

Since the prehistoric era, water has been the most important element for life. In fact, all life starts in water: in the prehistoric era, bacteria developed in water.

1. In human life, babies start their development inside the mother's waters, in her belly. They stay there for nine months, before coming out into the world.

New-born babies love being in the water, it makes them feel safe because it reminds them of their mother's belly.

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Dylan is tall and skinny, he has brown hair and blue eyes. He is a very kind and polite person.

2. He can't see very well so he wears big thick glasses. He is a teacher at middle school, and his students always make fun of his glasses.

His students love and admire him because he is always nice to them.

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English culture and Italian culture are radically different. For example, eating and drinking habits are different in the two countries.

3. English people like to have sausages, eggs, beans, tomatoes and mushrooms for breakfast. Italian people mostly like to have a sweet breakfast: for example, cakes and biscuits.

To English people, having cake for breakfast is very strange. For them, cake is a snack food, something they have in the afternoon with their tea.

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Water is an extremely important element for humans. 80% of the human body is made of water.

4. For this reason, every nutritionist says that it is important to drink a lot of water. The amount of water you should drink depends on your body weight, but it's usually around 2 litres a day.

However, there is only a limited quantity of water on our planet. For this reason, everybody should be careful not to waste it.

**DOMANDA NON ESTRATTA**

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A good walk in nature can be the best therapy for stress. The fresh air, the movement, the colours help people to relax.

5. The presence of nature (plants, trees, grass) helps to de-stress. The presence of water, in the form of a lake or a stream or a river helps to meditate.

The sound of the birds chirping helps me to calm down when I get anxiety.

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Hair is one of the first things people notice about you, whether you have it or not. Someone likes it long, someone likes it short, and someone likes to be bold.

6. Some women like to change their style often: colour, length, curls... that's why there are many hair saloons in every town.

At a certain age, hair becomes grey or white. Lately, many women choose to wear it grey when that becomes their natural colour.

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Alex lives in Manchester with his family, in a big house outside the city centre.

7. He has a brother whose name is Charlie, he is older than him and goes to University in Leeds, so he doesn't live with his family anymore because he lives on campus.

Their parents own a shop in the main street of the city: Market Street. Lately, the business has been doing really well and they are becoming rich.

Will loves cars, he has a beautiful Ferrari, it is red, elegant, and very fast. He bought it last month and it cost him a fortune.

8. He is very happy because he loves to take his girlfriend out on dates with his new car. He takes her to the most expensive restaurants.

Tomorrow it's her birthday and he organized a fantastic party for her, with all of her friends and family.

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Edwards is a very handsome man but he is shy and introvert, so he doesn't have many friends.

9. He usually just hangs out with his brother and his family, he only occasionally goes out with his friends. Every Sunday he visits his family home and they have a barbecue all together in the garden.

Lisa, their neighbour, also joins their barbecue on Sundays, and she is secretly in love with Edward.

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In my town, there are many shops where you can buy lots of different things. At the bakery you can buy bread, at the butcher you can buy meat, at the pharmacy you can buy medicines, at the bookshop you can buy books and cultural material.

10. There are also shops that provide services: for example, the barbershop, the beauty salon, and the dry cleaners.

My favourite shop is the florist's, because the people are very friendly and their flowers are the prettiest

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Danny is a lovely boy. He is Scottish, and he lives in the countryside near the border between Scotland and England.

11. He is a Law Student at Edinburgh University, so he lives in Edinburgh for most of the academic year, but in the summer, he goes back to his family house in the countryside, and he works in a restaurant as a barman.

When he is older, he wants to become a successful lawyer, but for the moment he is happy making cocktails for his customers at the restaurant.

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Tomorrow it's Lauren's birthday: she is turning eight. Her parents are taking her to the zoo, her favourite place in the city.

12. The London zoo is amazingly big, and it takes a full day just to visit it. There are animals from all over the world, and Lauren is most excited about seeing exotic animals.

She loves Australian animals. Her favourite animal is the koala, but she also likes kangaroos, crocodiles and snakes.

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Jane is a young woman who has a lot of hobbies. She likes sports, but also reading and listening to music.

13. Her favourite sports are yoga and hiking, she loves to go on hiking trips when she is on vacation.

Last year she went on holiday in India, and she took yoga classes with great yoga masters. She also went on some incredible hiking trips on the Himalayan chain. She visited some very big monasteries and temples too.

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Jack's favourite activity is drinking with his friends. In general, English people drink a lot, especially in the evening.

14. Jack loves to drink beer in the pub, but this weekend he is inviting his friends at home to watch the football match, so there will be a lot of beer in the house.

