

English Articles

Basic Level



NO PLASTIC BAGS, THANKS!

- (1) It's hard to imagine our lives without plastic bags. They are useful and disposable. Stores give them away for free, so people often take three or four bags when one is enough. As a result, Americans throw away 100 billion plastic bags each year!

- Although people think that they get plastic bags for free, in fact stores charge higher prices for everything in order to pay for the bags. People are also not aware that they are paying higher city taxes because of the high costs of cleaning up plastic bags from the city streets.
- (5)

- Vincent Cobb, a Chicago businessman, has put up an Internet site to convince people to stop the use of plastic bags. Cobb explains the negative effects plastic bags have on the environment. "Plastic bags are made of petroleum. In order to produce plastic bags and bring them to stores, we are using large amounts of petroleum and increasing global warming."
- (10)

- Additional damage is caused to the environment when plastic bags are discarded and end up in city streets, in the countryside and in the sea. In the city, plastic bags often block water pipes causing water to flood the streets. In the countryside and in the sea, many animals die when they eat them.
- (15)

The biggest problem with plastic bags is that they disintegrate very slowly and stay in the environment for many years. When plastic bags finally disintegrate, they break down into small pieces which pollute water and land.

- Several solutions have been offered in order to solve these problems. In many countries, stores are now asking people to pay for plastic bags. In Ireland, a 20-cent tax on each plastic bag has resulted in a 90% reduction in their use! In the USA, more and more supermarkets now offer their customers paper bags instead of plastic bags. Some countries have forbidden the use of plastic bags altogether.
- (20)

- Cobb believes this last solution is the best. He hopes that people will begin to carry re-useable cloth shopping bags and help make the environment a better place
- (25)

Disposable: في المتناول

Petroleum: النفط

global warming: ارتفاع درجة حرارة الكرة الأرضية

Damage: ضرر / أذى

Discarded: يُرمى أو يُطرح

Countryside: الريف

Block: يسد

Pipes: مواسير

Flood: يفيض

Disintegrate: ينحل

Break down: يتحلل

Pollute: يلوث

Cloth: قماش

Should Drivers Stop Using a Cell Phone While Driving?

- (1) Everyone knows that driving with only one hand on the steering-wheel is dangerous because the driver doesn't have enough control over the car. For that reason, many countries have made it illegal for drivers to use a cell phone that they hold in their hand. However, Dr. Susan Parker, a researcher on driving safety, claims that this is not enough.
- (5) She says it is dangerous to use even a hands-free phone – one that allows drivers to keep both hands on the wheel. In fact, statistics show that drivers who use a cell phone are four times more likely to have an accident than other drivers. Dr. Parker explains that when you drive and talk on the phone, your mind is distracted and you don't pay attention to the road.

- Dr. Parker used a driving simulator to study the effects of cell phone conversations on
- (10) drivers. Half of the participants talked on a cell phone, and the other half talked to a passenger in the car. To find out how carefully they drove, the two groups were asked to perform some tasks, like reaching a certain address or driving through busy streets. The researchers also checked how fast drivers reacted to problems on the road.

- When Dr. Parker compared the results of both groups, she found that talking on a cell
- (15) phone is more distracting than talking to someone in the car. This was true for both a hands-free phone and a hand-held phone. "When you talk to someone sitting next to you, you drive more safely than when you talk to someone on a cell phone," says Dr. Parker.

- Dr. Parker also checked how talking on the phone affected drivers' reactions. She found out that drivers who talked on the phone looked straight ahead without checking the
- (20) mirrors. This caused them to be less aware of what was happening around them and to react slowly to problems on the road.

- Dr. Parker concludes that drivers should stop using a cell phone while driving. "It's not easy to change driving habits, but I'm optimistic," she said. "We managed to convince
- (25) drivers to use seatbelts, and I'm sure we can convince them to change this habit as well.

More likely: مُعَرَّضِينَ بِشَكْلِ أَكْبَرَ:

Distracted: مُشْتَتِّ / مُخْبِل

Driving simulator: جِهَازُ مُحَاكَاةٍ لِأَوْضَاعِ سِيَاقَةِ:

Participants: المُشَارِكِينَ فِي:

Perform: يَقُومُ بِعَمَلِ مَا:

Tasks: مِهَام:

Compared: قَارَنَ:

Affected: يُؤَثِّرُ عَلَى:

Reactions: رَدُودِ الْفِعْلِ:

straight: بِشَكْلِ مُسْتَقِيمٍ:

Ahead: إِلَى الْأَمَامِ:

FORMING GOOD HABITS

- (1) For many years, Dr. Marie Lopez of the Health Department in Brazil has tried to convince people to wash their hands regularly with soap. In her studies, she found out that when parents wash hands with soap, their children are healthier. "Sickness and even death can be prevented if parents make a habit of using soap," said Dr. Lopez.
- (5) However, convincing people to use soap regularly has been surprisingly hard. "The problem is not a lack of soap or its price," explains Dr. Lopez. "Shops everywhere are filled with cheap soap, but some people are simply not in the habit of using it." Explaining the importance of using soap didn't help. "I could talk about germs all day long, but my efforts didn't change people's behavior," she said.
- (10) Dr. Lopez decided to ask some big American companies to help her. She knew that with the help of effective advertising campaigns, these companies could convince people to use their products regularly. As a result of the advertising campaigns, customers get into the habit of buying the companies' toothpaste, chocolate, shoes or other products. Dr. Lopez hoped to use these companies' experience to persuade people to wash their hands (15) with soap.

