

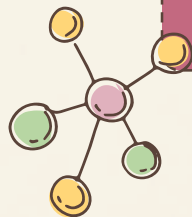


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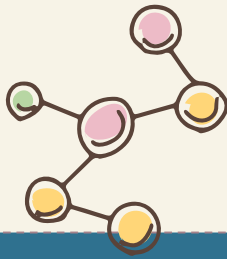
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Episode 1

Are Humans Still Evolving?



[Click here to watch the episode](#)



Vocabulary

A. Choose the correct words in the box to match their meaning.

integrated

physiological

predisposition

isolated

diluting

01

Relating to the way in which a living body or its parts function. ____

02

Far away from other places, buildings, or people; remote. ____

03

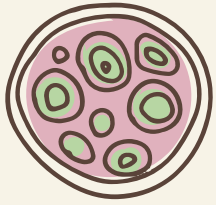
Making something weaker or less concentrated by adding something else to it. ____

04

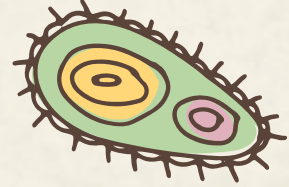
Having various parts or aspects linked or coordinated together. ____

05

A liability or tendency to suffer from a particular condition or hold a particular attitude. ____



Vocabulary



B. Read the summary and fill in the blanks using the words in the box.

diluting

predisposition

isolated

integrated

physiological

Human evolution continues through natural selection, genetic drift, and sexual selection. While modern technology reduces some environmental pressures, specific adaptations like the Bajau's enlarged spleens demonstrate recent (1) ____ changes. Genetic drift allows certain traits to become common by random chance in small, (2) ____ populations. Conversely, increased global migration is currently (3) ____ rare gene versions through population mixing. In the future, humans may even be physically or neurally (4) ____ with machines to steer their own biological progress. This suggests some individuals may have a genetic (5) ____ to adapt to these new technological landscapes.

Comprehension Questions

C. Choose the correct answers.

01

How long can the Bajau people hold their breath underwater?

- A. 1–2 minutes
- B. More than 10 minutes
- C. Exactly 5 minutes

02

Why is the spleen important for divers?

- A. It helps the lungs expand.
- B. It acts as an oxygen reservoir by storing red blood cells.
- C. It filters salt out of the blood.



Comprehension Questions

C. Choose the correct answers.

03

What is "genetic drift"?

- A. When humans migrate across oceans.
- B. When genes become common due to random chance.
- C. When genes change to help an animal hide from predators.

04

Which of the following is an example of natural selection?

- A. Natural selection will become the only way we change.
- B. Humans may become physically or neurally integrated with machines.
- C. Humans will stop changing because we have enough food.



Comprehension Exercise

D. Choose T if the underlined word is correct, or replace the word if it is incorrect.

01

The Bajau people can hold their breath longer than a sea otter.



02

Scientists believe the future of human evolution may be something we can control through genetic engineering.

03

Himalayan populations have lungs that can breathe air with 40% less oxygen than normal.



04

Most animals can easily digest milk after they grow up.



Discussion Questions



E. Answer the questions.

01

Do you think technology is making humans stop evolving, or just changing how we evolve?

02

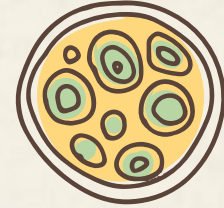
If you could choose one genetic adaptation from the video (like the Bajau's breath-holding or the Himalayan lung capacity), which would you want?

03

How does the "M&M" analogy help you understand genetic drift?



Discussion Questions



E. Answer the questions.

04

What are your thoughts on humans one day being "neurally integrated" with machines?

05

Why do you think traits like earwax type exist if they don't provide a survival advantage?

06

Joe mentioned that the power to determine our future change comes with "great responsibility." What do you think he meant?