Jack's girlfriend Sara likes to drink white wine or cocktails, and champagne in special occasions. This weekend she is going to a bar with her friends to celebrate a birthday, so they will be drinking champagne.

Doctor Tancredi works in the prison hospital in Chicago. Her first name is Sara, she is the only doctor in the prison, but she has the help of a great team of nurses.

15. Sara is very smart and talented. She is the daughter of an important politician. Her father had great hopes for her and he is not happy that she is working in the prison.

Sara rarely goes on holiday, because she loves her job so much and spends all her time there. Everybody in the prison have great respect for her, even the prisoners.

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Peter is a student at the University of Cambridge. He will graduate next year, in Economics and Finance.

16. He is living in a house with nine other students, and these are his best friends. In the evening, they hang out together, watching films until late or having big parties.

During the day he studies a lot, because when he is older he wants to become a professor, to inspire young minds and teach them about the economic principles of the modern world.

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Joe is eleven years old and he is a happy child from a very big family. He has a brother and two sisters.

17. He and his brother are twins, and they do everything together, they also love to wear the same clothes so that no one can distinguish between them.

When it is raining outside, Joe and his siblings all play board games together, their favourite one is Monopoly. **DOMANDA NON ESTRATTA**

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Julie is an interior designer. She loves flowers and plants and she is famous for her nature-inspired designs.

18. She helped me to redecorate my living room, and now the room is all green and pink, and there is a big plant in the middle of it.

Julie and I became great friends, and in our free time we love to hang out in my new living room, or to go for nice walks in nature.

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Last week my cousin Luke and his wife Laura had a baby. It's a boy, so I am buying them a blue baby bottle.

19. Luke and Laura live very close to me and sometimes, at night, I can hear the baby cry. While Laura always gets up to assist the baby, Luke tries to sleep, because in the morning he gets up very early to go to work.

For the next few months, I will help Laura to look after her baby in the morning, when Luke is at work.

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Tom's favourite hobby is cooking, he is great in the kitchen. His best dish is lasagne.

20. He loves Italian cuisine and one day he wants to open his own restaurant. He'll call it "Spuntino", it will have a terrace, a big pizza oven, a cocktail bar and big windows to let the sunlight in.

He's hoping for his restaurant to become famous and to appear on television.

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I love the summer because I can go to the beach and enjoy the hot, sunny weather.

21. In the summer, I usually go to Spain on holiday. I stay at a 5-star hotel in the centre of Malaga. From my hotel room I can see the sea. I love watching the sunset there.

Over the years I have made many friends in Malaga and now, every time I go there, I find them waiting for me at the airport. **DOMANDA NON ESTRATTA**

Harry Potter is the most famous British wizard, he studies at Hogwarts and his best friends are Ron and Hermione.

22. His life is full of wonderful, but sometimes scary, adventures: he flies on his broom, prepares potions, studies magic and fights the evil.

All the children in the world wish they could go to Hogwarts and live the same experience as Harry and his friends.

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The leopard is one of the fastest animals in the world. A leopard can run up to 60km/h thanks to its four strong legs.

23. Leopards live in the Savannah. Most of them are light brown with many dark spots all over their bodies.

Leopards are active at night when they go out in search of food. They spend most of their day sleeping in trees or behind rocks.

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Christmas is a popular festivity celebrated in most countries of the world.

24. It was born as a Christian holiday to celebrate the birth of Jesus Christ, but now it has become a cultural event and people of all religions love it.

In the Christmas period, streets are full of lights and decorations and everyone is out buying gifts for the people they love.

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My sister works at the circus where she dances in a beautiful red dress.

25. She's the best athlete in the entire circus and people always love her performances, sometimes they buy tickets just to see her dancing!

Since I'm her brother, I get free tickets, and once a month I like to go there with my friends to watch the show.

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Most modern cities are trying to reduce traffic to lower CO2 emissions.

26. Pollution is a very common problem in most countries. It is extremely dangerous for people's health and for the environment. One solution to this is public transport: fewer cars equals cleaner air.

Another important problem is plastic and trash. Plastic products end up in the ocean and kill all the fish that eat them.

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In today's world, education is essential to get a good, high-paying, job.

27. When they finish high school, most teenagers choose to continue their studies and go to university. A lot of people study things like medicine, economics or engineering.

Most university courses last 3 to 5 years. People with university degrees find better jobs and earn much more money than those without.

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York is a small city of 300.000 inhabitants located in the north of England.

28. It's a place full of history: it was founded by the Romans over 2000 years ago. Walking around the city centre you can see many old buildings and streets.

Many tourists visit York every year to see its history. One of the most popular attractions is York Cathedral: it's so big that it took 250 years to build.