

Dictation Sheet

Cool Reading 2-Unit 01 [Track 01-04]

Listen and fill in the blanks.

p8, Passage 1 [Track 01]

Dear Mr. Counselor,

My best friend loves _____. She enjoys _____ rumors about other students, and she constantly spreads _____ and likes to gossip. She frequently tries to get me _____ about others. But I have no desire to do that. What should I do when she starts gossiping to me and I don't want to hear it?

Evelyn

Dear Evelyn,

It is great that you don't want to _____ rumors about other students or gossip about them. Rumors can be _____ to people. They usually start small. However, they can suddenly develop into _____ and harmful. Here is an idea: The next time your friend starts gossiping, say to her, "How would you _____ if someone gossiped about you?" I'm sure your friend is a nice young lady. She should realize that she _____ gossip about others. Good luck.

Mr. Counselor

p10, Passage 2 [Track 02]

A poor woman had no soup for her eba. A rich woman lived _____ and cooked soup each day. One day, the aroma from the rich woman's soup came into the poor woman's home. She _____ her neighbor _____ some soup, but the rich woman refused. However, the aroma from the soup was strong. So the poor woman put some eba in her mouth, inhaled the aroma, and _____ the food. The rich woman saw this and became angry. "Stop eating the aroma from my soup," she cried. The poor woman did this every day, so the rich woman _____ the king. "She is _____ the aroma from my soup. You must _____ her," she told the king. The king agreed. "She stole the aroma from your soup, so you should _____ her shadow," he said. He gave her a big stick and told her _____ the poor woman's shadow forty times. The rich woman felt very silly. She _____ the poor woman, and they ate real soup together from that day.

p12, Passage 3 [Track 03]

Snow can _____ hours of entertainment _____ children. It can also amuse dogs. In fact, many dogs seem to love playing in the snow _____ than children do. Why exactly do dogs love snow?

There are several reasons. First, a typical dog has the mind of a two-year old. Therefore, it focuses on basic _____ and desires. One of these is play. Playing in the snow is simply fun for dogs. Some dogs, such as huskies and retrievers, have also been bred for the snow. They have long, thick _____, so they do not _____. In fact, they become more _____ in cold weather because their bodies do not heat up too much when they run around. A third reason is that snow is new and different, which makes it _____ to dogs.

No matter what the reasons are, you _____ smiling when you see your dog running in the snow and having the time of its life.

p14, Passage 4 [Track 04]

Spiders are some of nature's most fascinating creatures. They _____ a special silk to make webs. Some spider silk is incredibly strong and flexible. Scientists are currently studying _____ to use spider silk for many _____, including making bulletproof vests.

Most people believe spiders use their silk for a single purpose: to catch prey. _____ they catch insects and other animals with their silk webs. But spiders use their silk for other purposes, too. After catching prey in their webs, many spiders _____ it in silk to keep it from escaping. Spiders also use their silk to travel. They make a long thread and _____ the wind _____ it. The wind can carry the thread and the spider very _____. Finally, spiders build strong shelters with their silk, and they _____ their eggs by wrapping them in silk.

Cool Reading 2-Unit 02 [Track 05-08]

Listen and fill in the blanks.

p18, Passage 5 [Track 05]

In the 1800s, Andrew Carnegie became one of the world's richest men. How did he do that? It was easy. He knew the _____ to becoming successful.

One day, Carnegie called Napoleon Hill into his office. Hill was working as a cub reporter at the time. Carnegie made him an _____. He was going to give Hill the _____ to spend the next 20 years interviewing the world's richest people. Then, he could write a book about the secret of those people's wealth, _____, and happiness. Hill considered the offer. 29 _____ later, he said yes. Hill later wrote the book Think and Grow Rich. It became a bestseller and helped create around one million millionaires.

_____ did Carnegie know it took Hill only 29 seconds to _____? He was holding a stopwatch under his desk. Carnegie believed that successful people make decisions _____. Carnegie wasn't going to give Hill the job if he took more than one minute to decide.

p20, Passage 6 [Track 06]

You've got an important math test today, but you feel horrible. Your head and stomach both _____. Your muscles are tense, your body is shaking, and you are even sweating. Don't worry. You don't need a doctor. You are simply suffering from test anxiety.

