

Class

Name

Unit 1. Hyperloop

Listen to the audio and fill in the blanks.



Track 03

Los Angeles (LA) and San Francisco are 1. _____.

They are 2. _____ 650 kilometers 3. _____.

Today, the 4. _____ way to 5. _____
_____ them is by airplane.

It is 6. _____ a one-hour 7. _____.

However, it 8. _____ only 30 9. _____
in the Hyperloop!

The Hyperloop is the 10. _____ of 11. _____ Elon
Musk.

It is a 12. _____ of 13. _____ that travels in a
14. _____.

15. _____ would 16. _____ in cars called
17. _____.

Magnets and low air 18. _____ would make the pods
19. _____ and 20. _____
the tubes.

They could go 1,100 kilometers 21. _____ !

Musk's 22. _____ is to build two tubes 23. _____

LA and San Francisco.

He would like to 24. _____ the tubes 25. _____

the 26. _____.

However, they could also 27. _____.

It would 28. _____ about \$6 billion.

It would cost \$7.5 billion to 29. _____ a 30. _____

one that could 31. _____ cars.

That's a 32. _____ of 33. _____, but the shorter

34. _____ time would be 35. _____ it!

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Unit 2. The City of Moose

Listen to the audio and fill in the blanks.



Track 05

1. _____ 300,000 people 2. _____ in Anchorage, Alaska.

3. _____ of 4. _____ live in the city, too.

Between 250 and 1,000 moose live in the 5. _____ at 6. _____ times of the year.

7. _____ do the moose live in the 8. _____ ?

They feel 9. _____ in Anchorage.

In the 10. _____, bears 11. _____ and eat 12. _____.

However, very 13. _____ bears 14. _____ 15. _____ the city to look for moose.

The moose also 16. _____ Anchorage 17. _____ there is 18. _____ to 19. _____ there.

In the 20. _____ they go into people's 21. _____.

They even 22. _____ of homes and eat 23. _____ from the 24. _____.

In the summer, they eat 25._____ or 26._____
from people's yards.

Most people don't 27._____ having 28._____ in
the city.

Yes, moose 29._____ some 30._____ for
people's yards.

They also cause 31._____ for 32._____ on some
33._____.

However, these animals 34._____ the city 35._____.

36._____ has 37._____ made the moose the
38._____ of the city.

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Unit 3. Ways to Travel

Listen to the audio and fill in the blanks.  **Track 07**

How do 1. _____ from England to France?

There is a 2. _____ the two countries.

This sea is called the English 3. _____.

4. _____ 1994, people 5. _____ by 6. _____

or boat.

But boats are 7. _____, and 8. _____ are busy.

Now people can also 9. _____ a 10. _____.

You 11. _____ want to 12. _____ that is possible.

How could a 13. _____ in the sea?

One 14. _____ had an 15. _____ in 1802.

He 16. _____ the train could go 17. _____ the water.

What a 18. _____ idea!

But 19. _____ time, people 20. _____ at it.

In 1994, 21. _____ two 22. _____ years later, the

“Chunnel” opened for 23. _____.

It is a 24. _____ the English Channel.

Trains, cars, and trucks can 25. _____
_____.

26. _____ is it called the Chunnel?

It 27. _____ together the
words “channel” and “tunnel”.

The Chunnel 28. _____ to travel between
England and France 29. _____ than before.

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Unit 4. Manaus

Listen to the audio and fill in the blanks.



Track 09

1. _____ in the Amazon 2. _____ is the
3. _____ of Manaus.

4. _____ 1.5 million people live
5. _____.

Many 6. _____ are 7. _____ to find such a big city
in the 8. _____ of the 9. _____.

Manaus was 10. _____ two large rivers
11. _____.

The city is 12. _____ the Rio Negro, but the Rio Solimões is very
13. _____.

Where they 14. _____, they 15. _____ the
16. _____ Amazon River.

Manaus 17. _____, but it grew
18. _____ in the early 1900s.

At that time, 19. _____ from the rainforest 20. _____
some 21. _____ very 22. _____.

Those rich people 23. _____ Manaus 24. _____.

The rich 25. _____
the 1920s.

However, the city has 26. _____ to
27. _____ these days.

Many 28. _____ goods are 29. _____ in Manaus
today.

30. _____ of 31. _____, computer screens and
DVD players 32. _____ of the Amazon
now.

