**KAT 1.1. SKIMMING AND SCANNING**

**Activity 1. Skim for main ideas and Scan for details**

**Text 1.**

Native people in early North America liked to play games. Their favorite games were played with a stick and a ball, like lacrosse. In lacrosse, the rule is that you can’t touch the ball with their hands. You catch the ball in a net on the end of a stick and use the stick to throw the ball.

1. What is the main idea of the passage?
2. The favourite games of Native people in early North America were played with a stick and a ball, like lacrosse.
3. Native people in early North America liked to play games.
4. The early North American people catch the ball in a net on the end of a stick and use the stick to throw the ball.
5. In lacrosse, the rule is that players can’t touch the ball with their hands.
6. What is the main rule of the favorite games of the early North American people?
7. Players have to play their favorite games outdoors.
8. Players can’t touch the ball with their hands.
9. Players are Native people in early North America.
10. Lacrosse is played by North American people.

**Text 2.**

Not all plants grow in the same way. Some plants grow and reproduce in one year and are called annuals. Some plants grow and reproduce in two years and are called biennials. Other plants grow and reproduce for many years and are called perennials.

1. What is the main idea of the passage?
2. Other plants grow and reproduce for many years and are called perennials.
3. Some plants grow and reproduce in two years and are called biennials.
4. Not all plants grow in the same way.
5. Some plants grow and reproduce in one year and are called annuals.
6. Which plants are called “perennials”?
7. Plants that grow and reproduce for more than two years.
8. Plants that grow and reproduce for less than two years.
9. Plants that grow and reproduce twice in two years.
10. Plants that grow and reproduce once in two years.

**Text 3.**

Teeth can tell you what kinds of food a mammal eats. Plant eaters (herbivores) like deer have large, flat molars for grinding plants. Animals that eat both plants and meat (omnivores) have strong canines and molars for tearing and grinding foods. Animals that are meat eaters (carnivores) have canine teeth for cutting and tearing.

1. What is the main idea of the passage?
2. Animals that are meat eaters (carnivores) have canine teeth for cutting and tearing
3. Plant eaters (herbivores) like deer have large, flat molars for grinding plants
4. Animals that eat both plants and meat (omnivores) have strong canines and molars for tearing and grinding foods
5. Teeth can tell you what kinds of food a mammal eats
6. What are the characteristics of omnivores?
7. They eat plants but not meat.
8. They have strong canines and molars.
9. They have flat molars.
10. They have large mouth and teeth.

**Text 4.**

Animals have defences against being eaten, and so do plants. Plants, like milkweed, have strong chemicals that can make animals sick. Poison Ivy has oils in its leaves that will give animals an itchy rash. Blackberries have sharp thorns all over the plant.

1. What is the main idea of the passage?
2. Animals have defences against being eaten, and so do plants.
3. Blackberries have sharp thorns all over the plant.
4. Poison Ivy has oils in its leaves that will give animals an itchy rash.
5. Plants like milkweed have strong chemicals that can make animals sick.
6. What is the function of the thorns in blackberries?
7. To help them catch other plants or animals.
8. To prevent themselves from being eaten by insects.
9. To make them look more attractive to other animals.
10. To produce chemicals that protect them from danger.

**Text 5**

Martin Luther King Jr. was one of America’s most important civil rights leaders. He inspired many with his famous “I have a dream” speech. He believed in using non-violent methods to achieve his dream of racial integration. He was assassinated at age 39.

1. What is the main idea of the passage?
2. Martin Luther King Jr. was assassinated at age 39.
3. Martin Luther King Jr. believed in using non-violent methods to achieve his dream of racial integration.
4. Martin Luther King Jr. inspired many with his famous “I have a dream” speech.
5. Martin Luther King Jr. was one of America’s most important civil rights leaders.
6. What happened to Martin Luther King Jr. at age 39?
7. He achieved his dream of racial integration.
8. He made his famous speech “I have a dream”.
9. He was killed.
10. He used non-violent methods to achieve his dream of racial integration.

**Activity 2. Reading comprehension**

## PHOBIAS



**What is a phobia?**

A phobia is an intense fear or feeling of [anxiety](http://www.bbc.co.uk/health/emotional_health/mental_health/mind_anxiety.shtml) that occurs only in a particular situation that frightens you.

This might be something as seemingly logical as a fear of heights, or as illogical as a fear of the colour green. At other times you don’t feel anxious. For example, if you have a phobia of spiders (as millions of people do), you only feel anxious when there’s a spider around, otherwise you feel fine.

About one in ten people has a significant phobia, although few people seek treatment.

People develop phobias to all sorts of things. Each phobia has its own name. Some (of a very long list) include:

* Musophobia – fear of mice
* Peladophobia – fear of bald people
* Amathophobia – fear of dust
* Pnigophobia – fear of choking or smothering
* Maieusiophobia – fear of childbirth
* Homichlophobia – fear of fog
* Arachibutyrophobia – fear of peanut butter sticking to the roof of the mouth

Phobias make people avoid situations they know will make them anxious, but this can make the phobia worse. A person’s life can become increasingly dominated by the precautions they take to avoid a situation they fear. You may know there’s no real danger and you may feel embarrassed by your fear, but you’re still unable to control it. It’s better to confront your fears, even if it’s in a very careful way or with the help of a trained therapist.

A phobia is more likely to go away if it began after a distressing or traumatic event.

## What’s the treatment?

Cognitive behavioral therapy – a ‘talking treatment’ where you learn all about the thing or situation you are scared of and how to change your behaviour – has a high success rate in phobias. Your GP can refer you.

*(from BBC website* [*http://www.bbc.co.uk/health/emotional\_health/mental\_health/mind\_phobias.shtml)*](http://www.bbc.co.uk/health/emotional_health/mental_health/mind_phobias.shtml%29)

1. The main purpose of the text is to ...
2. give information about phobias
3. give instructions for people with phobias
4. persuade people with phobias to seek help
5. A phobia ...
6. happens to everyone when they are frightened
7. happens only in certain situations
8. only happens to people who are anxious
9. Phobias ...
10. are logical
11. are not logical
12. can be logical or not logical
13. The number of people who have phobias is ...
14. five out of ten people
15. ten people
16. 10 percent of the population
17. Peladophobia is ...
18. fear of people with no hair
19. fear of choking or smothering
20. fear of getting trapped in fog
21. The writer advises people with phobias to ...
22. consult a psychotherapist
23. avoid situations that make them anxious
24. confront the fear rather than avoid it
25. Which of these phobias is not mentioned in the text?
26. Arachibutyrophobia
27. Arachnophobia
28. Amathophobia
29. Cognitive Behavioral Therapy is ...
30. a recommended treatment for phobias
31. not a recommended treatment for phobias
32. is a recommended treatment for some phobias
33. This text might be found under which theme?
34. Physical health
35. Mental health
36. You and your therapist
37. What is the main message of this article?
38. Some people have phobias and live in fear of certain things.
39. If you have a phobia you should see a therapist.
40. What a phobia is and how to treat it.