Some people object to creating habits through advertising. They claim it causes people to buy a product automatically, without really thinking if they need it. However, Dr. Lopez ignores this criticism. "If the companies' methods can help us change people's habits in order to solve health problems, we should use them to achieve this goal," she said.

- (20) Dr. Lopez explained the problem to three American companies that volunteered to help. Their experts created advertisements encouraging the use of soap. After only one year, a survey showed a great increase in the number of people who used soap regularly. Although critics are still not convinced that habit-forming advertisements should be used to sell products, they realize now that these methods can be used to form good habits. "If (25) we can save lives by changing people's habits, we need to use any method that helps," says Dr. Lopez.

FORMING : تكوين / إنشاء

Prevented : يُمنع

Lack : نقص

Campaign : حملة

Persuade : يقنع / يحث

Volunteered : تبرع

Experts : خبراء

Survey : دراسة أو بحث

Critics : النقاد

Some good news about chatting online

- (1) American teenagers today interact with each other in a very different way than teenagers did in the past. They send SMS messages and chat on the Internet. For these teenagers, online interaction and cell phone communication seem more important than meeting their friends face-to-face. This change is worrying for parents. They feel that all the hours (5) spent online have a bad influence on their children's social life and harm their school work.

Dr. David Hill, a psychologist at the University of Los Angeles, shares their view. He claims that spending too much time online has a negative effect on teenagers' social skills and on their behavior at school. "Teenagers that grow up chatting online seem to have difficulty in understanding people's emotions. This is because they don't have enough (10) experience in recognizing people's feelings from facial expressions," explains Dr. Hill. He also says teachers are complaining that some teenagers lose interest in school work. They are so used to short "instant" online messages that it is difficult for them to pay attention during class.

- However, recent studies have reached different conclusions about chatting online. Dr. (15) Sylvia Carter, from the University of California, says that teenagers who chat online do learn the social skills they need in today's world. In particular, they learn how to develop and keep personal relationships. "Parents shouldn't worry that their children don't have friends," says Dr. Carter. "Teenagers today have just as many friends as their parents had when they were young. However, nowadays teenagers make their friends online." (20) Having friends online doesn't mean that teenagers don't meet their friends.

"Teenagers today go out with their friends to have fun like teenagers have always done," says Dr. Carter. "At the same time they believe it's necessary to chat online or send SMS messages in order to maintain the good relationships with their friends."

Interaction: تفاعل

Worrying: مقلق

Harm: بضر

Emotions: أحاسيس / مشاعر

Recognizing: يدرك / يتعرف

facial expressions: تعابير الوجه

Complaining: يشكو / يتذمر

Conclusion: استنتاج

Maintain: يحافظ على / يصبون

A Spy in Your Pocket

- (1) Millions of people use cell phones to talk to family and friends. Most of them are not aware that when they turn on their cell phone, other people can track them and know exactly where they are. They are also not aware that when they use their cell phone to buy things on the Internet or order tickets for movies, other people are able to learn about (5) their habits and interests.

Who is interested in tracking people? Worried parents, for example, want to know where their children are spending their time. Parents also track teenagers' driving habits, claiming they need to protect them from danger. Most children, of course, don't want to be followed. Mark Davis, 16, persuaded his parents not to track his movements any more.

- (10) "I told them that if they want me to be a responsible person, they have to trust me," says Mark.

Advertising companies also track people. They collect information about people's locations and interests so they can send them relevant advertisements to their cell phones. For example, a teenager walking by a local mall could get a message on his cell phone about a sale of CDs of the music he likes.

- (15) The fact that cell phone users can be tracked worries many people. They claim that cell phone companies don't do enough to protect people's privacy. Jeff Sloan, who works for an organization called "Protection of Privacy", says that the cell phone has become a personal spy. "Cell phone users don't realize that sensitive information like bank accounts and health information can also be tracked," he explains. "I agree that tracking has (20) advantages in certain situations like car accidents and other emergencies. I also know that some people want to receive advertisements that are relevant to them. However, advertising companies and other interested companies must first get people's permission to use their cell phone information," says Sloan.

- It seems that tracking is here to stay because many people are interested in it and (25) technology makes it possible. However, there should be very clear laws about who is allowed to do the tracking and for what purposes

Track: يتعقب / يقتفي الأثر

Order: يطلب

Habits: عادات / هوايات

Interests: مواضيع اهتمام

Persuaded: أقنع

Advertising companies: شركات الإعلان

Collect: يجمع

Locations: موقع / مكان تواجد

Relevant: له صلة / مناسب

Protect: يحمي

Privacy: سرية / خصوصية

Sensitive: حساس

Bank accounts: حسابات البنوك

Advantages: حسانات / فوائد

Emergencies: طوارئ

Permission: إذن

Purposes: أهداف

THE POWER OF SMELL

(1) Smells influence us in many ways. The smell of fresh bread makes us hungry and the smell of cooking gas warns us of danger. Some scents bring back childhood memories such as the smell of a favorite food.

However, smell doesn't only affect our feelings, it also affects our behavior. Recent (5) experiments have shown, for example, that the smell of a lemon can make us more energetic, whereas the smell of vanilla helps us relax. Other studies deal with the effects of smell on people's shopping behavior. These studies show that the use of pleasant smells increases sales. One study found that the scents which a store uses can attract us to enter the store and make us buy more.

