

Class

Name

Unit 1. Hyperloop

<p>1. ⇒</p>	<p>Los Angeles (LA) and San Francisco are cities in California.</p>
<p>2. ⇒</p>	<p>They are about 650 kilometers apart.</p>
<p>3. ⇒</p>	<p>Today, the fastest way to travel between them is by airplane.</p>
<p>4. ⇒</p>	<p>It is about a one-hour flight.</p>
<p>5. ⇒</p>	<p>However, it would take only 30 minutes in the Hyperloop!</p>
<p>6. ⇒</p>	<p>The Hyperloop is the idea of inventor Elon Musk.</p>
<p>7. ⇒</p>	<p>It is a kind of train that travels in a tube.</p>
<p>8. ⇒</p>	<p>Passengers would ride in cars called pods.</p>
<p>9. ⇒</p>	<p>Magnets and low air pressure would make the pods float and move through the tubes.</p>

10.	They could go 1,100 kilometers per hour!
⇒	
11.	Musk's idea is to build two tubes between LA and San Francisco.
⇒	
12.	He would like to build the tubes above the ground.
⇒	
13.	However, they could also go underground.
⇒	
14.	It would cost about \$6 billion.
⇒	
15.	It would cost \$7.5 billion to build a special one that could carry cars.
⇒	
16.	That's a lot of money, but the shorter travel time would be worth it!
⇒	

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Unit 2. The City of Moose

1.	Almost 300,000 people live in Anchorage, Alaska.
⇒	
2.	Lots of moose live in the city, too.
⇒	
3.	Between 250 and 1,000 moose live in the city at different times of the year.
⇒	
4.	Why do the moose live in the city?
⇒	
5.	They feel safe in Anchorage.
⇒	
6.	In the wild, bears kill and eat moose.
⇒	
7.	However, very few bears come into the city to look for moose.
⇒	
8.	The moose also like Anchorage because there is plenty to eat there.
⇒	
9.	In the winter, they go into people's yards.
⇒	
10.	They even climb on top of homes and eat branches from the trees.
⇒	

11.	In the summer, they eat flowers or vegetables from people's yards.
⇒	
12.	Most people don't mind having moose in the city.
⇒	
13.	Yes, moose cause some problems for people's yards.
⇒	
14.	They also cause problems for drivers on some roads.
⇒	
15.	However, these animals make the city special.
⇒	
16.	Anchorage has even made the moose the symbol of the city.
⇒	

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Unit 3. Ways to Travel

1.	How do people travel from England to France?
⇒	
2.	There is a sea between the two countries.
⇒	
3.	This sea is called the English Channel.
⇒	
4.	Before 1994, people traveled by airplane or boat.
⇒	
5.	But boats are slow, and airports are busy.
⇒	
6.	Now people can also take a train.
⇒	
7.	You might want to know how that is possible.
⇒	
8.	How could a train go in the sea?
⇒	
9.	One man had an idea in 1802.
⇒	
10.	He thought the train could go under the water.
⇒	
11.	What a great idea!
⇒	

12.	But at that time, people laughed at it. ⇒
13.	In 1994, almost two hundred years later, the “Chunnel” opened for use. ⇒
14.	It is a tunnel under the English Channel. ⇒
15.	Trains, cars, and trucks can all use this. ⇒
16.	Why is it called the Chunnel? ⇒
17.	It comes from putting together the words “channel” and “tunnel”. ⇒
18.	The Chunnel allows people to travel between England and France much faster than before. ⇒

Class

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Unit 4. Manaus

1.	Deep in the Amazon rainforest is the city of Manaus.
⇒	
2.	More than 1.5 million people live there.
⇒	
3.	Many visitors are surprised to find such a big city in the middle of the rainforest.
⇒	
4.	Manaus was built where two large rivers meet.
⇒	
5.	The city is beside the Rio Negro, but the Rio Solimões is very close as well.
⇒	
6.	Where they meet, they become the famous Amazon River.
⇒	
7.	Manaus began small, but it grew rapidly in the early 1900s.
⇒	
8.	At that time, rubber from the rainforest made some people very rich.
⇒	
9.	Those rich people helped Manaus grow.
⇒	
10.	The rich times ended in the 1920s.
⇒	

11.	However, the city has something new to sell these days. ⇒
12.	Many electronic goods are made in Manaus today. ⇒
13.	Instead of rubber, computer screens and DVD players come out of the Amazon now. ⇒
14.	Of course, rainforest tours are big business in Manaus as well. ⇒