Of course, 33. _____ are big business in
Manaus 34. _____.

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Unit 5. Control Your Dreams

Listen to the audio and fill in the blanks.  **Track 11**

1. _____ your dreams.

A 2. _____ dream could 3. _____
_____ a beautiful fantasy.

A good dream would be 4. _____.

A new 5. _____ does that.

It lets you 6. _____ of your dreams.

7. _____ put it on 8. _____ they go to sleep.

They 9. _____ it the 10. _____ night.

The headband 11. _____ body movement, body
12. _____, and brain 13. _____.

It 14. _____ these things and 15. _____ for the
user to 16. _____ eye movement (REM)
sleep.

This is when people 17. _____ have 18. _____.

Then the 19. _____ goes into 20. _____.

It sends out 21. _____, or it plays low-volume 22. _____.

The user is 23. _____ asleep.

The 24. _____ tells her she is 25. _____.

Now she can 26. _____ what she 27. _____.

She can 28. _____ piano or 29. _____

30. _____ into a superhero.

She can go on an 31. _____ vacation.

Soon, 32. _____ _____ to have two people

33. _____ the headband.

They can 34. _____ the 35. _____ and dream

36. _____ dreams together.

Class

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Unit 6. The Science of Sleep

Listen to the audio and fill in the blanks.



Track 13

Every night, we 1. _____, close our eyes,
and 2. _____.

Then we 3. _____ in the morning.

But what 4. _____ while we sleep?

We go through the sleep-wake 5. _____.

The first part of the cycle is 6. _____ sleep, or 7. _____
sleep.

In this 8. _____, our bodies 9. _____.

Our breathing 10. _____.

Our 11. _____ less to 12. _____,
and it is difficult to wake us up.

Our bodies grow 13. _____ and 14. _____
muscles.

The 15. _____ system is also 16. _____.

The second stage is REM (Rapid Eye Movement) 17. _____.

In this 18. _____, our body 19. _____
20. _____.

Our heart 21. _____ up.

This is when our brains 22. _____.

We dream, and our brains 23. _____
_____ unimportant information.

Important things happen 24. _____ we sleep.

Our bodies and minds are 25. _____ and 26. _____.

27. _____ enough sleep, we can become

28. _____ and 29. _____.

30. _____ can be difficult.

It can 31. _____ cause weight 32. _____ and
other 33. _____ problems.

That's why you should sleep 34. _____
eight hours every night!

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Unit 7. Sleeping Habits

Listen to the audio and fill in the blanks.  **Track 15**

Sometimes, 1. _____ in school is 2. _____ for kids, and their 3. _____ go down.

A 4. _____ of 5. _____ might be the 6. _____.

7. _____, some 8. _____ 9. _____ can fix this 10. _____ problem.

Getting 11. _____ sleep 12. _____ kids to do 13. _____ school work.

Studies show that kids 14. _____ an 15. _____ of sleep are more 16. _____ to get as.

On the other hand, 17. _____ kids are more 18. _____ to get lower 19. _____.

This is why 20. _____ should sleep 21. _____ nine hours every night.

How can a 22. _____ kid do this?

23. _____ a time for 24. _____ exercise helps.

25. _____ before 26. _____ also helps.

Finally, it is 27. _____ to 28. _____ your

29. _____ clock regular.

The body 30. _____ to light.

31. _____ the bedroom dark at night and 32. _____

in the morning helps.

So does going to 33. _____ and waking up at the

34. _____ time every day—35. _____ on the

36. _____.

If kids do 37. _____ things to get 38. _____

39. _____, their 40. _____ will 41. _____

when they are in school.

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Unit 8. Sweet Dreams

Listen to the audio and fill in the blanks.



Track 17

Can 1. _____ the dreams that we have?

That is what 2. _____ wanted to 3. _____, so they
4. _____ a group of people.

They found some 5. _____.

Here is what the 6. _____ did.

They had some people 7. _____ in a room that
8. _____ like roses.

Of course, most people 9. _____ that roses smell
10. _____.

The 11. _____ morning, the scientists 12. _____
them.

They asked the 13. _____ if they had good 14. _____
or bad dreams.

The people 15. _____ that they 16. _____ good
dreams.

Next, the 17. _____ had other people 18. _____ in

a room that smelled like 19. _____ eggs.

The 20. _____ in that room was 21. _____.