When you are expecting something stressful to happen, your body releases adrenaline. It causes those negative symptoms. Fortunately, there are some _____ to ease your feelings of anxiety:

1. _____ slowly and deeply. That will _____ your heart rate and make you less nervous.
2. Don't think negatively. Even saying, "I'm pretty _____ _____ this test," to a classmate is a negative thought. That can _____ your anxiety level.
3. Think positively. Tell yourself that you will do _____ on the test. Then, you'll feel _____.
4. Remember that you are not perfect. Everyone makes _____. It is all right if you don't get a perfect _____.
5. Most important of all, study hard at school every day. If you are sure that you know the material well, then you won't feel so _____.

p22, Passage 7 [Track 07]

Every culture around the world has its own _____ wedding customs. The people of Wales, which is _____ Britain, have the love spoon. In the past, when a Welsh man fell in love with a woman, he began making a love spoon. He used a single piece of _____ and carved a spoon with it. Some love spoons were _____. Others were elaborate and had many designs on them. After the man finished the spoon, he gave it to the woman he loved. If the woman _____ the spoon, they were engaged. They could set a date for their wedding and start preparing for married life. And what about the spoons? Over time, the spoons became valuable items in families. Each family would _____ a spoon on a wall. Some families even _____ new designs _____ their spoons and then passed them on to their children.

p24, Passage 8 [Track 08]

One night, artist Edvard Munch was walking outside with two of his friends. They had just left him when he suddenly heard a loud scream. This incident made a _____ impression on Munch. _____ he got home, he started painting. The result was one of the world's most famous paintings: *The Scream*. In *The Scream*, a person is _____ while his two friends _____ in the background. The image is about a _____ of intense horror for the person who is screaming. Born in Norway in 1863, Edvard Munch was a unique _____. He added psychological themes to his _____. His style was called symbolism. Sadly, Munch had a _____ life. Tuberculosis killed his mother and two sisters, and he suffered from mental illness during his life. But people have long recognized his greatness as an artist. In fact, in 2012, *The Scream* was sold at an auction for \$119 million.

Cool Reading 2-Unit 03 [Track 09-12]

Listen and fill in the blanks.

p28, Passage 9 [Track 09]

People visiting South America can see an unusual animal. It is related to the camel, but it doesn't have a hump. This animal is the llama.

Llamas used to live in the _____, but people tamed them. South Americans often use them as pack animals. It is _____ to see llamas in the Andes Mountains. They can _____ up to 30 kilograms of weight and _____ more than 35 kilometers in a single day.

People also use their wool to make clothes, carpets, and ropes. While llamas are very _____ animals, they have a very bad reputation. The reason is that when llamas get irritated or are unhappy, they spit. They _____ other llamas, and they sometimes even spit at people. They don't do this activity very _____, especially if people _____ them properly. Still, llamas spit _____ that they have developed a reputation for being bad-mannered animals.

p30, Passage 10 [Track 10]

People often _____ one another _____ their nicknames. Many nicknames are cool, so people don't mind when others use them. But not all nicknames are _____. How would you feel if you had a nickname such as Fatty, Stupid, or Stinky? In that case, don't worry. There are ways to get rid of it.

First, try telling your friends not to call you by it. If they are really your friends, they'll _____ using it. If that doesn't _____, simply _____ them when they use it. Some people come up with nicknames to see others' reactions and to _____ them.

Pretend that your nickname doesn't _____ you at all. After a while, people will see that you are not _____ negatively to it, so they'll stop calling you by that nickname. If you happen to _____ or go somewhere new, don't take that nickname with you. Your new friends will call you by a different name. Last of all, remember that it is just a name. It can't really _____ you at all.

p32, Passage 11 [Track 11]

Dear Diary,

This morning, my family and I visited Uluru, which is located in the middle of Australia. It is a _____ made of a single rock. And it has very steep sides with a nearly _____ top. This huge rock is 1,141 feet _____. It is nearly _____ the Empire State Building back home in New York City. And Uluru is more than two miles long and one mile wide.