Class

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Unit 5. Control Your Dreams

1.	Imagine controlling your dreams.
⇒	
2.	A bad dream could change into a beautiful fantasy.
⇒	
3.	A good dream would be perfect.
⇒	
4.	A new headband does that.
⇒	
5.	It lets you take control of your dreams.
⇒	
6.	Users put it on when they go to sleep.
⇒	
7.	They wear it the whole night.
⇒	
8.	The headband senses body movement, body temperature, and brain waves.
⇒	
9.	It tracks these things and waits for the user to enter rapid eye movement (REM) sleep.
⇒	
10.	This is when people usually have dreams.
⇒	

11.	Then the band goes into action. ⇒
12.	It sends out lights, or it plays low-volume sounds. ⇒
13.	The user is still asleep. ⇒
14.	The signal tells her she is dreaming. ⇒
15.	Now she can control what she dreams. ⇒
16.	She can practice piano or turn herself into a superhero. ⇒
17.	She can go on an ideal vacation. ⇒
18.	Soon, developers hope to have two people wearing the headband. ⇒
19.	They can control the signals and dream delightful dreams together. ⇒

Class

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Unit 6. The Science of Sleep

1.	Every night, we lie down, close our eyes, and fall asleep.
⇒	
2.	Then we wake up in the morning.
⇒	
3.	But what happens while we sleep?
⇒	
4.	We go through the sleep-wake cycle.
⇒	
5.	The first part of the cycle is slow-wave sleep, or deep sleep.
⇒	
6.	In this phase, our bodies relax.
⇒	
7.	Our breathing slows.
⇒	
8.	Our brains respond less to noises, and it is difficult to wake us up.
⇒	
9.	Our bodies grow tissue and repair muscles.
⇒	
10.	The immune system is also strengthened.
⇒	
11.	The second stage is REM (Rapid Eye Movement) sleep.
⇒	

12.	In this stage, our body temperature rises. ⇒
13.	Our heart rate speeds up. ⇒
14.	This is when our brains become active. ⇒
15.	We dream, and our brains get rid of unimportant information. ⇒
16.	Important things happen while we sleep. ⇒
17.	Our bodies and minds are reset and refreshed. ⇒
18.	Without enough sleep, we can become sick and grumpy. ⇒
19.	Thinking can be difficult. ⇒
20.	It can also cause weight gain and other health problems. ⇒
21.	That's why you should sleep at least eight hours every night! ⇒

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Unit 7. Sleeping Habits

1. ⇒	Sometimes, concentrating in school is difficult for kids, and their grades go down.
2. ⇒	A lack of sleep might be the cause.
3. ⇒	Luckily, some simple habits can fix this serious problem.
4. ⇒	Getting enough sleep enables kids to do better school work.
5. ⇒	Studies show that kids who get an adequate amount of sleep are more likely to get as.
6. ⇒	On the other hand, tired kids are more likely to get lower grades.
7. ⇒	This is why children should sleep approximately nine hours every night.
8. ⇒	How can a busy kid do this?

9.	Choosing a time for regular exercise helps.
⇒	
10.	Relaxing before bedtime also helps.
⇒	
11.	Finally, it is important to keep your internal clock regular.
⇒	
12.	The body responds to light.
⇒	
13.	Keeping the bedroom dark at night and bright in the morning helps.
⇒	
14.	So does going to bed and waking up at the same time every day—even on the weekends.
⇒	
15.	If kids do these things to get more sleep, their performance will improve when they are in school.
⇒	

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Unit 8. Sweet Dreams

1.	Can smells affect the dreams that we have?
⇒	
2.	That is what scientists wanted to know, so they tested a group of people.
⇒	
3.	They found some interesting results.
⇒	
4.	Here is what the scientists did.
⇒	
5.	They had some people sleep in a room that smelled like roses.
⇒	
6.	Of course, most people agree that roses smell nice.
⇒	
7.	The next morning, the scientists interviewed them.
⇒	
8.	They asked the people if they had good dreams or bad dreams.
⇒	
9.	The people said that they had good dreams.
⇒	
10.	Next, the scientists had other people sleep in a room that smelled like rotten eggs.
⇒	

11.	The smell in that room was terrible.
⇒	
12.	Again, the scientists interviewed the people the next morning.
⇒	
13.	This time, the people said that they had bad dreams.
⇒	
14.	This experiment seems to show us a way to avoid bad dreams.
⇒	
15.	You just need to make sure your room has a good smell.
⇒	