(10) Many businesses now use this power of smell. A big hotel, for example, uses a smell of fresh flowers in the lobby and sells candles and other gifts with the same scent. This scent then becomes part of the pleasant experience in the hotel. The hotel manager believes that after the hotel guests go home, whenever they smell this scent, they will remember their stay and want to return. It seems that he is right: since the hotel began using this special (15) scent, the number of guests returning to the hotel has increased.

Other businesses use smell to influence customers to buy specific products. One example is a tea company that wanted to attract more customers. An advertising agency advised the company to add the scent of the tea to the packaging so that customers could smell the tea without opening the box. Soon their products became very popular.

(20) Some people object to the use of smell by businesses and advertising agencies. They claim that we can easily ignore advertisements that we hear or see but not advertisements that use smells. In fact, people are often not aware that they are being influenced by smells. Since it seems that scents will continue to be used by businesses, we should try to understand how they affect us. Then, we might be able to control their influence and (25) maybe the next time our nose tells us to buy more, we will be able to refuse.

Influence : يؤثر على

Scents: عطور / روائح

Experiments: تجارب

Pleasant: لطيف / مُرضي

Agency: وكالة

Object: يُعارض

Ignore: يرفض / يتجاهل

DAYDREAMING

- (1) We have all been in situations in which we daydream. We may be doing a routine task, and suddenly, without being aware of it, our thoughts wander. We begin to think about things that have no connection to what we are doing at the time.

- In the past, daydreaming was associated with laziness and even today many people
(5) consider it a waste of time. One thing is sure: daydreaming may interfere with our daily routine if it happens too often. In addition, there are situations when daydreaming can even be dangerous - for example, if it happens to us while we are driving. However, research shows that daydreaming also has benefits.

In one study, Dr. Cindy Berger from Milford University found that while we daydream
(10) our brain works hard. "For many years we believed that the brain is 'asleep' while we are daydreaming," says Dr. Berger. "To our surprise we discovered that the parts of the brain that are responsible for problem solving are very active when our thoughts wander. In fact, they are more active than when we focus on routine tasks.

- In her second study, Dr. Berger found that people who daydream find more creative
(15) solutions to problems. She believes that daydreaming allows the brain to make new associations between ideas. As a result of these studies, several companies decided to give their employees a break from work during the day to let them daydream. These companies reported that some of their best-selling products were the result of ideas that employees had during that time.

- (20) Today, researchers also use the word "daydreaming" to refer to situations where we choose to let our thoughts wander. Research shows that this kind of daydreaming can have a positive effect on people's personal life. If, for example, you daydream about an argument you had with your friend, you may imagine yourself behaving in a different way, and then act differently in the future. Daydreaming can also help you do something
(25) that is not easy for you, like talking in front of your class. If you imagine yourself doing this successfully, it can give you confidence.

Daydream : حلم اليقظ

Confidence : ثقة

Associated: مُرتبط ب/ له علاقة ب

Laziness: كسل

Consider: يعتبر

Waste of time: مضيعة للوقت

Interfere: تتعارض / تتضارب

Responsible for: مسؤول عن

Thoughts: أفكارنا

Wander: تشرّد / يهيم

Argument : نقاش

The Noise Around us

- (1) Nowadays, we experience noise almost everywhere: in our homes, at work and in public places. During the day, we often suffer from the noise of traffic, airplanes and construction work. At night, we continue to be disturbed by traffic, car alarms and barking dogs. It seems that noise pollution is all around us and we can't avoid it.
- (5) Many studies on children and adults have found that noise pollution is not only unpleasant but also causes stress. Stress can damage people's health and cause emotional and behavior problems. At night, noise is especially stressful as it can affect the quality of sleep. When people's sleep is disturbed night after night, they often become angry and aggressive.

Noise pollution is also harmful to people's hearing. Adults may suffer from hearing (10) problems because of loud noise at work. Young people, on the other hand, may damage their hearing by listening to music at a high volume for long periods of time. Hearing problems can change young people's behavior and affect their schoolwork.

Noise has a negative effect on schoolwork even when it doesn't cause hearing problems. Many studies have found that a noisy environment in schools can harm students' abilities (15) to read, to solve problems, and to develop social relationships. One study, for example, was done in a school located near a train station in New York. The researchers found that students in classrooms that were opposite the train station had more reading difficulties compared to the students on the quiet side of the school. None of the students in either group had hearing problems. Their reading problems were the result of difficulty in (20) concentrating and understanding what the teacher was saying. The study also found that students in noisy classrooms misbehaved more and were less helpful to other students.

People who are fighting noise pollution say that it reminds them of the fight against smoking. For a long time, people weren't aware of the dangers of smoking in public places, just as now people don't understand the dangers of noise pollution. Hopefully, the (25) fight against noise pollution will succeed in the near future; otherwise more people will be harmed.

Suffer: يُعاني

Construction work: أعمال البناء

Pollution: تلويث

Barking: عواء / نُباح

Damage: يؤذي

Stressful: ضاغط / مُنهك

Quality: جودة

Disturbed: يتم إزعاجه

Aggressive: عدواني

periods: فترات

opposite: مقابل

misbehaved : يسيء التصرف

harmed: يتضرر

Can Animal Behavior Help Predict Earthquakes?

- (1) Scientists all over the world are looking for ways to predict earthquakes so they can warn people of the danger and save lives. Some of them believe that animals can help predict earthquakes because animals often show unusual behavior before an earthquake happens.