I should _____ that it has another name: Ayers Rock. But the Aborigines—the native people of Australia—call it Uluru, so that's what I'll call it. It is _____ important to them _____ we hiked around it instead of climbing it.

One thing that really _____ me about Uluru was how it changed colors. We got there in the afternoon. It _____ brown at that time. But as the sun started _____, it became red in appearance. I was told that it looks the same when the sun _____ at dawn. It was definitely one of the coolest places I have ever visited.

p34, Passage 12 [Track 12]

Pirot, Serbia, is a small _____ with fewer than 40,000 people today. For more than 400 years, people in Pirot have been making Pirot carpets. The carpets are only made in this _____ because they must be created with wool _____ Pirot sheep. The carpets are the same on both _____ and have colorful designs. They can _____ for more than a century. The carpets also contain stories that can tell readers when they were made.

Weavers have to _____ specific rules when making the carpet. They must do all of the work _____. They can weave one square meter of carpet _____. If either of the two weavers working on a carpet makes a mistake, they _____ the carpet apart. They do that even if they are almost finished with it. Sadly, _____ people make Pirot carpets these days. One hundred years ago, more than 5,000 weavers made Pirot carpets. Today, 10 professionals and a few older women make them.

Cool Reading 2-Unit 04 [Track 13-16]

Listen and fill in the blanks.

p38, Passage 13 [Track 13]

"Hey, Dad, let's _____ on the kayak." "Actually, son," the boy's father replies, "that isn't a kayak. It's a canoe."

Many people get kayaks and canoes _____ since they have some similarities. But there are also many differences between the two boats. Kayaks and canoes are both lightweight boats that people _____ by using paddles. Most people use them for recreational activities, including _____. They are also designed to move in shallow water.

As for their _____, people usually sit on a seat in a canoe. But kayakers sit in the bottom of the boat and _____ their legs _____ in front of them. People in canoes use single-bladed paddles, but kayakers use double-bladed paddles. The _____ of a canoe is open whereas a kayak has a closed deck. This _____ canoes _____ many people and supplies, but kayaks cannot do that. Finally, canoes move fairly slowly while kayaks can travel much _____.

p40, Passage 14 [Track 14]

Many people have phobias. A phobia is an excessive _____ of something. People with phobias often have similar symptoms. They may become dizzy, sweaty, or breathless. Some experience panic attacks while others even fear they will _____. There are more than 100 kinds of phobias. Here are the top ten phobias people suffer from.

The fear of..

_____ : Women have this more than men.

snakes: Personal experiences and culture often _____ it.

heights: People with it try to stay away from _____ places.

_____ : It makes people _____ crowds and open spaces.

dogs: Being bitten by a dog in childhood may cause it.

thunder and lightning: Storms severely frighten people who have this phobia.

injections: Many people with this _____ visit hospitals.

social situations: People with this may suffer panic attacks if they must speak in public.

_____ : Up to 10% of all people avoid planes because of it.

germs and dirt: People with this may _____ their hands constantly.

p42, Passage 15 [Track 15]

Cultures around the world tell stories about _____. In Western culture, dragons are usually fierce, evil monsters. But dragons in Chinese culture are different. In Chinese culture, there are two important dragons: the Spirit Dragon and the Earth Dragon. The Spirit Dragon _____ the rain and wind while the Earth Dragon controls the rivers. Around 2,000 years ago, the Chinese wanted to _____ the importance of dragons in their culture. So they _____ the dragon dance. First, they make a long _____ of a dragon. These figures can be more than 60 meters _____. Each figure has a head, a body, and a tail and _____ a dragon. The dancers stand beneath it and use poles to _____ the dragon up and to move it. This creates the illusion of a _____ dragon. Since the Chinese often regarded dragons as water spirits, the dragon dance frequently _____ it is swimming. Today, people do the dragon dance in parades, especially on Chinese New Year.

p44, Passage 16 [Track 16]