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Unit 9. The History of Drones

1.	Drones are flying machines with no people or pilots in them.
⇒	
2.	They are controlled by someone on the ground.
⇒	
3.	Drones have existed for over one hundred years.
⇒	
4.	The earliest ones were from 1917.
⇒	
5.	These were practice targets for military training.
⇒	
6.	Each could only be used once.
⇒	
7.	About 20 years later, reusable drones were developed.
⇒	
8.	Hundreds were made for target practice.
⇒	
9.	Drones were used in World War II to deliver information and set off bombs.
⇒	
10.	Drones became advanced during the Vietnam War.
⇒	
11.	They could sense movement on the battlefield.
⇒	

12.	A revolution began in the 1970s.
⇒	
13.	Drones got smaller.
⇒	
14.	Israel developed the Scout.
⇒	
15.	It was used in the military, and its cameras sent data.
⇒	
16.	In the 1990s, people started using drones differently.
⇒	
17.	The Firebird had GPS and could see forest fires.
⇒	
18.	By 2015, anyone could buy drones.
⇒	
19.	Millions were sold.
⇒	
20.	Drones today bring things to people, do search and rescue, and help in other emergency situations.
⇒	
21.	Soon drones might deliver our dinners!
⇒	

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Unit 10. Amelia Earhart

1.	Amelia Earhart wasn't afraid to try new things.
⇒	
2.	She even tried flying airplanes.
⇒	
3.	In 1928, a man invited her to fly with him.
⇒	
4.	They flew over the Atlantic Ocean together.
⇒	
5.	She was famous for being the first woman to do this.
⇒	
6.	In 1932, she flew over the Atlantic again, but this time, she wasn't with another person.
⇒	
7.	She became the first woman to make that trip alone.
⇒	
8.	In 1935, she flew alone over the Pacific Ocean.
⇒	
9.	She was the first person to do that, too!
⇒	
10.	Two years later, Earhart tried to fly around the world.
⇒	

11.	A month into her trip, she ran into a problem.
⇒	
12.	She was going to land on a small island, but it was cloudy, so she couldn't find it.
⇒	
13.	Her airplane most likely had an accident in the Pacific Ocean.
⇒	
14.	People looked for her, but they weren't able to find her.
⇒	

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Unit 11. Chuck Yeager

1.	Chuck Yeager is an American hero.
⇒	
2.	He was born in 1923.
⇒	
3.	When he was eighteen, he joined the Army Air Corps.
⇒	
4.	He became a flight mechanic and a pilot.
⇒	
5.	In 1943, he was sent to England.
⇒	
6.	There, he served as a fighter pilot in World War II.
⇒	
7.	In 1947, Yeager made his mark in history.
⇒	
8.	He became the first man to fly faster than the speed of sound.
⇒	
9.	The speed of sound is the distance traveled by a sound wave within a unit of time.
⇒	
10.	It is measured as Mach 1.
⇒	

11.	That is equal to 1,224 kilometers per hour. ⇒
12.	Many people thought it was impossible to fly that fast. ⇒
13.	However, Yeager proved them wrong. ⇒
14.	During his famous flight, he reached a speed of Mach 1.06! ⇒
15.	Yeager was a pioneer in flight. ⇒
16.	He flew over 200 types of military aircraft. ⇒
17.	He even trained astronauts. ⇒
18.	However, he will always be remembered for his famous flights. ⇒

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Unit 12. Try, Crash, Fly

1.	One day, Orville and Wilbur Wright received a gift from their father.
⇒	
2.	It was a toy helicopter.
⇒	
3.	At that time, all flying machines were only toys.
⇒	
4.	Balloons flew, but they weren't machines.
⇒	
5.	The boys really liked the helicopter.
⇒	
6.	It gave them ideas about other flying machines.
⇒	
7.	As they grew up, the brothers kept dreaming of inventing a flying machine.
⇒	
8.	They built models of planes.
⇒	
9.	In 1903, they tried to fly their first plane.
⇒	
10.	It was a flying machine with an engine.
⇒	

11.	Wilbur was the pilot. ⇒
12.	The plane flew for less than four seconds. ⇒
13.	Then it crashed. ⇒
14.	It took the brothers two days to fix the plane. ⇒
15.	Then they tried again. ⇒
16.	This time, Orville flew the plane for twelve seconds. ⇒
17.	He didn't crash! ⇒
18.	After he landed, they flew three more times that day. ⇒
19.	The last flight went almost 260 meters and took one full minute. ⇒
20.	It was a dream come true for the Wright brothers. ⇒