The earliest story about strange animal behavior before earthquakes is from ancient times.

- (5) According to this story, many animals left a city in ancient Greece several days before a huge earthquake destroyed the city. Since then, historians have reported similar stories about pets running away and dogs barking endlessly. There are even stories about snakes waking up from their winter sleep a short time before severe earthquakes.

A more recent event was reported by scientists who were studying frogs in a pond in

- (10) Italy, in 2009. They reported that all the frogs suddenly disappeared a short time before a serious earthquake hit the area. According to the scientists, the frogs felt the danger when they sensed small movements in the ground. The frogs came back a few days after the earthquake.

In China, where there are many earthquakes, changes in animal behavior have been used

- (15) in an attempt to predict earthquakes. For years, the Chinese government has asked people to report signs of unusual animal behavior. On February 4, 1975, the government warned the citizens of Haicheng of a coming earthquake. It told them to leave their city mainly because people had reported strange animal behavior. The next day, a severe earthquake hit the city. The government's actions prevented a large number of people from being killed or injured.

Predict : يتنبأ

Injure: يؤذى جسدياً

Earthquake: زلزال

Warn: يحذر

Huge: ضخم

Destroyed: دمر / هدم

Pets: حيوانات أليف

Endlessly: دون توقف

Snakes : ثعابين

Severe: حاد / قاسي

Pond: بركة صغيرة / مستنقع

Sensed: شعر بـ

Attempt: محاولة

Signs: إشارات / دلائل / علامات

Prevented: منع

DO DOGS HAVE PERSONALITIES?

By Kate Gibbs

- (1) Dr. Dan Kent, a professor of psychology at the University of California, is famous for his studies on human personality. Human personality is defined as the traits that make one person different from another. Recently, Dr. Kent decided to find out if dogs also have personalities.
- (5) Dr. Kent believed that dogs *do not* have personalities. However, he decided to do his research because he knew that most dog owners are convinced that their dogs *do* have personalities. "Owners often use words such as 'friendly', 'stubborn', or 'aggressive' to describe their dog," says Dr. Kent. "The question is, does each dog really have its own special traits that make it different from other dogs?" To answer this question, Dr. Kent
- (10) carried out a study on dogs. In his study, he used research methods similar to those that helped him in his studies on human personality. These methods included observing behavior in different situations and filling in questionnaires.

- One hundred dogs and their owners participated in Dr. Kent's study. All the owners had
- (15) to fill in a questionnaire about the behavior of their dogs. Then, a friend of the owner, who was familiar with the dog, filled in the same questionnaire. In addition, Dr. Kent asked a group of his students, who did not know the dogs at all, to observe the dogs' behavior in different situations and then fill in the same questionnaire. "I compared the answers of the three groups and was surprised by the results. I found that the three groups
- (20) identified the same personality traits in each dog," says Dr. Kent. "These results show that dogs do have personalities and that people are able to identify their traits." In the future, Dr. Kent plans to do more research to find out if dogs are born with specific traits or if they acquire them through training.

- According to Dr. Kent, identifying dogs' personalities can be used for many purposes: to
- (25) find dogs that are suitable for certain jobs, such as police work or guiding blind people, and to help people adopt a dog that suits them.

It seems that Dr. Kent has learned what dog owners have already known for years.

(Adapted from " A Fetching Personality" Feature story)

Personality: شخصية

Traits: صفات أو ميزات

Stubborn: عنيد

Aggressive: عدواني

Observing: مُراقبة أو مُشاهدة

Acquire: يكتسب

Adopt: يتبنى

A NEW PROBLEM: TO MANY CYCLISTS IN THE CITY

By Gail Barker

For people who live in cities, there are many advantages to riding a bicycle to school or to work instead of driving a car. The use of bicycles reduces the number of cars, leading to fewer traffic jams, more parking places and less pollution.

Nowadays, however, it seems that there are too many cyclists in some cities. One (5) example is Copenhagen, the capital of Denmark. In this very "bike-friendly" city, 36% of the residents cycle to work or school. The city has wide bicycle lanes* which only cyclists are permitted to use. But, according to the Copenhagen Cyclists' Organization (CCO), there is not enough room in these lanes for the growing number of cyclists. When the lanes get too crowded, many cyclists become aggressive. During rush hours, there are (10) arguments and fights between the cyclists and some of them get hurt.

Other big cities, like New York, also report aggressive and even unlawful behavior of cyclists. Many of the city cyclists ignore traffic laws. For example, they don't stop at a red light and ride in the wrong direction on one-way streets. The arguments and fights in New York are mainly between pedestrians and cyclists because both groups are allowed (15) to use the same lanes. Last year, a few pedestrians were injured and one was even killed as a result of cyclists' aggressive behavior.

There are several solutions to these problems. In Copenhagen, the city is planning to build additional lanes for cyclists. In New York, there are plans to build separate lanes for cyclists and for pedestrians. In the meantime, the mayor's office is planning to announce (20) certain hours during the day when only pedestrians will be allowed to use the shared lanes.

There are also attempts to solve the problem of cyclists' aggressive and unlawful behavior. In one New York neighborhood, a group of cyclists who are worried about this dangerous behavior helps the police to enforce the law. They report cyclists who do not (25) obey traffic rules. In Copenhagen, the mayor has used a friendlier method: cyclists who obey the law and respect others are rewarded with a box of chocolates. Although these attempts are sometimes successful, more serious efforts should be made in order to solve the problems and let everyone enjoy the benefits of cycling.