Around two _____ people on the Earth live in very _____ housing. In addition, natural disasters, wars, and other problems make many people _____ their homes each year. Fortunately, one group of volunteers does its best to _____ people _____ their housing problems. Habitat for Humanity is a nonprofit group based in the United States. It was founded in 1976. Since then, it has sent volunteers all around the world. They build new homes and _____ existing ones. The group has _____ the housing situations of more than one million families. Habitat for Humanity does not provide these homes _____ though. The group builds homes and then _____ them for low prices. It even provides financial help for low-income people. And new homeowners _____ volunteer their time to help others. That way, they will be able to support others in need of housing.

Cool Reading 2-Unit 05 [Track 17-20]

Listen and fill in the blanks.

p48, Passage 17 [Track 17]

The next time you visit the _____, be sure to look down at people's feet. Do you _____ what most people are wearing? Nearly everyone is wearing the same _____ of footwear. It is just a shoe with a rubber sole. On the top, there is a Y-shaped strap that goes across the top and _____ the first _____ second toes. These shoes are called flip-flops.

Flip-flop is a rather _____ name. But there is a simple reason that it has this name. Put on _____ flip-flops and start walking in them. When you walk, the rubber soles of the shoes slap against the _____ of your feet. It makes a distinct sound. In fact, it _____ "flip-flop, flip-flop." That is the origin of the name. Some words come from the sounds they make. Ouch, buzz, and baa are all onomatopoeias. And _____ is flip-flop.

p50, Passage 18 [Track 18]

On Easter Sunday in 1722, Dutch explorers _____ on an island in the Pacific Ocean. They _____ it Easter Island. Around 2,000 people lived on the island then, and 887 _____, which are called *moai*, were there. The statues look like the heads of people.

But most of them include people's upper and lower bodies as well. They are also _____. The _____ *moai* stands 4 meters high and weighs 14 tons. But one *moai* actually stands 9.8 meters high and _____ 82 tons. The Rapa Nui people, the natives of

Easter Island, made the *moai* between the years 1100 and 1680. They made the statues on one side of the island and then moved them to other places all over the island.

How did they move these _____ statues without any _____ machines? Nobody knows. That is the mystery of Easter Island.

p52, Passage 19 [Track 19]

I'm a typical middle school student who loves _____ my friends. I look like everyone else except for one thing: I have two stubby _____. This means that my thumbs are not as _____ as other people's thumbs are.

I have a condition called brachydactyly. I inherited it from my father. Basically, the bones in our thumbs are _____ normal. This condition only affects my father and me in our thumbs. I've heard that other people have it in all of their fingers though. And some people have it in their toes. I don't worry too much about it because my doctor said that brachydactyly doesn't usually cause any _____ for people. And my thumbs function perfectly well.

However, stubby thumbs _____ people's attention. I am sometimes asked _____ to my thumbs. People seem to think I slammed my thumbs in a door. I don't _____ answering since they are mostly _____ about why my thumbs look so different from everyone else's.

p54, Passage 20 [Track 20]

When you wake up in the morning, have you ever noticed that your breath _____? You are not alone in having morning breath. Even people who eat healthy food and brush their teeth at night get it. Would you like to know why?

Surprisingly, our bodies are _____ of bacteria. Many are _____, but some are _____. In the mouth, there are helpful bacteria. At night, they consume food particles trapped between the _____ and gums. While these bacteria eat, they produce a bad-smelling gas. In addition, when you sleep, your body makes less saliva. This causes _____ mouth. Dry mouth lets bacteria reproduce very quickly. All of these new bacteria consume more food particles, so they cause even _____ morning breath.

How can you _____ morning breath? Floss your teeth every night before going to bed. _____ more water and less coffee. Avoid eating _____ many spicy foods such as onions and garlic as well. Those activities won't completely get rid of morning breath, but they will _____ it a lot.

