

5

No limits

Vocabulary Taking risks

V Generations

1 Match people 1–6 to words a–f.

- 1 Tommy is two years old and has just started to talk.
- 2 Bill is seventy-one.
- 3 Sally is only seven.
- 4 Laura is six weeks old and can't walk yet.
- 5 Samantha is thirteen.
- 6 Samantha's mum is forty-six.

- a a baby
- b a middle-aged person
- c a senior citizen
- d an adolescent
- e a toddler
- f a child

V insight Adjective suffixes: -ing and -ed

2 Read the leaflet and choose the correct adjectives.

X GAMES SUPERSTARS

The X Games take place every year in the USA. Skateboarding, snowboarding and motocross are among the many ¹amazed / amazing sports that people watch at the X Games. Over 100,000 spectators attend the games. They are ²excited / exciting by the bravery and ability of extreme sports stars. But who are the superstars of extreme sports? Here are our top five!



1 TONY HAWK

Although he performed some of the most ³surprised / surprising skateboard stunts in history and won the X Games gold medal nine times, he never seemed to feel ⁴frightened / frightening.

2 SHAUN WHITE

He had a heart operation when he was a child, but he grew up to be an Olympic Gold medallist in the ⁵excited / exciting sport of snowboarding.

3 JOLENE VAN VUGT

At the age of eleven, she persuaded her dad to buy her a motorbike. At first, people were ⁶surprised / surprising to see a young girl on a bike, but now she is a top motocross rider.

4 DAVE MIRRA

BMX rider Dave Mirra has won an ⁷amazed / amazing 24 medals at the X Games. He often performs very ⁸frightened / frightening stunts on his bike.

5 DALLAS FRIDAY

Everyone was ⁹surprised / surprising when she won the first of her four X Games titles at the age of fourteen, only a year after she started wakeboarding. It was ¹⁰embarrassed / embarrassing for other, more experienced wakeboarders who didn't think that someone so young could win.

V insight Noun suffixes: -ment and -ion

3 Add a suffix to change the verbs into nouns and write them in the correct category.

- develop ■ encourage ■ intend ■ solve ■ argue
■ impress

1 -ment

- a development
- b
- c

2 -ion

- d
- e
- f

4 Complete the article with nouns or adjectives formed from the verbs in brackets.

The limbic system

Although most teenagers understand the dangers of risky behaviour, it is

¹.....

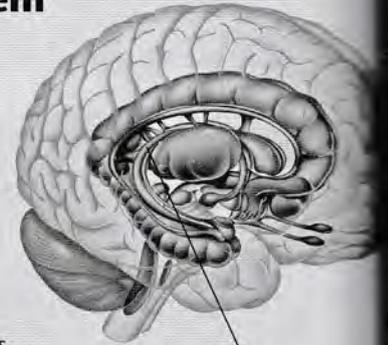
(surprise) how many of them fail to put this knowledge to use. 'One way to think about it is as a kind of competition or balance between two different brain systems,' says American scientist Dr Laurence Steinberg, who studies adolescent brain ²..... (develop).

The 'emotional brain', or the limbic system, develops faster than the frontal cortex, which is responsible for logical thinking.

The limbic system is the area of the brain which helps us to make ³..... (decide) about when to eat or drink, but it also controls feelings of fear and ⁴..... (enjoy). When we feel

⁵..... (frighten), ⁶.....

(excite) or happy, it is because of activity in the limbic system. However, the brain's ⁷..... (intend) is not to make us feel good or bad, but to help us to survive. Some people who have a damaged limbic system, because of an accident or an illness, do not feel fear at all. They are not afraid of snakes or spiders, for example, and they do not need ⁸..... (encourage) to do risky sports like bungee jumping or skydiving. Similarly, teenagers sometimes seem to go out and do exactly what they know could be bad for them. However, they do it for a completely different reason. The ⁹..... (excite) news today is that scientists might have found a ¹⁰..... (solve) to the problem.



The limbic system

5 CHALLENGE! Choose three members of your family from different generations and describe them. In what way are these people typical of their age group, and in what way are they not typical?