

# International Day of Light



In our modern world, light plays a central role in many areas. It is not only essential for natural life but also for technological progress. Recognizing its importance, an international light day has been established. This day is dedicated to appreciating light science and its many applications. It encourages us to understand light's role in promoting lasting development.

Light affects numerous areas of our daily lives. Its science supports the technological devices we use every day. For instance, fiber-optic cables carry data across huge oceans at the speed of light. This technology enables us to communicate instantly all around the globe. On this day, we celebrate these innovations and seek to learn more about them.

Awareness about light also involves understanding its effects on health and happiness. The sun's light regulates our sleep patterns and vitamin D production. On the other side, too much exposure to fake lighting can disturb our natural cycles. The day brings attention to these concerns and promotes healthy practices.

Furthermore, light technology helps our environment. Solar panels turn sunlight into electricity, reducing our need on fossil fuels. Energy-saving LED lighting helps to use less electricity. On international light day, we celebrate these eco-friendly innovations and their advantages for our planet.

Finally, this special day is also a chance to excite future generations. Education and public activities try to create interest in the young about light sciences. Young scientists are encouraged to create new technologies that will keep making our lives better.

The message is simple: light is essential in our lives. Through education, careful use, and new ideas, light science has the ability to take us towards a brighter, more eco-friendly future.

## CEFR Level Card

**General Level:** B1.6

**Vocabulary:** B1.7

**Verb Form:** A2.7

**Clause:** A1.9

## Wordlist

awareness NOUN B2 1

Definition (En):

n. having knowledge of

n. state of elementary or undifferentiated consciousness

establish VERB B2 1

Definition (En):

v. set up or found

v. set up or lay the groundwork for

v. bring about

v. use as a basis for; found on

excite VERB C1 1

Definition (En):

v. arouse or elicit a feeling

v. raise to a higher energy level

v. produce a magnetic field in

exposure NOUN B2 1

Definition (En):

- n. vulnerability to the elements; to the action of heat or cold or wind or rain;
- n. the act of subjecting someone to an influencing experience
- n. the disclosure of something secret
- n. aspect resulting from the direction a building or window faces

fiber-optic NOUN +∞ 1

Definition (En):

- a. of or relating to fiber optics

innovation NOUN B2 2

Definition (En):

- n a creation (a new device or process) resulting from study and experimentation
- n the creation of something in the mind
- n the act of starting something for the first time; introducing something new

regulate VERB B2 1

Definition (En):

- v. fix or adjust the time, amount, degree, or rate of
- v. bring into conformity with rules or principles or usage; impose regulations

seek VERB B2 1

Definition (En):

- n. the movement of a read/write head to a specific data track on a disk
- v. try to get or reach
- v. go to or towards
- v. inquire for

solar NOUN C2 1

Definition (En):

- a. relating to or derived from the sun or utilizing the energies of the sun

## Phrases and Idioms

Lemma	Sentences
around the globe	<ul style="list-style-type: none"> <li>This technology enables us to communicate instantly all <b>around the globe</b>.</li> </ul>
bring (someone or something) to	<ul style="list-style-type: none"> <li>The day <b>brings</b> attention <b>to</b> these concerns and promotes healthy practices.</li> </ul>
fossil fuel	<ul style="list-style-type: none"> <li>Solar panels turn sunlight into electricity, reducing our need on <b>fossil fuels</b>.</li> </ul>
of (one's) life	<ul style="list-style-type: none"> <li>Light affects numerous areas <b>of</b> our daily <b>lives</b>.</li> </ul>
speeds of (some amount)	<ul style="list-style-type: none"> <li>For instance, fiber-optic cables carry data across huge oceans at the <b>speed of</b> light.</li> </ul>
the other side	<ul style="list-style-type: none"> <li>On <b>the other side</b>, too much exposure to fake lighting can disturb our natural cycles.</li> </ul>

# Reading Comprehension Exercises

## True / False / Not Given

1. Light is important for both natural and technological growth.
2. There is a special day for celebrating the achievements in light technology.
3. Fiber-optic cables help us to send messages quickly across small lakes.
4. Artificial lighting does not affect people's natural sleep patterns.
5. International light day aims to increase awareness about the benefits of light on health.
6. Solar panels help reduce the use of coal and oil for producing energy.
7. LED lighting increases the overall cost of electricity.
8. Children are given the opportunity to learn more about light technologies on international light day.
9. New technologies in light sciences are discouraged to protect traditional methods.
10. International light day only celebrates past achievements in light sciences.

