

*These two pages from the printed out booklet on The Human Mind and the Body are a remix and mashup of two original activities in that material. The page references have been kept in case you want to have a look at the tasks in their original context. The first task involves the strategy of meaning matching within the broader skill of listening comprehension, and the sub-skill of listening for specific information. The second task is a pre-reading activity that requires you to discover the meaning of some new words you will encounter in the text and to match them to a given set of meanings which has been provided in advance.*



**INTENSIVE LISTENING AND FOCUS ON LANGUAGE:**  
Listening for specific items. Write the words/expressions used during the program, which match these definitions:

- ▶ **unreasonable, unlikely to happen**
- ▶ **it started suddenly and struck hard**
- ▶ **appear unexpectedly**
- ▶ **specify; pinpoint**
- ▶ **out of proportion to sth.**
- ▶ **trigger; cause**
- ▶ **fully developed; having all the characteristics of a specific state**
- ▶ **a factor that directly leads to the development of sth.**
- ▶ **to gather/pluck up (courage)**
- ▶ **to be consistently present in (almost) all the members of a family**

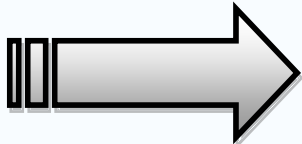


**WRITING TASK:** Expanding basic notions with the help of information contained in diagrams and other visual and verbal clues. The notion of “fight-or-flight-response” has been mentioned in the previous material. Write a paragraph completing your understanding of the concept

**PRE-READING ACTIVITY:** Understanding definitions. Try to think of the word to which each of the following definitions might apply:



A method of stopping pain and curing diseases by putting needles into certain parts of the body.



A Chinese method of arranging things inside your home, in order to bring good luck, wealth, good health, and happiness.



The prevention and treatment of ill health with the use of particular plants known for their medicinal properties.



Disease is treated by giving very small amounts of a substance which, in larger amounts, would usually produce an illness.



The method of treating back, joint, and muscle pain by feeling and pressing the bones, especially those of the back and neck.



**READING TASK:** Transferring essential information to a flowchart. Read the following article so as to obtain the information which will allow you to complete the table that follows:

## your health in your own hands

Conventional medicine in the Western world is, in many cases, not keeping up with people's needs. A quick examination by a doctor is usually followed by a prescription for a drug which will treat the specific symptom complained of; there is no time to look at what might have caused it or any other symptoms that might have caused it or any other