Cyclists: راكبي الدراجات

Reduce: تُقلل

Traffic jams: اختناقات سير

Parking places: مواقف للسيارات

Pollution: تلويث

Residents: مواطنين أو سُكان

Bicycle lanes: مسالك خاصة للدراجات

Permit: يسمح أو يُجيز

Room: مُتسع أو حَيّز

(المعنى المشهور لكلمة Room هو عُرفة ولكن في السياق الذي وردت فيه بالقطعة معناها أو مُتسع أو حيز)

Crowded: مُزدحم أو مُكتظ

Ignore: يتغاضى عن أو يتجاهل

Pedestrians: المُشاة

In the meantime: في الوقت الحالي

Mayor: رئيس البلدية

Attempts: مُحاولات

Enforce: يُنفذ / يفرض

Swap* -Don't Shop

By Stephen Nash

- (1) Today, many Americans have less money than before because of economic difficulties. People are looking for ways to get the things they need without spending money. One popular way of doing this is swapping. Swapping things is simple: you give something to someone who needs it and in return, you receive something you want. People do not pay (5) each other for what they get, so they both save money.

Swapping, or exchanging one thing for another, has been done throughout history, but modern technology has made it much easier. Swapping has become a huge success thanks to the Internet. There are many sites where you can offer to swap items you no longer need. On these swapping sites you can find a very large selection of things you (10) might want. There are even sites that connect people who want to swap their skills and time. For example, on one of these sites, a gardener is offering to work a few hours a week in your garden in exchange for cooking lessons.

The first sites were those offering to swap children's things. These sites are very successful because many parents have things that their children have outgrown and no (15) longer need. Bonnie Ross, a 30-year-old mother from Boston says, "We have three young children and we can't afford to buy them new things all the time. So I swap things that my kids don't use anymore for things that they need now. I can get almost anything by swapping. Last week I exchanged some toys for a desk for my son. Swapping really helps solve our problem."

(20) In her book, *The Benefits of Swapping*, Lisa Cameron writes that for many years Americans bought more than they needed. Now they find themselves with many items they don't use. They realize that they can save money by swapping these items for things they need, instead of buying new things. She claims that swapping on the Internet is just one way that people can take part in this growing trend. Another way is by meeting face- (25) to-face to swap things. There are lots of community events, where people from the same neighborhood get together to swap things. These events help to strengthen the connections between people in the community. It seems that swapping has many advantages and is here to stay!

Swap: استبدال سلعة بأخرى (مُقايسة)

Selection: مجموعة خيارات

Desk: مكتب

Neighborhood: حي أو حارة

LOOKING AT OUR EATING HABITS

By Sam Tayler

- (1) When you come into the Golden Chef restaurant it looks like any other restaurant. Some customers are ordering food, others are being served by the waiters and some are paying for their meals. However, this restaurant, which is located at Newton University, is actually very unusual. In reality, it is a new research center where Dr. Webster and his (5) team of scientists are using hidden cameras and microphones to film and records everything that happens in the restaurant.

The Sunrise Company, which markets different food products, has given three million dollars to support Dr. Webster's research. They are interested in finding out about people's taste preferences in order to produce a larger variety of products. "The research (10) started a year ago and will continue for the next five years." Says Dr. Webster. "We want to discover how people eat and what influences their eating habits. In order to get as much information as possible, we film every movement and every bite taken by the customers. We observe, for example, how long it takes people to decide which food to order, how fast they eat and how much food they leave on their plates."

- (15) Besides looking at the customers' eating habits, scientists will observe how making changes in the surrounding affects people's behavior. Dr. Webster explain, "We want to see if changing the lights, the furniture and the music influences the amount of food customers eat and how long they stay at the restaurant. We will even use different scents to find out, for example, if people choose healthier item on the menu when we spray a (20) scent of lemon in the air."

More than 250 students and teachers have agreed to participate in this research. Although there are 25 cameras in the restaurant, customers say that being filmed doesn't bother them. One student said, "We are used to cameras everywhere - in shopping malls, airports, and on the streets. No one pays attention to them anymore." Students also say (25) that they know this is significant research and they want to take part in it.

When the scientists complete their research, they hope to achieve their aim and know why we eat the way we do. They believe this research will assist health experts in understanding what influences our choice of food and help people improve their eating habits.

Hidden cameras: كاميرات خفية

Markets: يُسوّق

Support : يدعم

Taste preferences المذاقات أو الأطعمة المفضلة

Variety : تنوع او تشكيلة

Bite : قضمة

Observe : يُراقب

Surrounding : البيئة المحيطة

Affects / Influences : تؤثر على

Scents : عطور

significant : هام / مهم

improve : يُحسّن

SAVING THE ENVIRONMENT-ONE REPAIR AT A TIME

By Sally McGrane

- (1) Two years ago a group of retired people in Amsterdam started a project called “The Repair Café”. They meet in the basement of a local café for a few hours every week and volunteer to repair things that would usually be thrown in the garbage. The main aim of the project is to help reduce waste and improve the environment by changing people’s habits.

Since it began, the project has become more and more popular. People bring in anything from shoes and clothing to lamps and toasters. The repairs are done at no cost by older people who know how to fix things. While waiting, customers like to have a cup of coffee and chat with their neighbors.

