

**Jiyuan Zhang**

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bring about significant changes

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omega 3 fats can relieve some

of the symptoms of menopause

aim to eat fish or other sources

of these healthy fats around

three times a week low gi foods

low gi foods help lower blood

sugar levels which can reduce

the severity of hot flushes

switch from white and refined to

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more likely to experience the  
classic menopausal symptoms  
like hot flushes this is because  
fat cells boost low levels of  
oestrogen in the body by  
producing a special type of  
oestrogen called oestrone try to  
maintain a healthy weight  
through a balanced diet and  
plenty of exercise

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are likely to trigger or worsen  
hot flushes and night sweats for  
instance avoid stimulants such  
as coffee alcohol and chocolate  
and spicy foods especially at  
night they re notorious for  
setting off hot flushes 2  
tiredness

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sun melts his wings and  
crashes into the sea d king  
minos imprisons daedalus and  
icarus daedalus creates wings  
to escape while warning icarus  
not to fly too close to the sun  
icarus ignores the warning and  
flies too close to the sun melts  
his wings and crashes into the  
sea

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is another word for brilliant  
bright jeremiah nudged tyra off  
the monkey bars what does  
nudged mean push lightly the  
family spread the blanket on  
ground for the picnic in this  
sentence what does spread  
mean open out

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believed they could bludgeon  
the middle east and liberate it at  
the same time like icarus each  
of these generations crafted  
wings a theory about america s

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relationship to the world they

lapped

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minutes 1 pt what is daedalus

occupation a blacksmith an

artist an architect and inventor a

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minutes 1 pt what could you

infer is the best reason

daedalus has for not wanting

his son icarus to fly

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according to icarus and

daedalus why does daedalus

make wings for himself and his

son answer choices he wants to

prove that he is a brilliant man

he wants to escape from king

minos of crete he is trying to

please his son who wishes to

fly

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web icarus feels joyful

forgetfulness like a bird or child

daedalus is concerned about

the mechanics of flying what

does the difference reveal about

their characters the difference

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reveals that icarus is young and  
immature and daedalus is  
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myth explain the one that you  
think is the most important loss  
challenge courage i think  
courage is the most important

because it took daedalus and  
icarus courage to make wings  
and fly over an ocean for the  
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gathered feathers wax and  
thread to make wings the king  
imprisoned daedalus in the  
tower because his favor shifted  
once he began to fly icarus  
longed for warmth freedom and  
joy daedalus felt these emotions

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grief sadness and loneliness  
question 14 60 seconds q  
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daedalus attempt to escape  
from crete by means of wings  
that daedalus built from feathers  
and wax in the area that i grew  
up in greek mythology was  
never something that featured  
in schools but the first story i  
was taught was that of icarus  
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identify the choice that best  
completes the statement or  
answers the question 2 3 4 5 6  
comprehension read each of  
the following questions then  
choose the letter of the best  
answer daedalus made wings  
for himself and his son in order



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to a teach his son to fly b be  
more like the gods  
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