

penDUX HIG 1100 Test 13


Total: /100

Main Words

1. eventually	at a future time; in the end; finally.
2. entirely	completely; in every way.
3. cartilage	a tough, white tissue that forms part of the skeleton of humans and other animals.
4. flexible	able to bend without breaking.
5. replace	to put something in the place of another thing.
6. crumbly	likely to crumble; easily broken, esp. into crumbs.
7. essentially	at the core; when the most important part is considered.
8. consume	to eat; devour.
9. rich	having a great amount of money or valuable possessions.
10. maintain	to keep in good condition.

The script must be played at least three times.   

We all have bones. If we didn't, we would be like jellyfish. You have many, many bones in your body. Do you know how many bones are in your body? Babies, when they are just born, have more than 300 bones.

 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )

Other bones in a baby are partly made of cartilage. This cartilage is soft and flexible. During childhood, as you are growing, the cartilage grows and is slowly replaced by bone, with help from calcium. Bones make up the framework of our bodies. We call this framework the skeleton.

 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )

The bones that make up your skeleton are all very much alive, growing and changing all the time like other parts of your body. Bones are made up 50% water and 50% solid matter.

 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )

Most adults have more than 200 bones. Bones bond with each other as people grow. Bones are hard and form your skeletal structure. The bones are essentially a network working together to help the body move.

 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )

These bones are called phalanges. The middle part of your feet has 5 bones. The two biggest bones in your feet are the strongest because they carry most of your weight.

 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )

They also keep the shape of your feet. That is why your feet have so many bones. In order to keep healthy bones, one must have plenty of exercise and consume foods that rich in calcium. Calcium is very important and key to maintaining healthy bones in one's body.



Listen again and answer the questions below.

1. How many bones do babies have?
  - A. Less than 100 bones
  - B. Less than 200 bones
  - C. More than 500 bones
  - D. More than 300 bones
  
2. Adults have 206 bones.
  - A. True
  - B. False
  
3. What are babies bones made entirely of?
  - A. muscle
  - B. metal
  - C. cartilage
  - D. nerves
  
4. What helps the children to grow?
  - A. silver
  - B. calcium
  - C. magnesium
  - D. fluorine
  
5. Bones make up the framework of our bodies.
  - A. True
  - B. False
  
6. What are bones made up of?
  - A. 30% water and 70% solid matter
  - B. 40% water and 60% solid matter
  - C. 50% water and 50% solid matter
  - D. 60% water and 40% solid matter
  
7. How many bones do your feet have?
  - A. 12 bones
  - B. 18 bones
  - C. 21 bones
  - D. 26 bones
  
8. How many bones does your big toe have?
  - A. One bone
  - B. Two bones
  - C. Four bones
  - D. Seven bones
  
9. How many bones do middle parts of your feet have?
  - A. 15 bones
  - B. 11 bones
  - C. 7 bones
  - D. 5 bones
  
10. Calcium is very important and key to maintaining healthy bones in one's body.
  - A. True
  - B. False


**Listening Exercise 2** Listen to the story, then fill in the blanks.

**Listening Exercise 1**

As one the herd ( ) ( ) ( ), Woolly stumbling along, his ears extended in fear.

**Listening Exercise 2.**

The large cats charged, leaping onto the back of one of the older females ( ) ( ) ( ) of the running herd.

**Listening Exercise 3**

She ( ) ( ) ( ) and pain, pulling from the safety of the herd.

**Listening Exercise 4**

Woolly ( ) ( ) ( ). It was his mother!

**Listening Exercise 5**

He turned toward the sound and ran out of the safety of the herd, just as the group thundered across a ( ) ( ) ( ) a deep crevasse.

**Listening Exercise 6**

Meanwhile, Woolly's mother, as strong as ( ) ( ) ( ), shook and rolled her shoulders to free herself from the clinging beasts.

**Listening Exercise 7**

But the tigers had teeth and ( ) ( ) ( ) her thick hide, and they were not easily thrown.

**Listening Exercise 8**

No one knows who ( ) ( ) ( ) the battle between the tigers and the mammoth cow.

