

VIEWING Living at High Altitude

Before You Watch

A. Matching. You will hear these words and phrases in the video. Match each word or phrase with its definition.

- | | |
|---------------------------|--|
| 1. ____ mountain sickness | a. height above sea level |
| 2. ____ hemoglobin | b. a colorless gas in the air that people and animals need to live |
| 3. ____ altitude | c. the two organs in your chest that fill with air when you breathe in |
| 4. ____ oxygen | d. a medical problem caused by low air pressure at high places |
| 5. ____ lungs | e. the red substance in blood that carries oxygen around the body |

B. Predict. Based on the title, the vocabulary, and the images below, what do you think the video will be about?

While You Watch

A. Sequencing. Number these high-altitude people from **1** to **3** in the order they are mentioned in the video. One group of people is not mentioned.



a. people in the Ethiopian Highlands



b. people in the Andes Mountains



c. people in the Rocky Mountains



d. people in the Himalaya Mountains

B. Summary Completion. Complete the summary of the video using words from the box.

biological **breathe** **established** **fire** **lungs**
oxygen **sickness** **thicker** **thinner** **tools**

Living in mountains

- air is **1.** _____
- people take in less **2.** _____
- cause of hypoxia

High Altitude Peoples

Adaptations

Cultural

- need to make and take **8.** _____ with you
- need warm clothes, and **9.** _____ to make them
- 10.** _____
- DNA studies may prove people are adapted to high altitudes

Mountain **3.** _____ studies

Tibetans

- **4.** _____ faster
- get more oxygen into **5.** _____ and move it around quickly

Andean people

- have more hemoglobin in their blood (blood is **6.** _____)

Ethiopian highlanders

- scientists haven't yet **7.** _____ how they've adapted

After You Watch

A. Discussion. Discuss these questions with a partner.

1. Have you ever been in a high-altitude place? How did you feel?
2. What other extreme environments have humans adapted to?