

COMPREHENSION

What happens when we become tired?

Tiredness or fatigue is the result of toxins forming in the bloodstream, brain and nerves from all sorts of things produced in our bodies as a result of exertion. The same effect can occur if we are exposed to too much sun or heat. At the end of the day, we go to sleep so that the body can rid itself of these poisons and we should awake refreshed.

This has been demonstrated by experiments on rats. Blood from a tired rat that has been running on a treadmill in a laboratory was extracted and injected into a rat that had just woken up. The second rat then became tired.

It used to be thought that one cause of fatigue was the need for more food. The tired person, people thought, had used up food and needed more to create energy – just as a car becomes ‘tired’ and stops if it runs out of petrol. If this were true, then the more exhausted a person had become, the larger the meal he or she would need to eat.

We have learned that this old idea was a fallacy. The body always contains a large supply of fuel in the form of food or even body fat. We become tired for other reasons before this supply is used up. It is also quite apparent that in a state of severe fatigue it is not possible to digest food properly. Therefore, an exhausted person should consume little or no food at all. A drink of soup or orange juice would be better for the body in that condition. The best cure would be to sleep.

1. Is your blood affected during the day by the activities of your brain?

2. If you received a blood transfusion from someone who was tired, could this make you feel more tired? Why? _____

3. Is plenty of food good for a person who is very tired? _____
4. What beverage besides orange juice is recommended for a very tired person? _____
5. Which word in the text means the same as ‘shown’? _____
6. Which word means the same as ‘a mistaken belief’? _____
7. Which word means the same as ‘poisons’? _____
8. Which word means the same as ‘eat’? _____
9. In the first paragraph, circle the word that is NOT a synonym of the word ‘exertion’.
10. In the space below, see how many three or four letter words you can make out of ‘bloodstream’.

Year 8 Homework Sheet for Week 9

Name: _____

Critical Reading

Includes – Novels, non-fiction books, magazines, newspapers and as negotiated with teacher

Book: _____

Author: _____

In your own words, summarise your reading for this week.

Spelling		
a	b	c
tease	exclusion	threatening
damage	intimidate	interference
reporting	repeatedly	defenceless
practice	treatment	discrimination
complain	environment	scenario
scared	positive	Psychologist
promotion	comfortable	campaign
contact	Principal	intention
talking	situation	Counsellor
laughing	inclusive	suicide

Synonyms

Using a thesaurus or dictionary, find at least three words that have the same meaning as the one in the box.

happy	elated	ecstatic	joyful
bad			
yell			
pretty			

Common Curriculum Elements

CCE Number 11 is **Compiling Lists/statistics**. Your parents use this CCE every week when they write their grocery list. On a separate piece of paper you are to make a list of all the ingredients that are used to make your favourite cake or biscuit (make sure that you include the correct measurements).



Who is the target audience? How can you tell?

Would you recommend this reading to your friends?

Why/why not?

Parent Comment & Signature: _____

Teacher Comment & Signature: _____