Cool Reading 2-Unit 06 [Track 21-24]

Listen and fill in the blanks.

p58, Passage 21 [Track 21]

John and James came upon a _____ while they were walking. They had some food and water. John _____ eating some of their food then and eating the _____ later. He wanted to _____ their water for another time. James disagreed and wanted to drink the water instead. They had a _____, and John ended up slapping James. Later, when they stopped for food, James wrote in the _____, "My best friend slapped me."

The two eventually _____ an oasis with lots of water. James went swimming, but he started to drown. John dived into the water and saved him. Before they left the oasis, James carved the words "My best friend saved my life" on a rock. "Why did you _____ those things?" asked John. James answered, "You slapped me, which was bad, so I wrote about it in the sand. If you look for those words now, you won't _____ them anymore. Then, you did a good thing, so I carved it in _____. People will be able to read about it _____."

p60, Passage 22 [Track 22]

Do you often _____ your money? Would you like to become a smart shopper? Then follow these tips the next time you go shopping:

1. _____ fooled by ads. The "Sale" tag on an item doesn't always mean it is a great _____.
2. Don't let salespeople _____ you to buy something you don't really want. Learn to say, "No, _____," when you are shopping.
3. Don't buy something simply because everyone else is buying it. _____, develop your own style, and buy the items that _____ it.
4. You don't have to be _____ person to buy something new. New products often have problems. _____ a couple of months, and then most of the problems will be _____.
5. Do _____ on the items you want to buy and learn the differences between brands.
6. Be picky. _____ buy something if you need it.

p62, Passage 23 [Track 23]

Have you ever seen a _____ of Grumpy Cat? Grumpy Cat is a well-known Internet celebrity. In every picture of her, she has a frown on her _____. Many pictures of Grumpy Cat have expressions such as "This is my happy face" or "Smile? I am smiling" on them.

What did you do when you _____ a picture of Grumpy Cat? If you are _____ most people, you emailed it to your friends. When you did that, you took part in an Internet meme.

Internet memes are social or cultural _____ and symbols that are passed _____ one person _____ another _____. They can be images or videos. The most common ones are images of people or animals with _____ or clever captions. The majority of Internet memes are based on _____.

Memes are actually not new. They used to _____ as fables, stories, and word-of-mouth jokes. However, thanks to the Internet, memes can spread faster than ever today. Many times, these Internet memes go viral, so they might get _____—or even millions—of views in just a few days.

p64, Passage 24 [Track 24]

Every night in northern parts of the world such as Siberia, Canada, and Greenland, people get treated to a beautiful show. The sky lights up in _____ colors. Blue, green, purple, brown, and even red _____ flash throughout the night. They aren't watching normal fireworks. Instead, they are seeing nature's own fireworks, the Northern Lights.

The Northern Lights are _____ phenomena called auroras. They are caused by the _____. The sun constantly emits solar wind. It travels in all _____ from the sun. When it reaches the Earth, it hits the planet's magnetic field. _____ of the Earth's magnetic field stops the solar wind; however, some of it gets through and _____ the Earth's atmosphere. When the particles in solar wind _____ into the gases in the atmosphere, the Northern Lights _____. These light shows, which look like _____ curtains, can last the entire night in some places.

Cool Reading 2-Unit 07 [Track 25-28]

Listen and fill in the blanks.

p68, Passage 25 [Track 25]

Hi. My name is Vanessa. I have a younger brother. We normally _____ well, but sometimes we fight. We fight about all kinds of different things. What do you and your _____ often fight about?

My brother and I fight about the computer. We always want to be the first to check our Facebook pages and to play computer games. *Hannah*

I _____ a room with my sister. We _____ about who has to clean it. We sometimes fight about the music we play. I love hip-hop, but my sister _____ classical music. I can't stand her music! *Emily*

My younger sister constantly _____ my clothes and bags. But she never asks for permission, so that makes me really _____. We fight when she takes something of mine _____. *Chloe*

I don't have any siblings. I wish I had a younger brother to fight with. *Daniel*

I fight with my brothers about sports. They always _____ me no matter how hard I try, and then I get _____ and fight with them. I _____ I wouldn't do that. *George*

p70, Passage 26 [Track 26]

Each year, millions of people purchase new computer monitors and televisions to replace their old ones. Then, they frequently _____ their old electronics _____. As a result, the _____ of tech trash is increasing around the world. In the United States alone, nearly 330,000 tons of tech trash is produced annually. Many of the products contain material that is hard to _____, so they simply get piled up in garbage dumps. And the _____ materials in these products can leak into the _____. Sometimes they get into the water supply, which can _____ the water people drink.

