

TEXT 1

When people in the West feel stressed or anxious, they often blame school or work. In China, people also believe the design of our homes affects our mood. This is the philosophy of Feng Shui, which means 'Wind (and) Water'. Feng Shui is thousands of years old and it is still very important when people design homes in Asia.

TEXT 2

The most important idea in Feng Shui is that there is an energy in the world called *qi* or *chi* (it sounds like *cheap* without the final 'p'). Qi travels around in the air, and there are places with good qi and places with bad qi. If you organise a room so that the qi flows smoothly, you will feel healthier and happier because you will receive more of this powerful energy. Big companies believe in it. Both British Airways and IBM used Feng Shui when designing their office buildings.

TEXT 3

One way to improve the Feng Shui of your home is simply to clean up. A tidier home is better for everyone. When you have a lot of objects in your house, the qi energy hits them and can't move freely. Feng Shui experts say you should get rid of everything that you don't particularly love or use regularly.

TEXT 4

In Feng Shui, mirrors are especially important because they change the direction of the qi energy. You mustn't put a mirror opposite your front door because it will reflect the qi and send it out of your home. The bedroom is one of the worst places to have a mirror, because the qi hits it and moves around the room. This means you have less peaceful sleep.

TEXT 5

Choosing colours carefully is another big part of Feng Shui. All colours have a positive effect of some kind if you use them in the correct way. This may simply be by adding a single object to a room. For example, purple relates to wealth so a vase in that colour can perhaps improve your finances. Green is as important as purple, but for different reasons. It brings new life and creates stronger relationships between the people who live in the home. Red is a more active colour that creates warmth.

TEXT 6

These are just some of the many powerful effects of Feng Shui, according to believers – but there is no scientific proof that qi actually exists. However, it is certainly true that people often do feel less stressed and more confident after they use Feng Shui to design their home. Perhaps just making these changes gives people control over their lives and, as a result, they feel calmer and more relaxed at home.

TEXT 7

In the 1870s, French scientist Hilaire de Chardonnet made a discovery that changed the world. In the 1870s, thousands of silkworms died in France because of a mysterious disease. People needed the silk from these insects to make scarves, dresses and other expensive clothes. Chardonnet tried to find a solution. One day in his lab he dropped some cellulose liquid and by chance he noticed that it formed long, thin fibres. It gave him a brainwave.

TEXT 8

After many experiments, he created the world's first artificial fibre in 1883. Before this breakthrough, people only used natural materials to make clothes. These included fibres from plants, like cotton, or leather from the skin of animals. Chardonnet's invention meant that now people could make clothes using science. The twentieth century was the golden age of artificial fibres, like nylon, which first went on sale in 1938.

TEXT 9

Nylon was thin like cotton but strong like leather. It was the perfect material for clothing such as tights. This invention was also a great example of teamwork. Seven people worked at the American company DuPont to invent it. They took eleven years to create the final product. The DuPont company was responsible for many other synthetic fibres that we use today.

TEXT 10

Twenty years after nylon, they produced Lycra (also known as Spandex). Lycra is stronger than nylon, so it has become the favourite clothing of many athletes. It is perfect for sportswear like shorts, because it doesn't rip easily. There are now many materials made from artificial fibres and used for different purposes. One of these is Kevlar, which is five times stronger than steel but weighs much less.

TEXT 11

Kevlar is particularly useful for firefighters, because it is also highly heat-resistant. Like Chardonnet's artificial silk, Kevlar was the invention of a single person. Chemist Stephanie Kwolek created it when she worked for DuPont in the 1960s. She was a dedicated and meticulous scientist who carried out a long series of experiments to develop this amazing new product.

TEXT 12

One of the most enjoyable experiences you can have in London is riding a horse in the centre of the town, and anyone can do it. Hyde Park Stables are open all weekend. People have ridden horses in London's Hyde Park for over 300 years. It's possible to arrange trips for riders of all abilities, including beginners, from age 5 upwards.