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Unit 13. New Technologies for Sportswear

1.	If we play sports, we want to win.
⇒	
2.	We work hard.
⇒	
3.	We eat healthy food.
⇒	
4.	We wear appropriate clothes.
⇒	
5.	But which affects our game the most?
⇒	
6.	Hard work and practice, of course.
⇒	
7.	But can our clothes also change how well we play?
⇒	
8.	Yes, they can!
⇒	
9.	At an international event, one company introduced a new swimsuit.
⇒	
10.	The body, the head, and the goggles were all one piece.
⇒	

11.	This was more comfortable and efficient for the swimmers, so they could swim faster and for a longer time. ⇒
12.	Also, some football teams are wearing smart shirts. ⇒
13.	These shirts have a tiny computer on the back. ⇒
14.	This computer sends over 200 pieces of data a second from a player to the coach. ⇒
15.	That way, the coach can see how well each player is playing. ⇒
16.	Even if we are not professional sports players, these new clothes can help us. ⇒
17.	With better technology, we can improve our games as well. ⇒

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Unit 14. Swimming to Survive

1.	A lot of people like to swim.
⇒	
2.	It is fun and good exercise.
⇒	
3.	However, what happens if you fall in the water?
⇒	
4.	Will you sink, or can you swim?
⇒	
5.	Drowning is a real risk.
⇒	
6.	Around the world, many children die every day by drowning.
⇒	
7.	The problem is that many children can't swim.
⇒	
8.	Some can swim, but they panic when they fall into the water.
⇒	
9.	When you panic, your heart rate rises and you can't think clearly.
⇒	
10.	What can you do to survive?
⇒	
11.	One good solution is learning how to float.
⇒	

12.	When you float, you lie like a leaf in the water. ⇒
13.	Like this they can be calm and not panic. ⇒
14.	If you float calmly when you feel unsafe in the water, it is easy to wait for help to come. ⇒
15.	Learning how to float can help many children and adults survive if they have trouble in the water. ⇒

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Unit 15. Dodgeball

1.	Are you looking for a game that can be played with four or more players?
⇒	
2.	That can be played on different sizes of field?
⇒	
3.	That is played with two or more large, soft, rubber balls?
⇒	
4.	That is safe, fast and fun?
⇒	
5.	The answer to all these is dodgeball.
⇒	
6.	Dodgeball is clever because there are different ways to play it.
⇒	
7.	When there are an even number of players, you can play in teams.
⇒	
8.	When there are an odd number of players, that's ok!
⇒	
9.	You can play "every man for himself."
⇒	
10.	The aim of the game is very simple.
⇒	
11.	You have to eliminate other players by hitting them with the ball.
⇒	

12.	They must dodge the ball to avoid being hit and eliminated from the game. ⇒
13.	That is why it is called “dodgeball.” ⇒
14.	The winner, or winning team, is the one that hasn’t been hit. ⇒
15.	A game as flexible as dodgeball is a perfect way to exercise and have fun with your friends. ⇒

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Unit 16. Golden Time that Saves Lives

1.	Imagine that you are at a family party.
⇒	
2.	Suddenly, one of your grandparents falls down.
⇒	
3.	They are not breathing!
⇒	
4.	What do you do?
⇒	
5.	First, don't panic.
⇒	
6.	Call for an ambulance.
⇒	
7.	Remember, the heart needs to beat all the time.
⇒	
8.	If your heart is not beating, there is no air going to the brain.
⇒	
9.	You have four "golden minutes" to begin helping someone in this situation.
⇒	
10.	Second, do chest compressions.
⇒	

11.	Turn the person on their back, and put both your hands on their chest. ⇒
12.	One hand must be on top of the other. ⇒
13.	Then, move so that the weight of your body is above your hands. ⇒
14.	Now, with all your body weight, push down on their chest and release. ⇒
15.	Do not worry about hurting them. ⇒
16.	You need to repeat this very quickly, about 100-120 times per minute. ⇒
17.	Think of a fast song and push in time to the beat. ⇒
18.	This will also help you not to panic. ⇒
19.	Finally, continue until help arrives. ⇒
20.	These four “golden minutes” can save someone’s life! ⇒