## Multiple Choice

- 1) Why was an international light day established?
  - a) To celebrate the sun's light
  - b) To promote natural life
  - c) To appreciate light science and its applications
  - d) To save electricity
  
- 2) How do fiber-optic cables benefit our daily communication?
  - a) They produce vitamin D
  - b) They reduce the need for electricity
  - c) They enable instant global communication
  - d) They regulate our sleep patterns
  
- 3) What is one negative effect of too much exposure to fake lighting mentioned in the text?
  - a) It promotes healthy practices
  - b) It disturbs our natural cycles
  - c) It helps us to communicate
  - d) It generates electricity
  
- 4) What is the role of the sun's light in our health according to the text?
  - a) It enables global communication
  - b) It regulates our vitamin D production
  - c) It helps to use less electricity
  - d) It carries data across oceans
  
- 5) How do solar panels support our environment?
  - a) By regulating sleep patterns
  - b) By providing light science education
  - c) By turning sunlight into electricity
  - d) By promoting technological devices
  
- 6) What is the purpose of education and public activities on this special day?
  - a) To save electricity through LED lighting
  - b) To disturb our natural cycles
  - c) To generate interest in the young about light sciences
  - d) To celebrate the use of fiber-optics

- 7) What can we infer about LED lighting from the text?
- a) It provides a method for global communication
  - b) It is bad for our environment
  - c) It uses less electricity
  - d) It disturbs sleep patterns
- 8) What does the day aim to do in regard to future technologies?
- a) To discourage innovation in light science
  - b) To encourage making lives better through new technologies
  - c) To regulate the production of vitamin D
  - d) To carry data across oceans
- 9) What is the fundamental message of international light day?
- a) To turn sunlight into electricity
  - b) To create instant communication
  - c) To highlight the essential role of light in our lives
  - d) To educate about the sun's light
- 10) Why are young scientists encouraged on this day?
- a) To reduce the use of fiber-optic cables
  - b) To help in the production of vitamin D
  - c) To innovate for a more eco-friendly future
  - d) To avoid using artificial lighting

## Short Answer

1. Why is an international light day established?
2. What kind of technology is mentioned as a means of communication across oceans?
3. What does the sun's light help to regulate in our bodies?
4. What is a negative effect of too much exposure to fake lighting?
5. How do solar panels benefit the environment?
6. What is celebrated on international light day regarding the environment?
7. What is the aim of education and public activities on this special day?
8. Why are young scientists encouraged on this day?
9. What kind of future does light science have the potential to lead us to?
10. What does the text suggest is crucial for the advancement of light science?



## Exercise Answers

### True / False / Not Given Answers

1.

**Answer:** True

**Explanation:** The statement matches the text which talks about the necessity of light for natural life and technological progress.

**Answer location:** "It is not only essential for natural life but also for technological progress."

2.

**Answer:** True

**Explanation:** True, as the text states an international light day is established to appreciate light science and its applications.

**Answer location:** "Recognizing its importance, an international light day has been established."

3.

**Answer:** False

**Explanation:** The statement in the text indicates that fiber-optic cables carry data across huge oceans, not small lakes.

**Answer location:** "For instance, fiber-optic cables carry data across huge oceans at the speed of light."

4.

**Answer:** False

**Explanation:** According to the text, artificial (fake) lighting can indeed disturb natural sleep cycles.

**Answer location:** "On the other side, too much exposure to fake lighting can disturb our natural cycles."

5.

**Answer:** True

**Explanation:** True, as stated in the text, the day addresses the impacts of light on health and promotes good light habits.

**Answer location:** "The day brings attention to these concerns and promotes healthy practices."

6.

**Answer:** True

**Explanation:** True, because solar panels convert sunlight to energy which helps decrease reliance on fossil fuels, which include coal and oil.

**Answer location:** "Solar panels turn sunlight into electricity, reducing our need on fossil fuels."

7.

**Answer:** False

**Explanation:** The statement is false. LED lighting is mentioned as energy-saving, which means it helps to use less electricity, not more.

**Answer location:** "Energy-saving LED lighting helps to use less electricity."

8.

**Answer:** True

**Explanation:** True, according to the text, educational and public activities focus on teaching children about light sciences.

**Answer location:** "Education and public activities try to create interest in the young about light sciences."

9.

**Answer:** False

**Explanation:** The statement is false since young scientists are in fact encouraged to develop new technologies in light sciences.

**Answer location:** "Young scientists are encouraged to create new technologies that will keep making our lives better."

10.

**Answer:** False

**Explanation:** False, as the text emphasizes not only celebration but also the future potential of light sciences using education and new ideas.

**Answer location:** "Through education, careful use, and new ideas, light science has the ability to take us towards a brighter, more eco-friendly future."