TEXT 13

The Roundhouse Theatre provides music and drama classes, but their most popular attraction is the Thursday night DJ Drop-in. Teenagers can learn how to be a DJ from some of the most famous names in the business. Professionals show how to make great sounds and you don't have to book. Just turn up on the day. Only a few people can attend each class, so get there early to be sure that you can join the class.

TEXT 14

The Tube is the oldest underground railway in the world. Passengers have travelled on the London Underground for over 150 years. Since it opened in 1863, many stations have opened and some have closed. The public have forgotten these closed stations but they are still there, and known as 'ghost stations'. Now you can visit one, Down Street, as part of a tour with the London Transport Museum. One warning – there's no lift and there are 122 steps to get down to the station.

TEXT 15

Have you ever dreamed of being a jet pilot? Why not check out the Science Museum where you can use the Fly 360° flight simulator? You sit in a virtual reality environment where you control a plane. This is not a passenger plane like the ones that take you on holidays. The machine simulates an extremely fast plane that does rolls and turns in the air! If you haven't been in one yet, you'll be amazed!

TEXT 16

London doesn't have any mountains, but if climbing is your thing, you'll be pleased to know that many climbing centres have appeared in the city. One of the most popular new activities is 'bouldering'. In this sport you climb walls which have small pieces of rock to support your hands and feet. It's not as dangerous as mountain climbing even though there's no rope. You climb to a fairly low height and there's a soft surface to land on if you fall.

TEXT 17

Food is an obsession on the Internet! Lots of people enjoy sharing photos of their meals and recipes on social media. There are also hundreds of food blogs where you can learn how to cook anything from vegan pizza to fried chicken. But not many of those 'foodie' bloggers are teenagers!

TEXT 18

When Alessandra Peters was about 14, she was very ill. She was thin and she didn't have much energy, so she couldn't go to school. A doctor diagnosed her with a lot of food allergies, so she decided to change her eating habits. Alessandra wanted to know exactly what was in her food, so she stopped eating fast food and she learned to cook. Her health improved, and her friends and family liked her recipes, so she started a blog called *The Foodie Teen*.

TEXT 19

In her blog she shared her recipes and her opinions about healthy eating, and it soon attracted thousands of followers. Alessandra started to receive positive messages from other teenagers with food allergies. The messages inspired her to continue with the blog. She was happy that she could help other people with it. When Alessandra was 17, a big publishing company* contacted her and asked her to write a cookery book.

TEXT 20

The recipes in *The Foodie Teen* cookery book don't have any sugar, milk or gluten in them. But the difference between Alessandra and lots of other food bloggers is that her recipes include burgers, cakes and chocolate – not just salads and fruit. Alessandra knows that what you eat can affect your life, but she doesn't believe that any foods are 'good' or 'bad'.

TEXT 21

The aim of this project is to discover who modern Australians are. Australia has an unusual history in many ways. When the first Europeans arrived at the end of the 17th century, the only inhabitants of Australia were about 750,000 Aborigine people. Today the population of Australia is 25.5 million and only about five per cent are Aborigines. All the others are descendants of immigrants from mainly Europe and Asia.

TEXT 22

Our group has been researching our own family histories for the project. We felt that our families are typical of the Australian population. Group members:

- Ruby Nguyen, whose family came from Vietnam in the 1970s,
- Sienna Robinson, whose grandparents came from England in the 1960s,
- Mason De Vito, whose ancestors were from Italy,
- Ethan Kelly, whose ancestors were from Ireland and Scotland

TEXT 23

We chose a very simple way to work: each person researched their family history as far back as possible. Then each person gave a presentation to the group about when and why their ancestors decided to leave their homes and sail across the sea to start a new life. The next step was to connect our personal stories to the various periods of immigration to Australia.

TEXT 24

This was a successful method and we worked well together. We formed our group because we are all friends and have worked together in the past. We have a good mix of personality types and we knew all of us were reliable, hard-working and generous with our time and work. We shared information and helped group members through their problems. We especially enjoyed meeting up to hear about the family stories.

