

Today's Topic

Humans may be **on their way** to Mars in the next 15 years. NASA has been testing special 'Martian gardens' to see what kind of things might grow on Mars. They have used a special soil made up of crushed volcanic rock. It contains no nutrients or organic material, so it is similar to the soil on Mars.



The scientists managed to grow lettuce in it. They said the lettuce tasted normal, but it had weaker roots and took longer to grow. They will now try growing other vegetables. A NASA spokesman said: "Discoveries made in these Earth-based 'Martian gardens' will **pave the way for** future studies and technology development in terms of reliable, efficient food production a long way from Earth."

Discussion Questions

1. Why is NASA testing 'Martian gardens'?
2. What did NASA use to test 'Martian gardens'?
3. What did the scientists grow in the 'Martian gardens'?
4. What does the line 'pave the way for future studies and technology development' mean?
5. What are the dangers of food grown on Mars?
6. What three things would you take to Mars?
7. Do you think you would be able to live on Mars?

* 문장을 구성하여 답변할 수 있도록 노력하세요!

Word & Expression

- Martian
- volcanic
- nutrients
- organic material
- lettuce
- spokesman
- discovery
- technology

Today's Topic

New research shows that people who read a lot live longer. The study was **carried out** by researchers from Yale University in the USA. The researchers said reading keeps the mind active, helps reduce stress and makes us take better care of our health. The researchers said that books help the brain more than newspapers and magazines, but any kind of reading will help us to **keep going strong**. Even reading for half an hour a day could help us to live longer. In the study, researchers looked at the lifestyles of 3,500 men and women over a 12-year period. They looked at their reading habits, health, lifestyle and their education. All of the people were at least 50 years old at the start of the research.



Discussion Questions

1. Who carried out the study about people who read?
2. What are the three ways in which reading helps people?
3. What kind of reading helps us live longer?
4. What did the researchers look at in the study?
5. How much do you read every week?
6. Do you like reading, and what is your favorite book?
7. Which is better – reading the book or watching the movie? Why?

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Word & Expression

- research
- carried out
- reduce
- brain
- magazine
- lifestyle
- period

Today's Topic

A U.S. company is paying employees to sleep more. Staff at the insurance company Aetna will get \$300 a year extra if they sleep at least seven hours a night. They will get **just over** a dollar for each night they sleep over seven hours. **The idea** is to improve employee performance. Human resources officials say employees work better if they sleep well. A workforce that is more rested means the company will perform better. Staff can record their sleep automatically using a wrist monitor, or manually record how long they have slept every night.



Discussion Questions

1. How much do the staff get if they sleep more than seven hours every night?
2. Why does the U.S. company pay employees to sleep more?
3. How do the staff record their sleep?
4. How many hours do you sleep every day?
5. Do you think sleep is important? Why?
6. What do you feel like when you do not sleep enough?
7. Why is it difficult for people to sleep more than 7 hours?

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Word & Expression

- | | |
|---------------|-----------------|
| • company | • resource |
| • employee | • workforce |
| • staff | • automatically |
| • insurance | • monitor |
| • Performance | • manual |