## Multiple Choice Answers

1.

**Answer:** C

**Explanation:** The text explicitly mentions that the day is dedicated to appreciating light science and its many applications.

**Answer location:** "Recognizing its importance, an international light day has been established. This day is dedicated to appreciating light science and its many applications."

2.

**Answer:** C

**Explanation:** Fiber-optic cables are highlighted for their ability to enable instant communication across the globe.

**Answer location:** "For instance, fiber-optic cables carry data across huge oceans at the speed of light. This technology enables us to communicate instantly all around the globe."

3.

**Answer:** B

**Explanation:** The text specifies that too much exposure to artificial light can disturb our natural cycles.

**Answer location:** "On the other side, too much exposure to fake lighting can disturb our natural cycles."

4.

**Answer:** B

**Explanation:** The text states that the sun's light is critical for regulating our sleep patterns and vitamin D production.

**Answer location:** "The sun's light regulates our sleep patterns and vitamin D production."

5.

**Answer:** C

**Explanation:** The text explains that solar panels convert sunlight into electricity and thus reduce dependency on fossil fuels, which is good for the environment.

**Answer location:** "Solar panels turn sunlight into electricity, reducing our need on fossil fuels."

6.

**Answer:** C

**Explanation:** According to the text, the purpose of these activities is to create interest in youth regarding light sciences.

**Answer location:** "Education and public activities try to create interest in the young about light sciences."

7.

**Answer:** C

**Explanation:** The text indicates that LED lighting is energy-efficient because it uses less electricity.

**Answer location:** "Energy-saving LED lighting helps to use less electricity."

8.

**Answer:** B

**Explanation:** The text suggests that the day aims to inspire young scientists to develop new technologies that improve our lives.

**Answer location:** "Young scientists are encouraged to create new technologies that will keep making our lives better."

9.

**Answer:** C

**Explanation:** The text summarizes the core message of the day: light's essential importance in our lives.

**Answer location:** "The message is simple: light is essential in our lives."

10.

**Answer:** C

**Explanation:** Young scientists are motivated to innovate for a future that is eco-friendlier, which aligns with the direction light science is encouraged to move towards according to the text.

**Answer location:** "Through education, careful use, and new ideas, light science has the ability to take us towards a brighter, more eco-friendly future."

## Short Answer Answers

1.

**Answer:** To appreciate light science and its applications.

**Explanation:** The text explains that the international light day is for appreciating light science and its applications.

**Answer location:** "This day is dedicated to appreciating light science and its many applications."

2.

**Answer:** Fiber-optic cables.

**Explanation:** Fiber-optic cables are mentioned as the technology that enables fast communication across oceans.

**Answer location:** "For instance, fiber-optic cables carry data across huge oceans at the speed of light."

3.

**Answer:** Sleep patterns and vitamin d production.

**Explanation:** The text states that the sun's light is important for regulating sleep patterns and producing vitamin D in our bodies.

**Answer location:** "The sun's light regulates our sleep patterns and vitamin D production."

4.

**Answer:** It can disturb our natural cycles.

**Explanation:** The text mentions that fake lighting, if overexposed, can disrupt our natural cycles.

**Answer location:** "On the other side, too much exposure to fake lighting can disturb our natural cycles."

5.

**Answer:** They turn sunlight into electricity.

**Explanation:** Solar panels are described as beneficial because they convert sunlight into electricity and reduce dependence on fossil fuels.

**Answer location:** "Solar panels turn sunlight into electricity, reducing our need on fossil fuels."

6.

**Answer:** Eco-friendly innovations.

**Explanation:** Eco-friendly innovations and their advantages for the planet are celebrated on international light day as mentioned in the text.

**Answer location:** "On international light day, we celebrate these eco-friendly innovations and their advantages for our planet."

7.

**Answer:** To interest the young in light sciences.

**Explanation:** The text states that the aim of education and public activities is to spark interest among young people in light sciences.

**Answer location:** "Education and public activities try to create interest in the young about light sciences."

8.

**Answer:** To create new technologies for better lives.

**Explanation:** The encouragement of young scientists is to motivate them to develop new technologies that improve our lives, as per the text.

**Answer location:** "Young scientists are encouraged to create new technologies that will keep making our lives better."

9.

**Answer:** A brighter, more eco-friendly future.

**Explanation:** The text suggests that light science holds the potential to guide us toward a future that is both brighter and more environmentally friendly.

**Answer location:** "light science has the ability to take us towards a brighter, more eco-friendly future."

10.

**Answer:** Education, careful use, and new ideas.

**Explanation:** According to the text, education, careful use, and innovative thinking are important for the progression of light science and its positive impact on the future.