TEXT 25

Through our project, we've found out things that we never imagined! Ethan is the descendant of a 19th century British criminal who was sent to Australia. Ruby's family are recent migrants from Vietnam and they have been living in Australia since the 1970s. Mason's family were among the Europeans who emigrated in the 1950s to look for a better life. Sienna's grandparents arrived in the 1960s as part of a government plan to encourage immigration to Australia.

TEXT 26

From our experience of working together, we've learnt to co-operate, to share and to be patient. We've learnt how to use each person's skills to put together the final presentation. Ruby is brilliant with graphics and artwork, Mason has excellent computer skills, Ethan is a good organiser and Sienna is practical and cheerful but keeps us focused on the work. We all agree it's been a positive learning experience which has been interesting and enjoyable.

TEXT 27

The cover will make you think this is a book about football, which it is, but it is so much more than that. It is an autobiography told through the author's love of football. You don't have to be a football fan to enjoy it. All types of readers will love this story of a young boy growing up. It's a book that makes you think and laugh.

TEXT 28

Fever Pitch isn't a typical autobiography. Instead of chapters, there are reports of matches in chronological order from three stages of the author's life: child, teenager and young man. He tells the story of his life through these matches. He writes about what he was doing and the important things that were happening in his life at that particular time: friends, family, university, girlfriends and his first job as a teacher.

TEXT 29

The story starts when the author was 11. It was a year that changed his life: his parents separated and he went to see his first Arsenal match. His family was breaking up so it was a difficult time emotionally. After the divorce, his father left the family home and the boy only used to see him at weekends. His father was looking for a common interest to share with his son. Arsenal football matches seemed to be the perfect solution so they used to go to the stadium together every weekend.

TEXT 30

The interest in football was a success, but as an opportunity for father-son conversation it was a disaster. The boy would concentrate totally on the game and would hardly ever speak. Football, but especially Arsenal, was an escape from real life for the boy and it quickly became an obsession. While he was growing up, football influenced every aspect of his life: friendships, family and the decisions he made. At the end of the book, the author has finished university and he is a teacher.

TEXT 31

Fever Pitch is a great success. It has sold over a million copies in the UK and there are two film versions of it. The British film was an adaptation of the book. It focused on the adult character and the effect of football on his relationship with his girlfriend. The American film is a re-make of the British film. It is set in Boston, not London, and it's about a boy's obsession with baseball. They had to call this film *The Perfect Catch* to avoid confusion with the original British film.

TEXT 32

The climate is changing. We can see this happening everywhere in the world. Scientists believe that there are two main reasons for global warming: one is a natural change in weather patterns which has been happening for thousands of years. The other is human behaviour. Since the start of the Industrial Revolution, people have burnt more and more fossil fuels – firstly coal and then oil – to produce energy for homes, industry and transport. The way of life in industrialised countries depends on huge amounts of energy.

TEXT 33

Now scientists are looking at how global warming will change our lives unless we do something to stop it. When the environment changes, human behaviour will probably be different as a result. If sea levels rise, people will have to move away from coasts and build homes in safer places. This will create large numbers of migrants in nearly all countries.

TEXT 34

Extreme weather destroys homes and towns and this creates social problems. If it rains less often, water will become scarce and farmers will have to grow crops that don't need much water. In some northern areas, higher temperatures could mean that farmers will be able to grow a greater variety of food. In other areas, it might mean that no food will grow in hotter, drier conditions. Consequently, traditional diets will probably disappear too.

TEXT 35

Higher temperatures might have an effect on people's mental and physical health and introduce new illnesses. For example, malaria might spread because mosquitoes will be able to live in the warmer temperatures of Europe. Hot weather tends to make people feel more irritable and more aggressive. The consequence of this could be an increase in violent crime. When natural disasters, such as hurricanes, flooding and storms happen, people lose their homes and possessions.

TEXT 36

In the days after hurricane Katrina hit New Orleans, thousands of people were left without a home or food. In desperation, they took food and the things they needed from shops. People who would never steal in normal circumstances found they had no choice. This change in social behaviour has happened in other communities hit by extreme weather, too. Scientists want to do more research on the impact of the weather on people's behaviour.

