

Name:

Date: 04/12/2013

Group:

Time: 2 hours

Class: common core

HUMOR

A big mystery: the tremendous benefits of laughter.

Humor, the tendency of particular cognitive experiences to provoke laughter and provide amusement, affects how we perceive and respond to life. It enhances the quality of life and may relieve the body from so many health problems. In fact, humans are the only creatures on earth that are endowed with the ability to laugh.

The difference between humor and laughter is that humor is a perceptual process while laughter is a behavioral response. People of all ages and cultures respond to humor. The majority of people are able to experience humor, i.e., to be amused, to laugh or smile at something funny, and thus they are considered to have a sense of humor. The hypothetical person lacking a sense of hum or would likely find the behavior induced by humor to be inexplicable, strange, or even irrational. Though ultimately decided by personal taste, the extent to which a person will find something humorous depends upon a host of variables, including geographical location, culture, maturity, level of education, intelligence and context.



Regular laughter sessions can have important effects on our health and well being. For instance, laughter is considered to be a stress buster and researchers found a direct link between laughter and healthy function of blood vessels. Laughter causes the dilatation of the inner lining of blood vessels, the endothelium, and increases blood flow. It also has been shown to lead to reductions in stress hormones such as cortisol and epinephrine. When laughing the brain also releases endorphins that can relieve some physical pain. Laughter also boosts the number of antibody-producing cells and enhances the effectiveness of T-cells, a type of cells that lead to a stronger immune system.

Since laughter does effect the body, mind and spirit the only thing you have to do to lead a happy life is LAUGH, as simple as that.

I. COMPREHENSION: (10 pts)

A. Circle the correct answer. (4 pts)

- The expression "stress buster" means:
 - Something that stops stress
 - Something that produces stress
- Laughter strengthens:
 - the immune system
 - the muscles
- The response to humour is the same everywhere in the world.
 - True
 - False
- A person lacking the sense of hums or may find it difficult to get along with other people.
 - True
 - False

B. Answer these questions in your own words : (6 pts)

1. What's the difference between humor and laughter ?

.....
.....

2. What are the good effects of laughter on the body ?

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.....

3. What's the key to lead a happy life ?

.....
.....

II. VOCABULARY : (12 pt s)

A. Use the words in capitals at the end of end sentence to make words which fit in the space : (5 pts)

1. Mary was even less.....about going to Spain. (ENTHUSIAST)

2. Iamabout his chances of winning . (SCEPTIC)

3. You should try and be more (ASSERT)

4. Maria like going to abeach. (SECLUDE)

5. How often do you spend aevening at home with your family? (RELAX)

B. Complete the words : (4 pts)

1. When you are sure that you want to do something, you are this. d _ _ _ _ _ .

2. This is another word for brilliant. f _ _ _ _ _ .

3. We use this word to descried someone who is not afraid b _ _ _ _ .

4. This is a loud noise you make when you are frightened s _ _ _ _ .

C. Look at the prompts and write sentences as in the example. use present perfect + since + past simple (3 pts)

1. **Bill/ start / working** **Bill / travel abroad / many times**

2. **Jenny / move / Scotland** **I / not see / jenny**

3. **Kate / become / actress** **Kate / star / ten films**

III. GRAMMAR : (8 pts)

Complete the sentences with the past simple or the present prefect simple of the verbs in brackets.



Since 1998 my family and I _____ have spent _____ (spend) all our summer holidays abroad. In 1998 we _____ (visit) Spain and in 1999 we _____ (go) to germany. We _____ (be) to five different countries so far; Spain, Germany, Egypt, Greece and Poland. We are now on holiday in Italy. We _____ (arrive) in Rome two days ago. Yesterday our tour guide _____ (take) us on a tour of the city and we _____ (see) the Colosseum and many other interesting places. Tomorrow we're going to Naples. I'm excited because I _____ (always want) to see Mt. Vesuvius. After that we're going north to Florence or Venice, but we _____ (Not decide) where yet.