**Listening Exercise 9**

For at that moment, Woolly raced back up the ( ) ( ) ( ), his tiny curved tusks raised for battle.

**Listening Exercise 10**

The saber-toothed tigers had ( ) ( ) ( )!


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Total: /100


Main Words

1. consist	to be made up or formed of something.
2. ingredient	one of the parts of a mixture.
3. properly	in the appropriate way.
4. sweat	the liquid that comes out from the skin.
5. important	having great meaning or value.
6. confuse	to make something difficult to understand or follow.
7. tend	to be likely to feel or act in a certain way.
8. symptom	something that happens in the body that shows that there is a disease or something wrong.
9. stable	not likely to change or go away.
10. nutrient	something in food that helps people, animals, and plants live and grow.


The script must be played at least three times.   

Life first started in water. The Earth we live on consists mostly of water. It's the care ingredient for life. Our body is mostly made up of water. You must have water to live.  
 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_)  
Humans can survive for weeks without food but only a few days without water. Water is made up of a mixture of Hydrogen and Oxygen. Water is very important, and you must have water to grow up.


Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it.

 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )


When you play, you get hot. Water keeps you from getting too hot. Also, when you are hot, you sweat. Water came out from your body. So, you have to drink water to fill the empty space in your body.

 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )

Drinking water helps you keep well, too. How much water should you drink each day? Most people should drink 8 glasses of water every day. Water is essential in keeping a healthy body and mind. Drinking water also helps in the process of losing weight. People confuse hunger with thirst often and tend to go munch down on foods, which causes weight gain. People who sweat a lot should drink more than 8 glasses of water.

 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )

Water helps keep your body's temperature stable, it carries nutrients and oxygen to cells, cushions joints, protects organs and tissues and removes wastes.

 (Listen Carefully : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ )



Listen again and answer the questions below.

1. Where did life first start?
  - A. In the rock
  - B. In sand
  - C. In water
  - D. In metal
2. What is our body mostly made up of?
  - A. nerves
  - B. muscle
  - C. bone
  - D. water
3. What percentage of our brain is water?
  - A. Ninety nine percent
  - B. Eighty percent
  - C. Fifty percent
  - D. Ten percent
4. How long humans survive without food?
  - A. For decades
  - B. For years
  - C. For months
  - D. For weeks
5. What is water made up of?
  - A. Mixture of Sand and Hydrogen
  - B. Mixture of Oil and Oxygen
  - C. Mixture of Hydrogen and Oxygen
  - D. Mixture of Hydrogen and Gold
6. What happens to your body when you play?
  - A. You get hot
  - B. You get cold
  - C. You get excited
  - D. You get sad
7. Water keeps you from getting too hot.
  - A. True
  - B. False
8. How much water should you drink each day?
  - A. 2 glasses of water
  - B. 3 glasses of water
  - C. 5 glasses of water
  - D. 8 glasses of water
9. Drinking water also helps in the process of losing weight.
  - A. True
  - B. False
10. When do people gain weight?
  - A. When they play to much
  - B. When they study hard
  - C. When they exercise more
  - D. When they confuse hunger with thirst


**Listening Exercise 2** Listen to the story, then fill in the blanks.

## Listening Exercise 1

The weakest ( ) ( ) ( ) from the herd.

## Listening Exercise 2.

They ( ) ( ) the female's back and ( ) ( ) the charging calf.

## Listening Exercise 3

Woolly's mother, ( ) ( ) what ( ) ( ), stood there dazed.

## Listening Exercise 4

Woolly ( ) his ( ).

## Listening Exercise 5

The male saber-toothed tiger stood his ground, and ( ) ( ) ( ) the side, allowing Woolly to continue his charge toward the female cat.

## Listening Exercise 6

Now they had him ( ) ( ) the two of them.

## Listening Exercise 7

This would be ( ) ( ) ( ).

## Listening Exercise 8

The large female ( ) ( ) and ( ) her massive back, the coarse hair bristling.

## Listening Exercise 9

Her mouth ( ) ( ) ( ), exposing the lower, razor-sharp teeth.

## Listening Exercise 10

Her long fangs ( ) ( ) ( ) above. Woolly skidded to a stop.