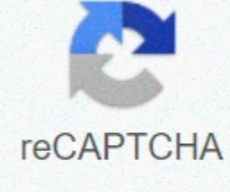




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Dr jekyll and mr hyde exercises pdf

Dr. Jekyll and Mr. Hyde by school13 Date: 18 - Jan - 2018 Level: intermediate Age: 12-14 Description: Dr. Jekyll and Mr. Hyde Comments (0) - Link to this exercise from your website or blog: Further Study Full Book Quiz In order to continue enjoying our site, we ask that you confirm your identity as a human. Thank you very much for your cooperation. English Exercises > readings exercises English Exercises > readings exercises Using a pre-workout is very common, especially for people who find it difficult to exercise and workout. It helps them re-energize and gain some strength. Some pre-workouts may even improve your metabolism and speed up the digestion process, which may help you to work out and see results. Pre-workouts are usually used by athletes and professionals to help them build muscle mass and gain enough protein. Professionals generally opt for supplements with strong enough ingredients that get them through a workout without too much muscle fatigue. Mr. Hyde and Dr. Jekyll are products that fulfill most of these requirements without too many harmful side effects. Description Mr. Hyde and Dr. Jekyll are two different products. Dr. Jekyll is more a performance-enhancing supplement that boosts your energy throughout your workout. It helps you keep your focus, and you don't feel fatigued when working out. It contains a certain amount of beta-alanine and creatine; these ingredients help to build up muscle mass and maintain muscle energy. It contains Arginine silicate, which is an ingredient that helps with the fatigue. Mr. Hyde, on the other hand, is very stimulant charged. It gives the user quite the "Buzz." The caffeine content is more than 400 grams. It contains creatine and arginine as well, which means it still helps with energizing and building mass, and the arginine calms the buzz down. Dr. Jekyll – Pros The muscle pumps that are in the formula are un-compared. There is a decent amount of creatinine to help the professionals build muscle mass. The caffeine content is not excessive, but it is still there to give the user a boost. It is not made out of proprietary blends, which means that the ingredients aren't unnecessarily included. It also has a stimulant-free version. It is very cost-effective and worth the money. Dr. Jekyll – Cons It contains a certain amount of sucralose, which is an artificial sugar that's is processed and not entirely healthy, and it is included for the sake of taste. The contents that are included make it taste chalky and leaves and unpleasant texture on your tongue. It doesn't mix well and tends to become clumpy. Dr. Hyde – Pros The caffeine content for the new version of Dr. Hyde is extremely high and gives the user the boost they need. There is a decent amount of creatine and beta-alanine to improve performance. No proprietary involvement blends. Very transparent when it comes to ingredients and the percentage that they use it. It comes at a good price for the kind of boost that it gives. Dr. Hyde – Cons It tastes really good, but it comes at a price; the company uses sucralose; artificial sugar to make it taste pleasant. It has the same texture in the mouth as Dr. Jekyll; chalky and gritty. The intense caffeine content causes a high chance of inducing intense post-workout fatigue. You completely give out and feel tired. Although there are creatine and beta-alanine in the concoction, the dose is considered to be subpar and unsatisfactory. Does Mr. Hyde has banned substances? The brand of this product has maintained a relationship of transparency with their clients, especially when it comes to ingredients. Their website is very upfront about the substances that they use, especially after the controversy that they had to suffer when they introduced the first Mr. Hyde product. That product was said to contain Picamilon. The thing about this ingredient is that it's very suspicious. Researchers looked into the substance and decided that since it was neither a vitamin nor a mineral nor belonging to any know food groups, it was better than the ingredient was not be used at all. FDA disapproved of their product, and they had to end up pulling it back and stop manufacturing. Then they introduced an MR. Hyde 2.0 which lacked the ingredient but contained copious amounts of caffeine. However, this may be excessive, but it still doesn't count as using banned substances. To conclude, it did have banned substances, but the substance wasn't so much as banned as it was conspicuous; after it was banned, Mr. Hyde removed the ingredient. The caffeine ratio, however, is still borderline unhealthy. Difference between Dr. Jekyll and Mr. Hyde The main and most obvious difference when