Fortunately, there are ways to reduce the amount of tech trash. People can use their electronic products longer. They can also _____ _____ _____ to recycle them. They can _____ them to companies that will not just dispose of them but will take them apart carefully. That way, some parts can be reused, and dangerous materials can be disposed of _____.

p72, Passage 27 [Track 27]

Today, centuries after the Roman Empire _____, the Romans continue to influence modern times. One way concerns the months of the year.

The gods were important to the Romans, so they _____ several months _____ them. January is named after Janus, the god of beginnings and endings. March comes from Mars, the god of war. _____ is named after Maia, the goddess of growing plants, and June comes from Juno, the goddess of marriage. As for July and _____, they get their names from the brilliant general Julius Caesar and Augustus Caesar, the first Roman emperor, respectively.

Several months are named because of their _____ on the Roman calendar. April was the _____ month of the year for the Romans. Its name _____ the Latin word for two. Likewise, September, October, November, and December were the seventh, _____, ninth, and tenth months. Their names come from the Latin words for seven, eight, nine, and ten. What about February? It is named after the Roman festival Februa to _____ Februus, the Roman god of purification.

p74, Passage 28 [Track 28]

Is it _____ for a house to be swallowed by the ground? The answer is yes. The house instantly disappears, and all you can see is a huge _____ in the ground. This is a sinkhole.

Sinkholes _____ because of activity that _____ under the ground. Water and chemicals dissolve carbonate rocks such as limestone. This usually happens over a long _____ of time. As the rock disappears, _____ and holes underneath the ground begin to appear. Eventually, the cave or hole becomes too _____. This means that the ground above it can no longer be supported. This results in the sudden collapse of the land, which _____ a sinkhole. Sinkholes can be _____ one meter in diameter and depth _____ more than 600 meters in diameter and depth. One sinkhole in China is around 700 meters _____.

Cool Reading 2-Unit 08 [Track 29-32]

Listen and fill in the blanks.

p78, Passage 29 [Track 29]

"Matt, what are we having for lunch today?" asks Matt's friend Dave. Matt answers, "Food." Dave looks at Matt and asks, "What are you, a wise guy?"

Most people want to be _____. Normally, a wise person has _____, which is a combination of knowledge and real-life experience. However, being called a wise guy is not actually always a compliment. Instead, the person calling someone a wise guy is making an _____.

Wise guys often think they are being _____ by having "smart" answers to people's questions. They also feel the need to make sarcastic _____. But their answers and comments are usually unwelcome. For instance, when one person asks another what he did at school, a wise guy might answer, "Learn!" He thinks he is funny, but he is really just _____. So don't be a wise guy.

p80, Passage 30 [Track 30]

Clearwater Middle School has a new club: the bouldering club. Many students are _____ about it, so reporter Julie Thomas interviewed Mitch Jenkins, the club president.

J: What exactly is bouldering?

M: Bouldering is _____ mountain climbing. However, we climb up manmade structures such as walls by finding places to put our hands and feet as we go up.

J: What _____ do you use?

M: We don't use any equipment. Unlike mountain climbing, we don't use ropes or harnesses, and most of us don't even _____ helmets.

J: Isn't that dangerous?

M: No, because we aren't climbing anything _____. The structure we _____ at school is only five meters high. We also have thick crash pads beneath us. They _____ us from getting injured if we _____.

J: Is bouldering good _____?

M: Yes, it is. Your upper body and lower body get a great workout because you use your hands and legs to climb. We _____ everyone here _____ it. Come down to the gym every Friday after school, and we'll _____ you how to do bouldering. You'll love it.

p82, Passage 31 [Track 31]

On _____ each year, every single player on a Major League Baseball (MLB) team wears the same _____. What is the importance of this number? They are honoring the man who broke baseball's color barrier.

