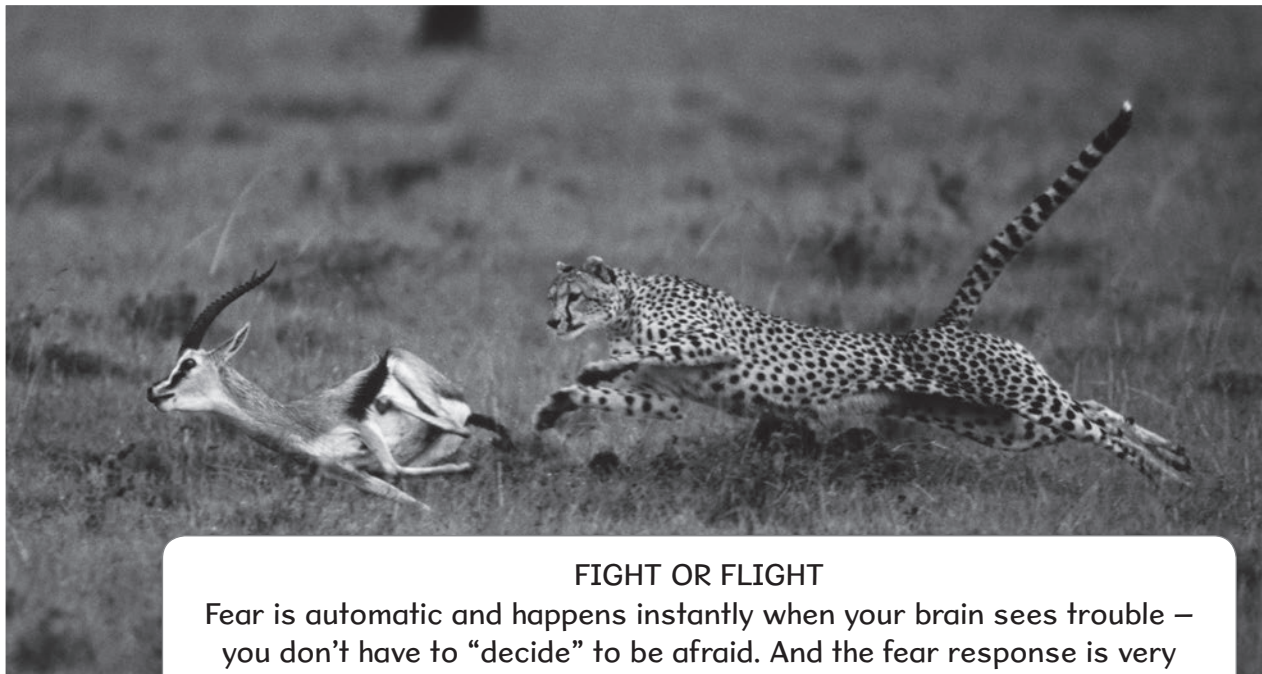


## Reading Comprehension

## Fear on the Brain

- A** Read this section of the text intensively. Then complete the chart.



## FIGHT OR FLIGHT

Fear is automatic and happens instantly when your brain sees trouble – you don't have to "decide" to be afraid. And the fear response is very similar in most animals, including humans. First, the animal freezes for a split second, focusing all of its attention on the threat. If it decides the threat is not serious, the animal calms down. If the danger is real, the animal might stay frozen, hoping to hide. Or it makes a quick choice to defend itself or run away, a reflex called "fight or flight."

You can't get rid of fear entirely – fear is built into your brain and is a basic part of human and animal nature. But you can learn to control what triggers fear, what your brain sees as dangerous. And understanding fear can help you choose to react in other ways besides running or fighting.

key words	_____
grammar	_____
text structure	_____
text features	_____

- B** Reread *Fight or Flight*. Write a summary in your own words.

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**C Complete the sentences.**

*Fear on the Brain* is an \_\_\_\_\_ text.

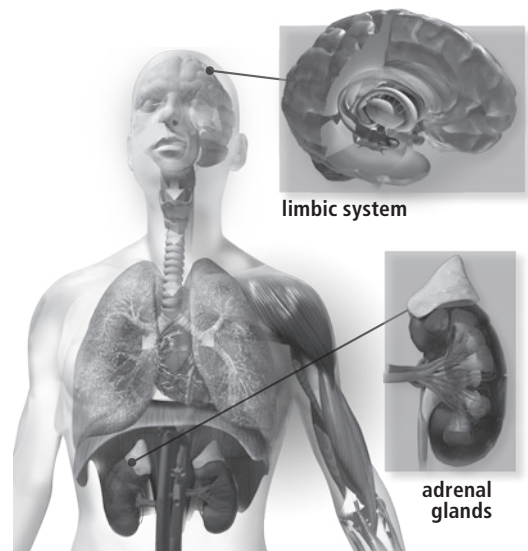
It presents \_\_\_\_\_ about a subject.

How is this type of text different from fictional text?

\_\_\_\_\_

**D Match the two halves of the sentences.**

- |  |                          |
|--|--------------------------|
| 1 We breathe quicker to ...                  | <input type="checkbox"/> |
| 2 Adrenaline makes us sweat and ...          | <input type="checkbox"/> |
| 3 When we feel fear, it can be difficult ... | <input type="checkbox"/> |
| 4 We have to practice ...                    | <input type="checkbox"/> |
- a staying calm when we are scared.  
b bring a lot of oxygen to cells.  
c can upset our stomachs.  
d to stay calm.



**E Change the underlined words to make the sentences true.**

- 1 Adrenaline, a chemical, gives us extra energy and can even help us feel less fear.  
\_\_\_\_\_
- 2 The limbic system may have developed in early dinosaur brains. \_\_\_\_\_
- 3 The limbic system stores the information that we see, feel, and hear. \_\_\_\_\_
- 4 If an animal decides there is no reason to be fearful, it freezes. \_\_\_\_\_

**Extra Read the words. Write the definitions.**

- 1 obvious  
\_\_\_\_\_
- 2 adrenaline  
\_\_\_\_\_
- 3 decision  
\_\_\_\_\_