22. _____, the scientists 23. _____ the people the next morning.

This time, the people 24. _____ that they had 25. _____ dreams.

This 26. _____ to show us a way to 27. _____ bad dreams.

You just 28. _____ to make 29. _____ your room has a good smell.

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Unit 9. The History of Drones

Listen to the audio and fill in the blanks.



Track 19

1. _____ are flying 2. _____ with no people or
3. _____ in them.

They are 4. _____ by someone on the 5. _____.

Drones have 6. _____ for 7. _____ one hundred
years.

The 8. _____ were from 1917.

These were 9. _____ for military training.

10. _____ could only be 11. _____ once.

About 20 years later, 12. _____ drones were 13. _____.

Hundreds were made for 14. _____ practice.

Drones were 15. _____ in World War II to 16. _____

17. _____ and set off bombs.

Drones 18. _____ during the Vietnam War.

They could 19. _____ movement on the 20. _____.

A 21. _____ in the 1970s.

Drones got 22._____.

Israel 23._____ the Scout.

It was used in the 24._____, and its 25._____ sent data.

In the 1990s, people started using 26._____.

The Firebird had GPS and could see 27._____ fires.

By 2015, anyone 28._____ drones.

Millions were 29._____.

Drones today 30._____ things to people, do 31._____ and 32._____, and help in other emergency 33._____.

Soon drones might 34._____ our dinners!

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Unit 10. Amelia Earhart

Listen to the audio and fill in the blanks.



Track 21

Amelia Earhart wasn't 1. _____ to try new things.

She even 2. _____ flying airplanes.

In 1928, a man 3. _____ her to 4. _____ with him.

They 5. _____ over the Atlantic Ocean 6. _____.

She was 7. _____ for 8. _____ the first woman to do this.

In 1932, she flew over the Atlantic again, but this time, she wasn't with 9. _____ person.

She 10. _____ the first woman to 11. _____ that 12. _____ alone.

In 1935, she 13. _____ alone 14. _____ the Pacific Ocean.

She was the first person to do 15. _____, too!

Two years later, Earhart 16. _____ to 17. _____ around the 18. _____.

A 19. _____ into her trip, she 20. _____

a problem.

She was going to 21. _____ on a small 22. _____,
but it was 23. _____, so she couldn't find it.

Her airplane most likely had an 24. _____ in the
25. _____.

People looked for her, but they weren't 26. _____
_____ her.

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Unit 11. Chuck Yeager

Listen to the audio and fill in the blanks.



Track 23

Chuck Yeager is an 1. _____.

He was 2. _____ in 1923.

When he was 3. _____, he 4. _____ the Army Air Corps.

He became a 5. _____ and a 6. _____.

In 1943, he was 7. _____ to England.

There, he 8. _____ as a 9. _____ pilot in World War II.

In 1947, Yeager 10. _____ his 11. _____ in history.

He became the 12. _____ man to 13. _____ the speed of sound.

The speed of sound is the 14. _____ by a sound 15. _____ within a unit of time.

It is 16. _____ as Mach 1.

That is 17. _____ to 1,224 kilometers 18. _____ hour.

Many people 19. _____ it was 20. _____ to fly that fast.

However, Yeager 21. _____ them 22. _____.

During his 23. _____ flight, he 24. _____ a 25. _____ of Mach 1.06!

Yeager was a 26. _____ in 27. _____.

He flew over 200 28. _____ of 29. _____
_____.

He even trained 30. _____.

However, he will always be 31. _____ for his famous flights.

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Unit 12. Try, Crash, Fly

Listen to the audio and fill in the blanks.  **Track 25**

One day, Orville and Wilbur Wright 1. _____ a
2. _____ from their father.

It was a toy 3. _____.

At that time, all 4. _____ were only toys.

5. _____ flew, but they weren't 6. _____.

The boys 7. _____ liked the 8. _____.

It 9. _____ them ideas about other 10. _____
machines.

As they 11. _____ up, the brothers kept 12. _____
of 13. _____ a flying machine.

They built 14. _____ of planes.

In 1903, they tried to fly 15. _____ first plane.

It was a 16. _____ machine with an 17. _____.

Wilbur was the 18. _____.

The plane flew for 19. _____ four seconds.

Then it 20._____.

It took the 21._____ two days to 22._____ the plane.

Then they 23._____ again.