- (10) “We throw away too many things,” says Martha Porter, a retired newspaper reporter who participate in the project. “Many of the things we throw away can be fixed and used again.” Porter explains why this project is important. “Discussions on the environment are often about ideas, about what could be done in the future,” she says. “This project, however, is about doing something practical right now.”
- (15) Hans Venda. A professor at De Noors University, thinks the project’s social benefits are as important as its environment ones. “Retired people enjoy their work at the café,” says Venda. “They have a chance to get out of their homes and meet people. In addition, many of them have skills that are no longer in demand in the modern world. At the repair café their skills are still valuable. The retired people also feel good about doing something for others and for the environment.”

Since the first repair café started, thirty other cafes have opened across Holland. Jan Martin, a 62-year-old artist who opened a café four months ago, says, “These days, if an appliance breaks, you have to pay 100 euro just to see what the problem is. Most people prefer not to fix it. They just throw it away and buy a new one. However, since I opened

- (25) my café, people’s habits in my town are changing. They now realize that they can improve the environment and save money at the same time.”

There is a national Repair Café Organization that offers information to people interested in opening repair cafés. You can find tips for raising money and advertising on its Internet site at www.cafe'repair.com.

Retired : متقاعد

Basement : قبو/ الطابق السفلى في بناية

Volunteer: يتبرع / مُتبرع

Repair : يُصلح / يُرمم

Reduce : يُقلل

Waste : نفايات

Lamp : قنديل / مصباح

Cost : تكلفة

Appliance: أداة

Realize: يدرك

Raising money: يربح مال

WHO DO WE TRUST?

By Sara Parker

- (1) How do we decide if we can trust someone? Many people believe that certain kinds of body movements, such as moving around in a chair; make us feel that a person can't be trusted. Researchers from Cornell University recently completed an unusual experiment. They wanted to find out there is a connection between these body movement and feeling (5) of trust.

In the first part of the experiment the researchers filmed short conversations between pairs of students. After the conversation the student told the researchers whether or not they felt they discovered that the student who felt distrust saw their partners make four body movement: leaning backwards, crossing their arms, moving their hands, and (10) touching their faces. From this part of the experiment the researchers came to a significant conclusion. "Each of these movements, separately, didn't mean anything," said Dr. Richard Jackson, a Cornell researcher. "But when a student made all four of them, his partner felt he wasn't trustworthy."

In the second part of the experiment the researchers filmed other students having a (15) conversation with a friendly-faced, talking robot. When half of the students talked to the robot, the robot made only one or two of the movements of distrust. However, when the other half of the students talked to the same robot, it made all four movements of distrust. After the conversations only students who were in the second group reported that the robot did not seem trustworthy.

(20) Dr. Jackson said, "The results of the experiment were unexpected. They show that our brains react in the same way to body movements, whether they are made by a person or by a robot." The results also explain why we're sometimes quick to trust or distrust a person we have just met.

In addition, the researchers claim that the results could have an influence on many aspects (25) of our lives. For example, employers may be able to hire more trustworthy people for work places. Now Dr. Jackson is planning to develop a computer identification program based on body movements. This could help police identify suspicious people in public places like airports.

Experiment : تجربة أو اختبار

Find out : يكتشف

Conversation : محادثة

Leaning backwards : يتكأ إلى الوراء

Crossing their arms : يتكثفون

Conclusion : استنتاج

Trustworthy : جدير بالثقة

Claim : يدعي

Aspects : جوانب / أوجه

Employers : أصحاب العمل

Hire : يقبل للعمل

Planning : يُخطط

Suspicious : مشتبّه به

A NEW WAY TO START A BUSINESS

By Ann Worth

Adam Carter, a young engineer, wanted to develop a watch which displays information such as text messages that are sent from a cellphone. He tried to get rich investors to give him money to develop the watch, but they were not interested.

So he decided to advertise on Kickstarter, an Internet site where ordinary people can invest in creative projects. People don't have to invest a lot. For example, they can invest as little as \$99 in Carter's watch. Less than two hours after his advertisement appeared on the Kickstarter site, Carter reached his goal of \$100,000. Within a week, nearly 50,000 people had invested almost \$7 million.

People who want to invest in Kickstarter get detailed information about the projects they are interested in. They can also see specially made videos that may help convince them to put their money into particular projects. Once they have invested, in addition to the profits they can make, they often get a bonus as well. In Carter's project, they get a watch. Kickstarter doesn't charge money to advertise a project. However, if the project is successful, it gets five percent of the investment.

Today, cheap Internet services like Kickstarter give people a chance to try out ideas and see if there is a market for them. This makes it easier for them to decide if they want to start a new business. Carter's watch is the latest and the most successful example of how Kickstarter is changing the way people start businesses.

The site first began as a way to get money for specific projects like unusual documentary films or pop concerts. It quickly grew to include the production of video games and original gadgets. "Sites like Kickstarter have now become a real alternative to starting a company in the traditional way," said Daniel Wang, a business professor at the University of Pennsylvania.

Norman Fisher, president of a computer company, doesn't completely agree with Professor Wang. Fisher admits that sites like Kickstarter may be good for small businesses. However, he believes it's impossible to avoid the traditional ways of starting large businesses. Fisher says, "These businesses need a support team to help young and inexperienced people deal with complicated problems. Such support doesn't exist on sites like Kickstarter. There is a big difference between a simple, one-time project and a sophisticated, large business. It's important not to confuse the two."

