

# ภาษาอังกฤษ ป. 5

# Reading



# The Effects of Stress: Reading Comprehension

Read the essay and then answer the questions.

Choose the best answer for each question. Click on the button beside the best answer.

## The Effects of Stress

There is a famous expression in English: "Stop the world, I want to get off!"

This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.



There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food.



These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice.

**Stress can make people angry, moody, or nervous.**

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Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.



**It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.**



**1. Which of the following is not a common problem caused by stress?**

**a. physical problems**

**b. anecdotal problems**

**c. mental problems**

**d. emotional problems**

**2. According to the essay, which of the following parts of the body does not have physical problems caused by stress.**

**a. the arms**

**b. the stomach**

**c. the lungs**

**d. the heart**

- 3. Which of the following show how stress can affect the emotions? Click on the box beside each correct answer and then click on "Check".**
- a. it can make people feel nervous**
  - b. it can cause panic attacks**
  - c. it can make people feel elated**
  - d. it can make people feel angry**



**4. Which of the following can result from long-term stress? Click on the box beside each correct answer and then click on "Check".**

**a. bliss**

**b. depression**

**c. alcoholism**

**d. whimsy**

**5. Choose the best answer to explain how alcoholism is caused by stress.**

**a. alcohol is used to relieve stress**

**b. alcohol is popular**

**c. alcohol is a chemical**

**d. alcohol is similar to medicine**

**6. Which of the following is not caused by long-term stress?**

**a. bloating**

**b. addiction**

**c. anorexia**

**d. alcoholism**



**7. Choose all of the answers that can complete this sentence: Stress can affect the respiratory system by \_\_\_\_\_.**

- a. causing stomach problems**
- b. causing asthma**
- c. a loss of carbon dioxide**
- d. causing breathing problems**

**8. Symptoms of emotional stress include \_\_\_\_\_.**

- a. feeling joyous**
- b. feeling hungry**
- c. feeling thirsty**
- d. feeling tired**



# Causes of Floods: Reading Comprehension

Read the essay and then answer the questions.

Choose the best answer(s) for each question.

## The Causes of Floods

Floods are second only to fire as the most common of all natural disasters. They occur almost everywhere in the world, resulting in widespread damage and even death.

Consequently, scientists have long tried to perfect their ability to predict floods. So far, the best that scientists can do is to recognize the potential for flooding in certain conditions. There are a number of conditions, from deep snow on the ground to human error, that cause flooding.

When deep snow melts it creates a large amount of water. Although deep snow alone rarely causes floods, when it occurs together with heavy rain and sudden warmer weather it can lead to serious flooding. If there is a fast snow melt on top of frozen or very wet ground, flooding is more likely to occur than when the ground is not frozen.



Frozen ground or ground that is very wet and already saturated with water cannot absorb the additional water created by the melting snow. Melting snow also contributes to high water levels in rivers and streams. Whenever rivers are already at their full capacity of water, heavy rains will result in the rivers overflowing and flooding the surrounding land.

**Rivers that are covered in ice can also lead to flooding. When ice begins to melt, the surface of the ice cracks and breaks into large pieces. These pieces of ice move and float down the river. They can form a dam in the river, causing the water behind the dam to rise and flood the land upstream. If the dam breaks suddenly, then the large amount of water held behind the dam can flood the areas downstream too.**

**Broken ice dams are not the only dam problems that can cause flooding. When a large human-made dam breaks or fails to hold the water collected behind it, the results can be devastating. Dams contain such huge amounts of water behind them that when sudden breaks occur, the destructive force of the water is like a great tidal wave.**



**Unleashed dam waters can travel tens of kilometres, cover the ground in metres of mud and debris, and drown and crush every thing and creature in their path. Although scientists cannot always predict exactly when floods will occur, they do know a great deal about when floods are likely, or probably, going to occur.**



Deep snow, ice-covered rivers, and weak dams are all strong conditions for potential flooding. Hopefully, this knowledge of why floods happen can help us reduce the damage they cause.



**1. Which of the following words are natural disasters?**

**(More than one answer may be correct).**

**a. flood**

**b. earthquake**

**c. airplane crash**

**d. typhoon**

**2. Which of the following are included as causes for floods in the reading passage?**

**a. droughts**

**b. large lakes**

**c. poorly built roads**

**d. melting snow**

### 3. How does deep snow cause flooding?

- a. melting snow causes flooding
- b. too much rain causes flooding
- c. sudden warm temperatures combined with heavy rains causes flooding
- d. freezing water causes flooding

**4. A broken human-made dam is compared to what?**

- a. a tsunami**
- b. a tidal wave**
- c. a broken ice dam**
- d. overflowing**

- 5. Which of the following best describes how a frozen river can cause a flood.**
- a. The ice in the river melts too quickly and causes a flood.**
  - b. The ice in the river cracks causing the water to overflow.**



- c. The ice in the river cracks into pieces that eventually create a dam causing the water to overflow.**
- d. The water behind the ice dam collects and when the dam breaks, it causes flooding upstream.**

**6. How far can dam water travel when it is unleashed from a broken dam?**

**a. less than 10 kilometres**

**b. tens of kilometres**

**c. thousands of kilometres**

**d. tens of thousands of kilometres downstream**

## 7. Why does saturated ground contribute to flooding problems?

- a. the ground cannot absorb more moisture
- b. the ground is too hard, so the water runs off
- c. the ground forms a kind of dam
- d. it remains frozen



## 8. What kinds of problems can floods cause?

a. death

b. widespread damage

c. destruction of plants and animals

d. all of the above



**9. What is the most common natural disaster?**

**a. flood**

**b. fire**

**c. wind damage**

**d. rain**

**10. How does melting snow cause problems related to flooding?**

**a. it makes the rivers run too fast**

**b. it makes the water too cold**

**c. it causes pieces of ice to block the river**

**d. it makes the level of the river rise**