This time, Orville 24._____ the plane for 25._____ seconds.

He didn't 26._____!

After he 27._____, they flew three more times that day.

The last 28._____ _____
260 meters and took one full minute.

It was a dream 29._____ _____ for the Wright brothers.

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Unit 13. New Technologies for Sportswear

Listen to the audio and fill in the blanks.



Track 27

If we play 1. _____, we want to 2. _____.

We work 3. _____.

We eat 4. _____ food.

We wear 5. _____ clothes.

But which 6. _____ our game the most?

Hard 7. _____ and 8. _____, of course.

But can our 9. _____ also 10. _____ how well we play?

Yes, they 11. _____!

At an 12. _____ event, one company 13. _____ a new swimsuit.

The body, the head, and the 14. _____ were all 15. _____.

This was more 16. _____ and 17. _____ for the swimmers, so they could swim 18. _____ and for a longer time.

Also, some 19._____ teams are 20._____ smart shirts.

These 21._____ have a tiny 22._____ on the back.

This computer 23._____ over 200 pieces of
24._____ a second from a player to the 25._____.

That way, the 26._____ can see how well each player is
27._____.

Even if we are not 28._____ players,
these new clothes can help us.

With better 29._____, we can 30._____ our
games as well.

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Unit 14. Swimming to Survive

Listen to the audio and fill in the blanks.  **Track 29**

A lot of people 1. _____ swim.

It is fun and 2. _____.

3. _____, what happens if you 4. _____ in the water?

Will you 5. _____, or can you 6. _____?

7. _____ is a real 8. _____.

Around the world, many children 9. _____ every day by
10. _____.

The 11. _____ is that many 12. _____ can't swim.

Some can swim, but they 13. _____ when they 14. _____
_____ the water.

When you panic, your 15. _____
_____ and you can't think clearly.

What can you do to 16. _____?

One good 17. _____ is 18. _____ how to float.

When you 19. _____, you lie like a 20. _____ in

the water.

21. _____ this they can be 22. _____ and not
panic.

If you 23. _____ when you feel
24. _____ in the water, it is easy to 25. _____ for
help to come.

26. _____ how to 27. _____ can help many
children and 28. _____ if they have
29. _____ in the water.

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Unit 15. Dodgeball

Listen to the audio and fill in the blanks.  **Track 31**

Are you looking for a 1. _____ that can be 2. _____
with four or more 3. _____?

That can be played on different 4. _____ of 5. _____?

That is played with two or more 6. _____, soft, 7. _____
balls?

That is safe, 8. _____ and fun?

The 9. _____ to 10. _____ these is dodgeball.

Dodgeball is 11. _____ because there are 12. _____
ways to play it.

When there are an 13. _____ number of players, you can play in
14. _____.

When there are an 15. _____ _____ of players,
that's ok!

You can play "every 16. _____ for himself."

The 17. _____ of the game is very 18. _____.

You have to 19. _____ other players by 20. _____

them with the 21._____.

They must 22._____ the ball to 23._____
_____ and eliminated from the game.

That is 24._____ it is 25._____ “dodgeball.”

The winner, or winning team, is the one that 26._____
_____.

A game as 27._____ as dodgeball is a 28._____
way to 29._____ and have fun with your friends.

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Unit 16. Golden Time that Saves Lives

Listen to the audio and fill in the blanks.



Track 33

1. _____ that you are at a 2. _____ party.

3. _____, one of your grandparents 4. _____.

They are not 5. _____!

What do you do?

First, don't 6. _____.

Call for an 7. _____.

8. _____, the heart 9. _____ to 10. _____

all the time.

If your heart is not 11. _____, there is no 12. _____

going to the 13. _____.

You have four "14. _____ minutes" to begin

15. _____ someone in this 16. _____.

Second, do chest 17. _____.

Turn the 18. _____ on their back, and 19. _____

_____ your hands on their chest.

One 20._____ must be on 21._____ the other.

Then, move so that the 22._____ of your body is
23._____ your hands.

Now, with all your body 24._____, push down on their
25._____ and 26._____.

Do not worry about 27._____ them.

You need to 28._____ this very quickly, about 100-120 times per
29._____.

Think of a 30._____ song and 31._____ in time
to the 32._____.

This will also help you not to panic.

Finally, 33._____ help arrives.

These four “34._____ minutes” can 35._____
someone’s life!