



Name: _____

Date: _____

Level 6 Mock Paper 23 – Green Space Key to Healthier Living

(Answers)

Read the passage carefully and answer the following questions in complete sentences.

Green Space Key to Healthier Living?

Mental illnesses and mood disorders are more common in urban areas partly as a result of the reduced access to nature in cities, a new study claims. Researchers examined the rising tension between the important role played by urban areas and these cities' **debilitating** aspects that disconnect people from nature. It is claimed that cutting people off from green spaces is responsible for some of the mental illness found in city populations.

“There’s an enormous amount of disease largely tied to our separation from the natural environment,” warned study author Peter Kahn of University of Washington. He says that children in big cities grow up without seeing stars and so without achieving the feelings of “awe, restoration and imaginative spark” that come from experiencing natural wonders.

In the study, Kahn points to signs that cities can cause emotional strain to their residents, but also that they can produce effects that are harmful to the planet. He believes that when people lack contact with nature, eventually they fail to remember what is environmentally normal. Being unable to crawl through mud as a child, for example, may leave a child unaware during adulthood of deforestation or of the fact that some animal species are endangered and in need of protection.

Kahn is seriously concerned by the fact that people living in urban environments may never experience natural features of the world, such as grass, streams and trees. For people to remain in good mental health, he argues they need more than just natural light and access to gardens, which some cities do provide. People should be able to interact with different elements and be able to use all of their senses to engage with nature in a deeper way. They need to smell a field of wheat for themselves, or feel a salty sea wind blowing through their hair. He believes this helps people to feel connected to the natural world and enables them to achieve a peaceful state of mind.

A separate study has noted that the way cities are arranged – the transportation systems, buildings and so on – may affect the weather and also the dispersal of airborne pollutants. Not only are they affected by how active the cities’ trains and buses are, but also by how much space there is between buildings as well as how the winds are channelled around the city. Dense urban areas may not give residents access to enough fresh airflow, and this can impact negatively on both their bodies and minds.

1. What does the word ‘debilitating’ mean in paragraph 1?

- a. disturbing
- b. harmful
- c. helpful
- d. destabilising

2. How could a city make someone unwell?

A city could make someone unwell by cutting that person off from green spaces.

3. What does Kahn say is beneficial about looking at the night sky?

Seeing stars allows us to achieve the feelings of “awe, restoration and imaginative spark” that come from experiencing natural wonders.

4. What is Kahn worried about city-dwellers forgetting? What harm might result from this?

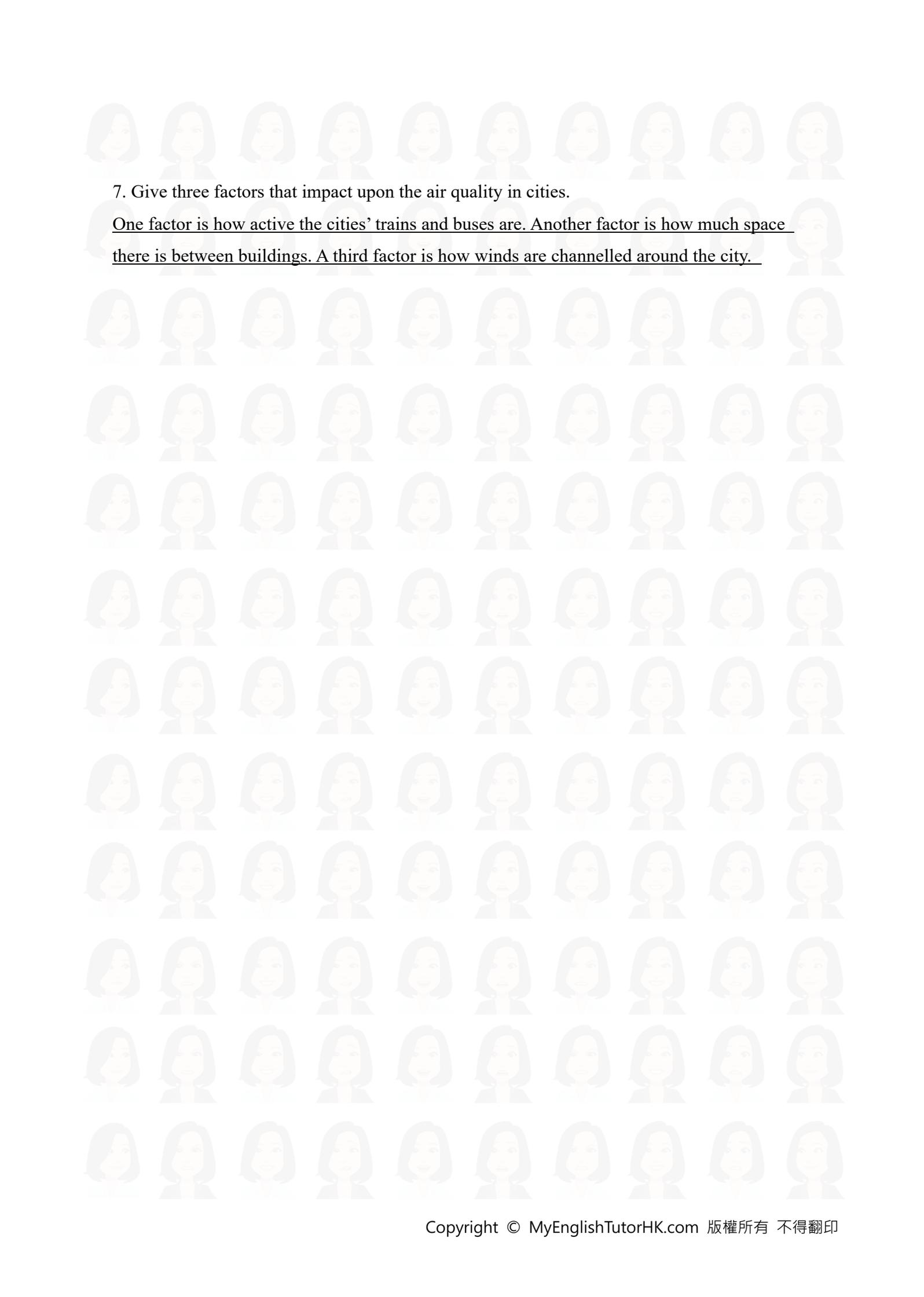
He is worried people will fail to remember what is environmentally normal. This might result in children who grow up in urban environments being unaware as adults of deforestation or of the fact that some animal species are endangered and in need of protection.

5. Why might a connection with nature improve mental health?

This is because it might help people to achieve a more peaceful state of mind.

6. Would Kahn think splashing in a river could be good for someone? Why?

Yes, he would. This is because people should be able to interact with different elements and be able to use all of their senses to engage with nature in a deeper way. Kahn believes this helps people to feel connected to the natural world and enables them to achieve a peaceful state of mind.



7. Give three factors that impact upon the air quality in cities.

One factor is how active the cities' trains and buses are. Another factor is how much space there is between buildings. A third factor is how winds are channelled around the city.