

StartUp 4
Reading

Unit8 – Lesson4
Page96


Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.


Teach the form of the word. Then ask some concept checking questions.
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EVIDENCE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



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SURFACE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



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SWEAT



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

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EVAPORATE

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



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LEAVE OUT

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



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SIGNAL

CHOOSE THE CORRECT WORD.

1. The surface of an object is on the ***bottom / outside / inside.***
2. When liquid evaporates it ***changes to gas / turns into water / comes out of your skin.***
3. When you visit a tropical place it will be very ***dry and cool / cold and snowy / hot and wet.***
4. If someone is looking for evidence, they are searching for ***a sound / new information / a signal.***
5. When people sweat, liquid ***is turning to gas / disappears / comes out of their skin.***
6. When you leave out the ice cubes that means you ***add them / don't include them / increase the amount.***
7. Sweating could occur if someone is ***happy / nervous / cold.***
8. When you signal to get someone's attention, you can ***make a sound or action / decide if something is true / leave out important information.***

Have your students make sentences about each picture using the words they have learned. Focus on accuracy.

A PREVIEW Read the title and look at the photos. How could these foods help you keep cool?

KEEPING COOL



spicy salsa–Mexico



hot chai tea–India

LISTEN TO THE AUDIO CAREFULLY.

7-19

What is the main thing readers can learn from this article? Circle the correct answer.

a. Hot drinks and spicy foods can keep you cool.
b. Your body sometimes has trouble keeping you cool.
c. Sweating is a signal that you are too hot.

KEEPING COOL



spicy salsa–Mexico



hot chai tea–India

It's hot, really hot. There's no swimming pool or air conditioning. You should reach for an ice-cold glass of water or maybe a dish of ice cream, right? Wrong, at least according to people who live in hot, tropical climates. How about a cup of hot tea or a spicy dish full of chilies instead? Just listen to people in India, where hot tea is the most popular drink. Or ask people in Mexico, where archeologists have found evidence that ancient people were cooking up hot, spicy drinks more than 2,400 years ago!

So why are hot drinks and spicy foods so popular in hot climates? At first glance, this doesn't make a lot of sense. But if you look a little closer—at the science behind body temperature—it makes perfect sense because hot drinks and chilies can actually cool you down. Here's how it works: Your body temperature stays within about one degree of the normal body temperature. If your temperature goes higher, your blood begins to move toward the surface of your body. This causes your body to sweat. As a result of the sweat evaporating, you start to feel cooler and your body temperature goes back down.

How do the hot drinks and chilies fit into this picture? You have temperature sensors in your mouth, along your tongue, and all the way down into your stomach. When hot drinks, like tea or coffee, hit those sensors, they send a signal to your brain. Some foods, like ginger and black pepper, but most of all, chili peppers, cause those sensors to respond in the same way. Then the brain sends out a message: Start sweating! You may not like sweating, but it is extremely important, especially in hot climates, because the body cools down when sweat evaporates.

So, what about that ice-cold glass of water? Will it cool you off? It can actually have the opposite effect. The sensors in your mouth will tell your brain, "Ah, nice and cool." As a result, the brain sends out the message, "Time to stop sweating"—exactly what you don't want. However, keep in mind that when you sweat, your body loses water, so drinking water on hot days is still very important. You just might want to leave out the ice cubes.

Have Ss identify the correct answer. Go over the answer as a class.

B Circle the correct answers.

1. What causes body temperature to go down?
   a. body staying at normal temperature
   b. blood getting cooler
   c. sweat evaporating
2. What do hot drinks have in common with spicy food?
   a. They keep your body temperature within one degree of the normal temperature.
   b. They block temperature sensors from sending signals to the brain.
   c. They cause your body to sweat.
3. Why is important to drink a lot of water when it is hot?
   a. It replaces the water we lose in sweat.
   b. It keeps your blood moving quickly.
   c. It makes your sweat evaporate more quickly.

Have Ss identify the correct meaning. Go over the answer as a class.



C FOCUS ON LANGUAGE Reread lines 8–15 in the blog post. Think about the phrases *make sense* and *fit into the picture*. Circle the correct answers.

1. The expression *make sense* means ___.
   a. have a meaning you can understand b. be useful c. feel right
2. The expression *fit into the picture* means ___.
   a. be related
   b. explain something difficult
   c. show how something looks

READING SKILL

Identify cause and effect

Writers use signals like *because*, *so*, *as a result*, *cause*, *result in*, *lead to*, *consequently*, and *therefore* to show a cause-and-effect relationship. Sometimes the order in which the writer reports the events or actions can also help you see the cause-and-effect relationship.

1. Reread the article. Underline words and phrases that signal cause or effect.
2. Write *C* (cause) and *E* (effect) next to the correct event in each pair.

a. ___ you sweat
___ your blood moves to the skin's surface

b. ___ you drink something hot or eat something spicy
___ sensors in your mouth send a signal to your brain

c. ___ you feel cooler
___ sweat evaporates

WHAT WAS THE ARTICLE ABOUT? RETELL THE MOST IMPORTANT IDEAS. USE YOUR OWN WORDS.

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Have your Ss tell the summary of the text in breakout rooms.


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Have you ever eaten spicy food or hot drinks to stay cool? What was your experience?
What else do you do to stay cool?
Discuss your ideas.
Have your Ss answer the questions in the breakout rooms.
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READ THE SCRIPT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.

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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.