It was April 15, 1947, when a man became the first black person to _____ in the Major Leagues. His name was Jackie Robinson. Before him, all of the players were white. At that time, American _____ was _____, so blacks and whites didn't do activities together. There were schools, restaurants, and other places for whites. There were also ones for blacks.

Despite his _____ as a baseball player, playing in the Major Leagues wasn't easy for Jackie. Baseball fans and some other players didn't want to have him in the same league. During his career, he had to _____ racism. But his success opened the door _____ more blacks to play in the Major Leagues, so Americans soon began accepting them.

Nowadays, _____ in the league wears 42, Jackie's uniform number, on April 15. They call it Jackie Robinson Day and celebrate it to remember his _____.

p84, Passage 32 [Track 32]

Q. The other day, I drank some water from a bottle. Then, I _____ the rest into a glass and _____ it for two days. I just took a drink of that water. It tasted different. Am I going to get _____?

A. The water has gone flat. Carbon dioxide in the air interacted with the water in the glass and changed its _____. Don't be afraid though. That water is still _____ to drink.

Q. I _____ if water can go bad. What is the truth?

A. Let's say you _____ a bucket of water outside. After a month, you might see insect larvae and other organisms in the water. _____ you filter the water, you shouldn't drink it because it will make you sick. Likewise, if you leave a plastic bottle of water in the sun for a while, you shouldn't drink that water either. That water in the bottle won't go bad _____. It is the plastic that _____ the water. The combination of heat and plastic will release poisonous substances. They make the water _____.

Cool Reading 2-Unit 09 [Track 33-36]

Listen and fill in the blanks.

p88, Passage 33 [Track 33]

There was a boy who had a bad temper. His father gave him a bag of _____ and said, "Go to the fence in the backyard and hammer a nail in the _____ every time you _____."

The first day, the boy drove 37 nails into the fence. Over time, he learned to _____ his temper, so he drove fewer nails into the fence. One day, he didn't lose his temper at all. He told his father about it. His father instructed him to _____ one nail each day he held his temper. Time passed, and the boy finally told his father that the nails were gone. The father took his son to the fence. He said, "You have gotten _____. But look at all the holes in the fence. When you do things because you are _____, you leave scars like these. If you stab a man with a knife, it doesn't _____ if you apologize. He will still have a _____."

p90, Passage 34 [Track 34]

There are many kinds of pasta, including spaghetti, of course. Most pasta is made of wheat or some other grain. But did you know you can make pasta from _____? There is pasta made from spaghetti squash.

Spaghetti squash is a large and white, yellow, or orange vegetable. When it is cooked, its flesh can be removed _____. This creates long strands that _____ spaghetti. Here is a simple recipe for spaghetti squash pasta.

1. _____ a whole spaghetti squash in the oven at 190 degrees Celsius for one hour.
2. Take the squash out of the oven and _____ it _____. Spoon out the seeds and _____ the flesh with a fork.
3. _____ some butter in a pan and add garlic and basil. _____ for a couple of minutes.
4. Add the strands of spaghetti squash to the pan. Sprinkle some salt on top.
5. Add some parmesan cheese. Then, _____ everything together, put it on a plate, and enjoy a _____ meal.

p92, Passage 35 [Track 35]

You've probably seen this food in salads. And you've definitely seen it as a topping on your combination pizza. What is it? It is the olive. Most people believe the olive is a vegetable. But it is actually a small _____ that comes from the olive tree.

Olive trees _____ mostly in coastal areas around the Mediterranean Sea. People in that region have been _____ olives for more than 7,000 years. Today, during the harvesting season, many tourists visit there.

Olives are green when they start growing and sometimes change to black when they ripen. They have a _____ taste, so they often need to be cured before people consume them. People in the past ate olives, and they also made olive oil from them. In fact, the olive tree itself had great importance to people in _____ times. Winners in the ancient Olympics in Greece received _____ made of olive branches, and the Olympic flame itself burned by using olive oil.