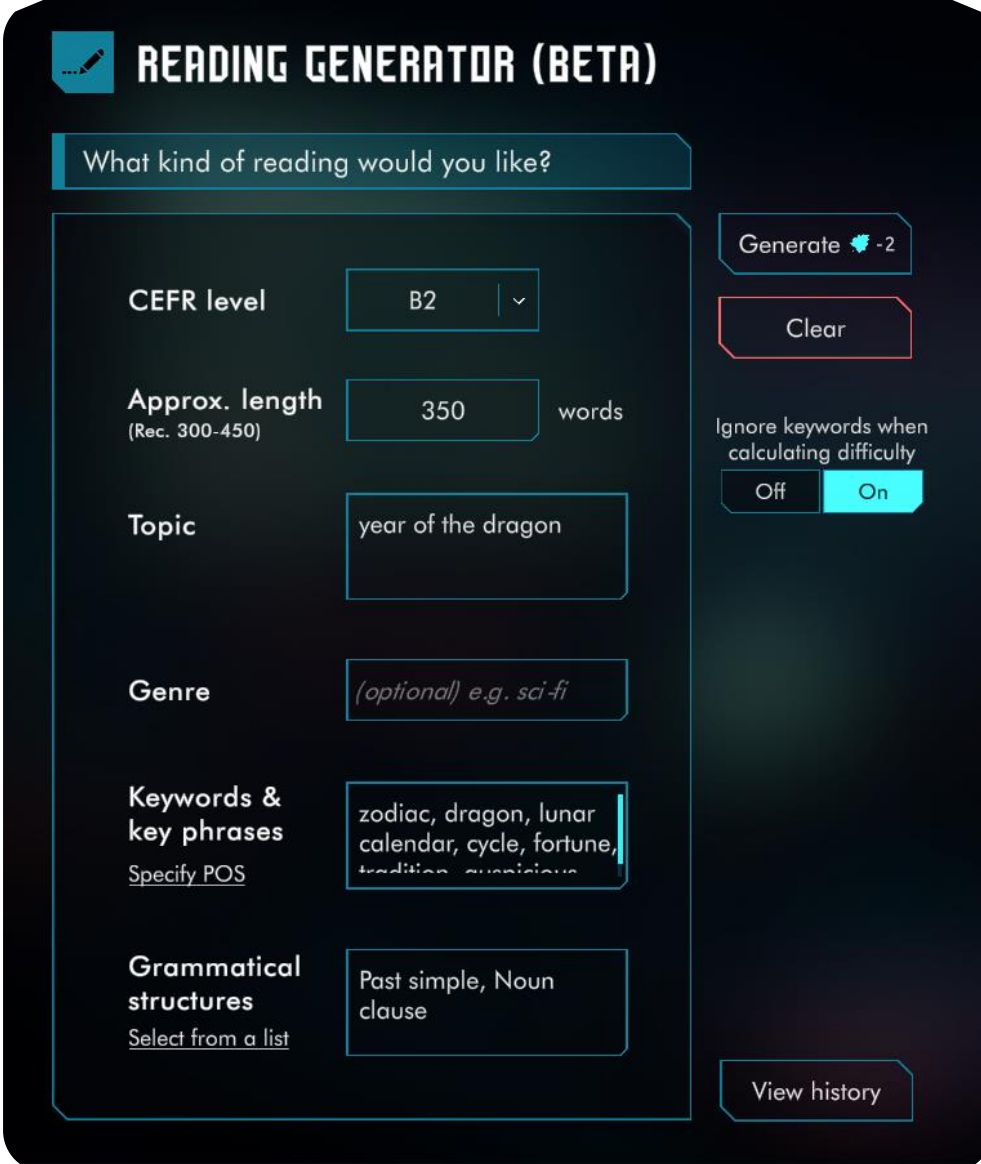
**Answer location:** "Through education, careful use, and new ideas, light science has the ability to take us towards a brighter, more eco-friendly future."

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It's as simple as providing Cathoven with:

- the reading level
- the length of the reading
- the topic
- the vocabulary to study

And you're done. It will be automatically generated.



**READING GENERATOR (BETA)**

What kind of reading would you like?

CEFR level: B2

Approx. length (Rec. 300-450): 350 words

Topic: year of the dragon

Genre: (optional) e.g. sci-fi

Keywords & key phrases (Specify POS): zodiac, dragon, lunar calendar, cycle, fortune, tradition, suspicious

Grammatical structures (Select from a list): Past simple, Noun clause

Generate ⚡ -2

Clear

Ignore keywords when calculating difficulty: Off **On**

View history