

**1. Read the text and answer the questions.**

**a)** Why is it important to spend time in nature?

..... ■

**b)** How did the scientists examine the stress levels of the people in their study?

..... ■

**c)** What is serotonin?

..... ■

**2. What do these underlined words in the text refer to?**

**a)** they (Paragraph 2) .....

**b)** It (Paragraph 3) .....

**c)** their (Paragraph 4) .....