Today, people enjoy eating olives as snacks, or they _____ them _____ other foods. And since olives have _____, that has increased their popularity.

p94, Passage 36 [Track 36]

When winter comes and the temperature _____ below 0 degrees Celsius, lakes, ponds, rivers, and streams begin to _____. But if you go to the _____, you'll notice that the water has not turned into ice.

The _____ reason is the salt in ocean water. The hydrogen and oxygen molecules form _____. When water freezes, they come together. But the salt makes it harder for them to do that. As a result, the freezing point of ocean water is -1.8 degrees Celsius. This means that salt water needs to be _____ than fresh water to freeze. An additional reason is that ocean water is constantly moving. This movement _____ it _____. Thus ocean water becomes colder much more slowly than the water in lakes and ponds. For that reason, the ocean usually only freezes in very cold places, such as the North Pole and the South Pole.

Cool Reading 2-Unit 10 [Track 37-40]

Listen and fill in the blanks.

p98, Passage 37 [Track 37]

Nowadays, most people smile when someone _____ their picture. But take a look at old photographs from the 1800s. In those pictures, nobody is _____. Instead, the people in the pictures have _____ looks on their faces.

The main reason comes from cameras. They were new in the 1800s, so the technology was _____. Today, we can take pictures in an instant. But in the past, some cameras needed 15 minutes to take a single picture. _____ trying to smile for that long. You might get cramps in your face.

Another reason is that pictures used to be _____. Many people only took one picture of themselves their entire lives. They wanted the picture to represent them well, so they tried to look serious in it.

Finally, many people in the past had bad teeth, which were often decayed or chipped. If they smiled, their teeth would show in the picture. They _____ _____ their teeth _____ and didn't smile at all.

p100, Passage 38 [Track 38]

When you look in the mirror, are you happy with the person you see? Or do you ever say things like, "I'm too _____," "I'm _____ tall," "I wish I had bigger eyes," or "I think I'm ugly"?

If you make those comments or similar ones, you may have a self-esteem problem. Self-esteem refers to how you _____ about yourself. For many young people, their bodies are closely related to their self-esteem.

But remember a few things. First, as a teenager, your body is constantly changing. It is _____ to feel awkward at times. Second, don't _____ the negative aspects of your body. Instead, think about the positive ones, such as _____, how healthy you are, and what kinds of _____ you have. Third, nobody is perfect. The _____ that we are imperfect makes all of us unique. There is nobody else in the world exactly like you. _____ yourself as you are, and you'll develop high self-esteem.

p102, Passage 39 [Track 39]

There is a _____ that is mostly frozen. No plants, except for some small flowers, bushes, and mosses, grow there. Guess where it is. It is tundra, which is in the northern parts of Asia, Europe, and North America.

Tundra covers around 20% of the Earth's land surface. It is very hostile to life. The reason has to do with the cold temperatures. A meter or two _____, the ground is permanently frozen. Trees cannot grow in tundra because their _____ cannot break through the rock-hard permafrost. Only plants with small root systems can grow there. Animals living in tundra have adapted to the harsh conditions. They have _____ fur to keep them _____. They also have small ears and tails _____ the loss of heat from their bodies. Many of these animals only live in tundra during the _____ months. When _____ comes, they migrate southward to warmer lands.

p104, Passage 40 [Track 40]

Recently, a health organization in England did a _____ young people in that country. It made an amazing discovery. 45% of 2,100 people aged 16 to 24 responded that they had some kind of back or neck _____. That percentage was _____ than it was in previous studies.

According to the study, many young people have inactive lifestyles. They have a lot to do with their back and neck problems. Young people _____ around ten hours a day _____. In addition, they only spend around two hours a day exercising.

Another reason for the back and neck pain is somewhat _____: electronic devices, particularly smartphones. Many young people use their smartphones for more than just _____. But when they use their smartphones, they often _____ over to look at them. This causes their heads to tilt forward and their shoulders to curve. Doctors call this "text neck." Because of this _____, the natural curve of a person's neck can disappear. As a result, people can _____ pain in both the back and the neck.