TEXT 37

Extreme weather conditions such as heatwaves, high humidity, strong winds, air and water pollution influence the way we live and how we feel. We all know that normal weather patterns change the way people feel, so it isn't surprising that extreme weather might have an even greater effect on everyone's behaviour. In the future, the police might have to work with meteorologists, environmentalists and criminologists when they plan crime prevention strategies.

TEXT 38

The populations of most developed countries are much healthier now than they were fifty years ago. Scientists have discovered new drugs to treat many serious conditions and advances in technology have changed the ways doctors diagnose and treat their patients. Living and working conditions have improved, people have more free time as well as a wide choice of high-quality food

TEXT 39

So, we have guidelines about what we ought to eat: at least five portions of fruit and vegetables a day and less sugar and fat. The guidelines encourage people of all ages to do more exercise and get fit. There are campaigns to make people aware of the health problems associated with being overweight. Governments also recommend safe limits for alcohol consumption

TEXT 40

But not everybody agrees with health campaigns. They say we are over-protected and we worry unnecessarily about getting ill. So, would it be better to ignore the advice? Another criticism is the contradictory advice we receive. For example, one research report says we shouldn't eat meat and the next day another expert tells us that meat is an essential part of our diet.

TEXT 41

London's skyline is changing fast – in 2016, 26 new tall buildings were completed. (A tall building is over 20 storeys high.) Famous historic buildings such as Big Ben, The Tower of London and St Paul's Cathedral have been joined by a new generation of skyscrapers. Many of the new buildings have been built using the latest techniques and materials and their designs have been described as 'futuristic'.

TEXT 42

London has always been a dynamic city and never afraid of the new and this attitude is reflected in the city's architecture. When tourists visit London, they see buildings from over two thousand years of history: from the remains of the Roman city walls of *Londinium* to the newest skyscrapers in the city's financial district – and everything in between.

TEXT 43

Recently, plans have been announced to build more than 400 new tall buildings but not all Londoners are happy about this. A survey found that six out of ten Londoners wanted the number of tall buildings to be limited. People who live in the centre told interviewers that too many tall buildings were being built and that they were changing the appearance of London

TEXT 44

New architecture is often controversial and London is no different from other cities around the world. Supporters say that they love the innovative, new buildings. They think that the city should move with the times and they don't want their city to become stuck in the past. They love the variety of architectural styles from different historic periods because they show the history of London. Others disagree.

TEXT 45

Controversy around modern architecture is nothing new. In the 17th century, Sir Christopher Wren had to re-design St Paul's Cathedral five times before he satisfied his critics. The Eiffel Tower in Paris was criticised by many people including a group of well-known artists. They said that the new, metal tower was ugly and that it would ruin the city of Paris. Gustave Eiffel replied that his tower would be the tallest building in the world, which would be wonderful for Paris.

TEXT 46

The writer Guy de Maupassant often used to eat in the restaurant at the bottom of the tower because he said it was the only place in Paris where he didn't have to look at it! The Guggenheim Museum in New York, which was designed by the famous architect Frank Lloyd Wright, was not very popular at first. Many people said its circular shape looked like a wash basin and other people said it would be difficult to display pictures in it because of the curved walls.

TEXT 47

Modern architecture always seems to create strong reactions because people tend to resist change and new things at first. It's hard to believe now that many of the world's best-loved buildings were very unpopular when they were first built.

TEXT 48

Wales has a very turbulent history, having been invaded more times than you can count on the fingers of both your hands. However, all these invasions brought different cultural influences to Wales, many of which have now become part of Welsh culture. Take for instance wine. Things have gone a long way since the Romans introduced wine to Wales over 2000 years ago.

TEXT 49

In fact, the Welsh Ancre Hill Estates vineyard has received recognition for many of its wines including the award for the best sparkling wine in the world at the Bollicine del Mondo International Competition in Italy. The Ancre Hill Estates in Monmouthshire, a county in southeast Wales, distinguishes itself from most of the other vineyards in the UK by adopting ecological methods of biodynamic growing.