Displays : يعرض

Sophisticated: مُعقد

Investors: مستثمرين

Confuse : يخلط بين أمرين بشكل خاطئ

Detailed information : معلومات مُفصلة

Market: سوق

Gadgets : أدوات / سلع

Admit: يعترف

Complicated: مُعقد

BIKE-SHARING PROGRAMS ARE CHANGING CITIES

- (1) Using bicycles as a means of transportation has become more and more popular over the past 25 years. As a result, attractive bike-sharing programs have developed all over the world.

A bike-sharing program is based on the idea that a person can borrow a bicycle in one place and then return it in another. Bike-sharing began in the 1960s when 50 free bikes were scattered around Amsterdam. Unfortunately, these bikes were soon stolen. However, after this disappointing start, bike-sharing programs improved and slowly became popular everywhere. Today, cheap and convenient programs exist in over 500 cities, from Tokyo to Tel Aviv.

- (10) Bike-sharing programs have become more sophisticated. Recently, the city of Copenhagen has developed a program called GoBike. It uses technology to connect the city's bike-sharing stations with buses and trains. GoBike bicycles have built-in computers that tell cyclists about bus and train times. Cyclists can also find out about local restaurants and sales in nearby shops.
- (15) Bike-sharing programs offer other options. For example, people can use their cellphones to rent regular bikes. They can also rent electric bikes for longer or more difficult rides. This makes bike-sharing programs attractive to a variety of users, and not only to young men who mostly use them now.

- Today, bike-sharing programs are even affecting traffic arrangements. One London study (20) found that during morning rush hours nearly half of all traffic going north was cyclists. Because of this, city planners have added more bicycle lanes to the roads. In addition, mayors of some cities are experimenting with bike-only days. Mexico City, for example, closes its main highway to cars every Sunday, which greatly upsets car drivers.

- Moreover, according to a recent British study, bike-sharing programs have affected the (25) value of property. Houses close to bicycle stations are now more expensive. Another study found that eight out of ten people preferred to visit a shop or restaurant close to a bike-sharing station. It also found that bike-sharing helps people get to neighborhoods that are hard to reach by public transportation, especially at night.

- Bike-sharing is, in fact, one of the most successful alternative forms of transportation. (30) Last year, American mayors concluded at their national conference that "communities that developed bicycle programs gained many benefits, such as better quality of life, a healthier population, and cleaner air.

Means : وسيلة

Rides : رحلة

Scattered : تم توزيعها أو بعثرتها

Arrangements : ترتيبات

Borrow : يستعير

lanes : مسالك أو مسارات

Unfortunately: لسوء الحظ

Experimenting: يختبر أو يجرب

Convenient : في متناول اليد أو مُريح

gained: ربح

Rent : استئجار

THE RECYCLED ORCHESTRA

(1) In 2009, Amy Smith and Mary Lewis, two American filmmakers, decided to make a film about children in Paraguay, South America. While doing their research, the two women discovered an unusual project. It was a very special orchestra in a place called Catcura. In the end, this orchestra became the subject of their film.

(5) Catcura is a poor village where the garbage from the area is dumped. Mountains of garbage have surrounded the village for years. Surprisingly, however, many of the 2,500 families in Catcura earn money by looking through the garbage for things that they can use or sell.

One day, a villager named Pedro Alvero found a piece of wood in the dump that looked like a violin. He brought it to Favio Chavez, a local musician. Using other objects collected from the garbage, the two of them built a working violin. "This was an important achievement in a place where a real violin costs more than a house," Chavez explains in the film. The two men next built a cello, a flute and a drum. Then, they had a crazy idea. They decided to use these instruments to start an orchestra with the children of Cateura who had no musical training and who live in one of the poorest areas in the world.

Alvero and Chavez slowly put together the orchestra. To support them, many villagers collected things from the garbage to make more musical instruments. They called the orchestra "The Recycled Orchestra".

(20) Most of the children in the orchestra are from Catcura or areas nearby. Chavez organized local musicians to teach the children to play the various instruments. The orchestra has given these children an alternative to the lives their parents live. "Being able to play an instrument has greatly changed my world," one girl said. "Without music, my life would be worthless.

(25) The orchestra has become famous thanks to the American film which shows the lives of the children and their families. Today, the 30 musicians in the orchestra often travel abroad, performing in Argentina, Brazil and Germany.

Environmental organizations use this project to show people a creative way to recycle garbage. However, Chavez says, "I started this orchestra to educate the world. I want (30) people to know that, although these children are poor, they can still contribute to society".

Orchestra: فرقة موسيقية

Dumped: تُلقى أو تُرمى

Creative: إبداعي / خلاق

Contribute: يتبرع

Want to be more creative? Take a walk

By Jane Davis

(1) Are you looking for a good idea for your school project? Are you having trouble writing an assignment? Then just go for a walk. A short walk, even near your house, can greatly increase your creativity. This is according to a new study at Stanford University in California.

(5) Most of us know that walking is good for our health. For thousands of years, writers and artists have claimed that walking also affects creativity. They say they get their best ideas during a walk. But, till now, scientists haven't been able to prove that there is a connection between the two.

Dr. Ann Burns, a Stanford scientist, recently decided to research this connection. She (10) chose 40 participants from among her students and put each one in a room with only a desk and a treadmill. The students took tests that checked their creativity. For example, they were asked to think of new uses for a simple thing, such as a button. Then, they walked on the treadmill for eight minutes at a comfortable speed, in front of a white wall. After walking, each student took a second creativity test.

