefits to having children go barefoot. For one _____, research suggests that going _____ can solve some problems. _____ example is the _____ of children developing "flat _____." Children with flat feet _____ only found in _____ that wear shoes. In _____ where children grow up _____ shoes, there are no _____ of children with flat _____! Another example comes from _____. Shoes may have actually _____ the way we run. _____ barefoot, the balls of _____ feet touch the ground first. _____ sometimes when running _____ shoes, our heels touch _____ ground first. Going barefoot _____ helps develop muscles in the _____, legs, and hips. As _____ walk or play barefoot, _____ feet sense the ground. _____ sends important information to _____ brain that allows the _____ to change the way it _____ or stands. Over time, _____ helps the body develop stronger muscles to hold the body in the right position while moving or standing.

Unit 19 Reading and Writing Online

■ Listening

M: When TVs were first produced, there were a lot of complaints from book-lovers. _____ said, “Television is going to _____ people from reading books!” _____ computers and the _____ came along. Again, _____-lovers complained. Now they _____, “Surfing the Net _____ poor reading habits _____ online are going to _____ kids hate books!” _____ studies seem to _____ this complaint. Comparing _____ surveys, one from the _____ and one from the _____ part of this _____, reading books for _____ among teens is _____. In the early _____, about half of _____ said they read _____ fun. These days, _____ about one-third of _____ say they do. _____ maybe those teens aren’t _____ what they do online. _____ use is way up _____ teens. Maybe if _____ counted the hours that they’re online reading for fun, the survey results would look different.

■ Integrated Practice

W: I love surfing the Internet in my free time. _____ is so much _____ information online! I could _____ hours surfing if my _____ let me. There is _____ website that I really _____. It’s a website with _____ about the lives of _____ people. Of course, there is _____ there about celebrities, but _____ are also lots of _____ about famous _____ in history. Some of those articles _____ really interesting.

M: I’m _____ of those guys who don’t _____ to write letters or _____ on the phone _____. I guess that’s why I’m _____ into blogs. I have a _____ of my own that I _____ a couple of _____ each week. But I _____ just like to _____ my own blog. Some of _____ friends have blogs, and _____ like to read those _____ I have _____. By reading their blogs, I can keep up with what my friends are doing, especially the friends whom I don’t get to see very often.

Unit 20 A New Horizon

■ Listening

M: Tired of planet Earth? _____ for a new experience? _____a look at what _____ Adventures has to offer _____! For the true explorer, _____ have our lunar mission _____. You can organize your _____ trip to the _____! For 100 million dollars, we _____ train and outfit you _____ the event of a _____. That's right, real astronaut _____ and space travel! Don't _____ time to commit to _____ months of astronaut training? _____ that case, think about _____ of our other short-_____ packages. Spend a _____ in Moscow. During the _____, learn how to _____ or use our astronaut _____ center. At night, _____ in a five-star hotel. _____ for only $10,000 per _____! Whatever package you _____, we guarantee you an _____ possible nowhere else on _____ or beyond. Ten, nine, eight, seven, six, five, four, three, two, one . . . lift off!

■ Integrated Practice

W: Dennis Tito is now famous for being the first space tourist. _____ he almost didn't make _____ trip. It was _____ to line up. First, _____ he was arranging the _____ with the Russians, Tito _____ a lot of criticism _____ officials at NASA. They _____ him "un-American." _____ was going to use a _____ rocket to get into _____. But it was his _____ option. Then, a few _____ later, when Tito and _____ Russian astronauts arrived at _____ for final training, _____ at NASA refused to _____ Tito to train. They _____ that they were _____ about his safety. After a month of talks, NASA finally agreed, and the rest is history.