TEXT 50

They are passionate about winemaking and not only produce quality white sparkling wines, but in 2009, they made their first Pinot Noir red with excellent sugar and acidity levels and tannic ripeness. An industrialist called Lord Bute was the first to start up a vineyard in Wales in 1875 near Castell Coch, the 19th century Gothic castle situated near Cardiff.

TEXT 51

Nowadays there are over twelve commercial vineyards in Wales and the majority of them are open to the public, so tourists can enjoy various vineyard tours that give them the opportunity to sample the local wines directly from the producer. Monmouthshire is not only home to the Ancre Hill Estates, but there are other vineyards as well in this area like the Parva Farm Vineyard whose vineyard is located on the hillside from where you can see the ruins of Tintern Abbey.

TEXT 52

When you're having dinner and someone asks you to pass the salt, maybe you should ask him or her which salt he would like because... not all salts are the same! If you go to some spice stores, you'll see that they have a wide variety of different kinds of salt. So how do we know what salt to use and when? Well, first of all, we need to understand what makes them different.

TEXT 53

The origin of the salt is an important factor that influences its flavour and colour. Therefore, salt that comes from mines in one part of the world will be totally different from salt evaporated from seas or salt lakes. The most commonly used 'table salt' comes from mines. It is then treated to make the grains fine and to stop them sticking together. Iodine is also usually added to table salt too as it's good for us. However, some people prefer sea salt as it has no additives.

TEXT 54

Salt is also not always white. Himalayan pink salt comes from the second largest and one of the oldest salt mines in the world in Pakistan. The size of the salt grain is also very important. Very fine grains will melt into a dish more easily, while bigger, crunchy grains will add texture to the dish. Therefore, fine salt is used more often during cooking, while many chefs use larger grain salt as "finishing salt" just before serving.

TEXT 55

This is why many cooks and chefs keep a variety of salts ready for use in their kitchens. Timing is also very important. Certain ingredients should be salted early on in the cooking process and others later. Some even shouldn't be salted until they are about to be served. So, next time you reach for the salt, you'll have a lot to think about!

TEXT 56

Most Americans, especially those living in big cities like New York, have a fast-moving lifestyle and don't have time to cook and sit down to a healthy meal, so it's not surprising that more and more people are not only choosing snacks to nibble on between meals, but they are using them to replace meals entirely. A recent survey has shown that all snacking categories have increased their sales since 2013.

TEXT 57

Individual bars, especially health and cereal bars have seen the biggest increase in popularity followed by jerky, another favourite American snack. Jerky is a ready-to-eat snack and needs no preparation. It is lean meat with all the fat cut off, then cut into strips and dried so that it doesn't spoil. Salt is usually used in the drying process to make sure that bacteria don't develop.

TEXT 58

Jerky can be a fantastic healthy treat. It has a low carb content and is high in protein, so it is probably much more nutritional than many other snacks available in stores around the US. The important thing is to choose the right kind of jerky, so not the varieties that contain nitrates, fillers or binders. There is now even gluten-free jerky on the market for those with special dietary needs and vegetarian versions too.

TEXT 59

Instead, for meat lovers, there's a wide variety to choose from, such as alligator jerky, buffalo jerky and antelope jerky to name but a few, as well as the traditional beef jerky. Research shows that households in the US consider convenience as the most important factor when buying food, so ready-to-eat snacks are a winner every time. However, now people also care more about choosing healthier options so sugar-free snacks are also becoming more popular.

TEXT 60

Food in New Zealand is fresh, seasonal and local, as both North and South Islands are agricultural. Typical produce includes avocado oil; fruit from Hawke's Bay and dairy products, used to create the Pavlova, a dessert of meringues, fruit and cream, originating in New Zealand to honour the visit of the Russian ballerina, Anna Pavlova. Culinary influences are largely British, but there are increasingly more Asian dishes too.