(15) When Dr. Burns compared the results of the two tests, she found that creativity increased greatly for almost all of the participants after they had walked on the treadmill. "Most of them could think of about 60% more uses for an object, and their ideas were both original and logical," Dr. Burns said.

For the second part of her study, Dr. Burns moved the experiment outdoors. Most people (20) would probably guess that walking outside would be much better for creativity than walking indoors. But, surprisingly, this was not true. When the students walked outside for eight minutes, their creativity increased just as much as when they walked indoors. "It really seems that it's *the walking* that is important," Dr. Burns said, "and not *where* you walk"

(25) How a short walk affects our creativity is unclear," Dr. Burns said. "It may be that walking improves our mood. So, when we feel good, we naturally become more creative. But that's only one explanation," she said. Dr. Burns added that she would probably go for a walk later to help her think of other theories and ways to test them.

Assignment: مهمة

Prove: يبرهن

Treadmill: جهاز لياقة بدنية للركض والمشى

Comfortable: مريح

Explanation: تفسير

COLORING ISNT JUST FOR KIDS

- (1) When we think of coloring with crayons*. We often think of our childhood. As we get older, we stop coloring. However, it seems that this might be a mistake. Some psychologists believe that coloring can be helpful to us as adults.

"We use different areas of the brain when we color," says psychologist Gloria Martinez.

- (5) "When we choose colors, we use the areas that control logic and creativity. It's important for us to keep these areas active because we often have to use them in our everyday lives. Coloring helps us function better at home, at work or at school. It also improves our coordination as we have to make small, exact movements with our hands when we do it."

Martinez claims that coloring also helps us relax. "Coloring has a relaxing effect because

- (10) when we focus on coloring a picture, we forget our worries. Although coloring an hour a day doesn't solve our problems, it takes us back to our childhood, a time when we probably had much less stress." She says that coloring especially benefits people who didn't color as children. "For these people, coloring exercises their brains more than it does for people who colored as children."

- (15) Martinez recommends that we use coloring to express our feelings. "People choose different colors or intensity of colors according to their mood," she says. For instance, we often use bright red to express anger and dark blue to express sadness. "I, myself," says Martinez, "often color to improve my mood. I work best when I am in a quiet environment, especially with relaxing music. Coloring comforts me, gives me peace, and
- (20) lets me enjoy myself."

Coloring books for adults are now being published in Europe and North America. They have even become bestsellers in France and Britain. One French publisher has a collection of twenty books including all kinds of drawings from butterflies and flowers to graffiti and abstract drawings. Recently, a Spanish company published a coloring book with illustrations by a famous local cartoonist.

- (25) It seems that coloring is a worthwhile activity which is convenient, affordable and clearly enjoyable. It really isn't just for kids.

Crayons: أقلام للتلوين

Function: القيام أو أداء المهام / تنفيذ العمل

Coordination: التناسق والدقة في أداء المهام

Claims: يدعي

Worries: أمور مُقلقة / هموم

Probably: على الأرجح / ربما

Recommends: يوصي / ينصح

Intensity: شدة / حدة

mood: مزاج

comforts: يُريح

butterflies: فراشات

illustrations: الرسوم التوضيحية

cartoonist: رسام الصور المتحركة

worthwhile: جدير بالاهتمام

affordable: مُتاح

Getting ready for the real world

By Jan Lee

- (1) Did you ever spend a day at work with your mom or dad when you were a kid? I did, many times. I still remember the excitement of discovering something new each time my mom let me work in her office or my dad let me help in his restaurant.

Giving kids a chance to experience the adult working world is the idea behind kidzania.

- (5) Kidzania is special kind of amusement park for youngsters between the ages of four and 14. Xavier ancona, a Mexican businessman started kidzania in 1999. Since then he has opened parks in 15 locations around the world.

Kidzania activities are different in each park, but they are all real jobs. In Mexico, kids can pretend they are flying jet planes, building a new car or driving a tourist bus. In Japan

- (10) they can work in candy shops. Sell cars or work on a building site. In India, they can be newspaper reporters, dentists or even surgeons. These experiences expose kids to different career opportunities.

Kids learn another important skill at kidzania: how to save money. The youngsters are paid for their work in kidzania's own money, "kidzos". They are taught how to open their

- (15) own accounts in the park's bank where they can save these kidzos. They can spend this special money on food, drink and entertainment. But only in a kidzania park.

Kidzania's message is "get ready for the real world". I agree with this message Trying out different jobs and learning how to save money aren't bad lessons to teach kids. However for them to be really successful adults they also need to learn another lesson.

- (20) They need to learn the value of helping others. Shouldn't kidzania encourage youngsters to do things for other people?

Moreover, the entrance fee to kidzania in Mexico, for example, is \$15 per child. A day at the park is clearly not an experience that Mexico's low-income families can afford. In my opinion, they need to first focus on ways to allow kids from poor families to benefit from

- (25) the parks. They need to give these children a chance to see the many possibilities available to them in life.

Excitement: إثارة

Amusement: تسلية

Youngsters: صغار السن

Locations: مواقع

Pretend: يتظاهر بـ

jet planes : الطائرات النفاثة

Candy: حلوى

Dentist: طبيب الأسنان

Opportunities: فُرص

Accounts: حساب في بنك

Entertainment: ترفيه / تسلية

Fee : رسوم

Afford: يزود/يمنح

Focus : يتركز

available: مُتاح