

Reading Comprehension

Read the passage and answer the questions below

A dam is a wall built across a river or a stream to control water . Dams are built to make a reservoir . A reservoir is a man - made lake in which water is stored and sent across the country in pipes so that people can use it for drinking , washing and cooking . Dams are also built to store water for irrigating fields in the dry season when there is no rain . In the past, dams were built to force water into narrow channels . Today very big dams are built to use the force of water to get electricity .



A) Answer the following questions :

1. When do we need water from Dams ?

.....

2. How can we get electricity from water ?

.....

B) Choose the correct answer :

3. Water is stored and sent across the country in

a) canals b) pipes c) cartoons

4. A dam is a wall builta river or stream .

a) above b) around c) under

Reading Comprehension Pilates At Home 2025

M Carnoy



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The Pilates Body, Revised and Expanded Edition Brooke Siler, 2025-12-02 The definitive guide to mat based Pilates from a renowned celebrity trainer with more than three decades of experience now with a new chapter of matwork enhancing strategies and sixteen variations on classic exercises Since its publication in 2000 The Pilates Body has helped hundreds of thousands readers around the world discover the power of Pilates Originally developed in the early 1900s by Joseph H Pilates it remains the ultimate mind body fitness system for anyone who wants to build strength improve flexibility perfect their posture reduce aches and pains and develop a deeper connection with their bodies In The Pilates Body Brooke Siler who trained under Joseph Pilates protégée Romana Kryzanowska offers a comprehensive program of Pilates exercises that can be done anywhere and anytime with an exercise mat Siler guides the reader through the principles that form the foundation of Pilates and offers directions for more than fifty exercises The exercises categorized by difficulty level include Step by step photos and instructions line drawings and unique visualizations to help you perform the proper movements with the right balance of breath and muscle activation Modifications for beginners transitions between exercises to help you move fluidly through your practice and progressions that keep you moving forward Troubleshooting tips for avoiding common pitfalls and injury as well as guides for maximizing your results In this revised and expanded edition you will find more progressions variations and updated cues throughout the exercises You will also learn how to deepen your Pilates practice in an exciting new chapter that explores the strengthening and lengthening benefits of incorporating pandiculation the contraction and relaxation of muscles to discharge muscular tension and foster mobility Siler explains pandiculation's essential role in your neuromuscular health and how it unlocks more of Pilates's benefits while offering instructions for pandiculated versions of sixteen matwork exercises to revitalize your body and your practice Through its warm concise approach and creative detailed visuals The Pilates Body will help you master a movement system that enhances your physical and emotional well being no matter your skill level age or fitness level Shift Happens Richard Sutton, 2025-10-20 Life won't get easier But you can get stronger Stress burnout and self doubt aren't signs of weakness They're signals And if you know how to respond they can become your greatest advantage In Shift Happens Richard Sutton distills 25 years of science and practice into 12 tools that work alongside 12 inspiring stories of high achievers who use them Reclaim control clarity and confidence with methods trusted by Olympic athletes business leaders and cultural icons such as Lady Gaga Novak Djokovic and Billie Eilish You'll learn how to Halve your stress with cold exposure Unlock creativity through short bursts of movement Calm your system with proven breathwork and natural resets Perform at your best under real world pressure These aren't hacks or quick fixes They're simple shifts small changes with outsized impact that help you reclaim clarity energy and control Stress isn't the end of performance It's the beginning That'll Teach Her Maz Evans, 2025-02-27 A headmistress is dead The circumstances are suspicious And as every parent knows being on the school group chat can be murder Deliciously funny

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American English File 3E Level 5 Student Book Christina Latham-Koenig, Clive Oxenden, Jerry Lambert, 2020-07-28 American English File Second Edition retains the popular methodology developed by world renowned authors Christina Latham Koenig and Clive Oxenden language motivation opportunity With grammar vocabulary and pronunciation practice in every lesson students are equipped with a solid foundation for successful speaking Plus an array of digital resources provides even more choice and flexibility Students can learn in the classroom or on the move with Online Practice language assessment The first goal is to explore the difference between fairness and justice in language assessment The authors distinguish internal and external dimensions of the equitable and just treatment of individuals taking language tests which are used as gatekeeping devices to determine access to education and employment immigrant status citizenship and other rights The second goal is to show how the extent of test fairness can be demonstrated and improved using the tools of psychometrics in particular the models collectively known as Rasch measurement This book will have an enormous impact on the field of language assessment Using Rasch analysis models to explore and identify sources of unfairness the authors make a compelling case for fairness in the design and implementation of language assessment instruments and for justice in the interpretation and use of test results A real strength of the book is that it guides readers through analytical techniques in an accessible way Dan Douglas Professor Emeritus Applied Linguistics Program Iowa State University

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The Lost Story of Eva Fuentes Chanel Cleeton, 2025-09-30 This captivating story is an ode to book lovers Woman s World A mysterious book with a legacy spanning from the beginning of the twentieth century to the present day unites three women and their secrets in this unforgettable novel from New York Times bestselling author Chanel Cleeton London 2024 American expat Margo Reynolds is renowned for her talent at sourcing rare antiques for her clients but she s never had a request quite like this one She s been hired to find a mysterious book published over a century ago With a single copy left in existence it has a storied past shrouded in secrecy and her client isn t the only person determined to procure it at any cost Havana 1966 Librarian Pilar Castillo has devoted her life to books and in the chaotic days following her husband s unjust imprisonment by Fidel Castro reading is her only source of solace So when a neighbor fleeing Cuba asks her to return a valuable book to its rightful owner Pilar will risk everything to protect the literary work entrusted to her care It s a dangerous mission that reveals to her the power of one book to change a life Boston 1900 For Cuban school teacher and aspiring author Eva Fuentes traveling from Havana to Harvard to study for the summer is the opportunity of a lifetime It s a whirlwind adventure that leaves her little time to write but a moonlit encounter with an enigmatic stranger changes everything The story that pours out of her is one of forbidden love secrets and lies and though Eva cannot yet see it the book will be a danger and salvation for the lives it touches

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