it comes to both products is that there is a very high caffeine dosage in Mr. Hyde, which is absent in Dr. Jekyll. Dr. Jekyll is more dedicated to improving the performances of the athlete while they workout. There aren't as many side effects of the latter for the same reason. If you really want to push yourself to new levels of performance, Mr. Hyde may be the ideal choice for you. However, if you are looking for something that helps you get focused, Dr. Jekyll may help you to achieve that sense of being aware and active. Can you mix Dr. Jekyll and Mr. Hyde? Of course, you CAN mix Dr. Jekyll and Mr. Hyde, the real question is, if you should. Some people who have tried this claim that only the stimulant tolerant may be able to pull this off. You may feel the need to do it for experimental purposes or just for fun, but intaking double the amount of creatine and more than half a gram of caffeine is breaching insanity. It is advised against, and one of them at a time is considered more than enough. Does Mr. Hyde have testosterone? On the company's website, it claims that they have managed to combine the perfect ingredients to propagate and increase testosterone in the body. The ingredients are supposed to improve and enhance your performance. The purpose is to give you that rush of adrenaline, which makes you work out intensely and vigorously without any hindrances. It contains Aromatase to increase the testosterone to the estrogen level. There is also a certain amount of cortisol in the formula which is present to manage the testosterone and stress levels that may arise. Does Mr. Hyde have creatine? Mr. Hyde has 50 milligrams of theacrine and 2 grams of creatine hydrochloride. Creatine is important for athletes in order to build muscle and increase body mass at a much faster rate. Mr. Hyde does contain a decent amount of creatine to help the user. Mr. Hyde's formula is designed in such a way that the creatine effects when it is supposed to. However, there have been complaints about the dosage not being enough and good quality. But it compensates with the amount of caffeine in terms of boosting performances. Conclusion In conclusion, these products are quite strong in terms of caffeine, the boost that the user gets from the product lasts for a while, but the strength of the product may still be too much for some people, while people who are used to it may actually appreciate it for what it is. It is still important to consult a doctor before you start using it because there may still be some ingredients that your body may not comply with, and it may not work for them. After the controversy, the product managed to gain some of its popularity back because of the power if the "buzz." It is recognized as an unmatched formula. In order to continue enjoying our site, we ask that you confirm your identity as a human. Thank you very much for your cooperation. Du skal logge ind for at skrive en note Study group work Throughout the novella, you have been introduced to critical approaches to literature analysis. Now you have to dig deeper into this type of analysis by applying it to the whole novella and not just one chapter. Page 2 Du skal logge ind for at skrive en note The Dr. Jekyll and Mr. Hyde lesson plan contains a variety of teaching materials that cater to all learning styles. Inside you'll find 30 Daily Lessons, 20 Fun Activities, 180 Multiple Choice Questions, 60 Short Essay Questions, 20 Essay Questions, Quizzes/Homework Assignments, Tests, and more. The lessons and activities will help students gain an intimate understanding of the text, while the tests and quizzes will help you evaluate how well the students have grasped the material. View a free sample Target Grade: 7th-12th (Middle School and High School) Length of Lesson Plan: Approximately 95 pages. Page count is estimated at 300 words per page. Length will vary depending on format viewed. Browse The Dr. Jekyll and Mr. Hyde Lesson Plan. Full Lesson Plan Overview Completely Customizable! The Dr. Jekyll and Mr. Hyde lesson plan is downloadable in PDF and Word. The Word file is viewable with any PC or Mac and can be further adjusted if you want to mix questions around and/or add your own headers for things like "Name," "Period," and "Date." The Word file offers unlimited customizing options so that you can teach in the most efficient manner possible. Once you download the file, it is yours to keep and print for your classroom. View a FREE sample Lesson Plan Calendars The Lesson Plan Calendars provide daily suggestions about what to teach. They include detailed descriptions of when to assign reading, homework, in-class work, fun activities, quizzes, tests and more. Use the entire Dr. Jekyll and Mr. Hyde calendar, or supplement it with your own curriculum ideas. Calendars cover one, two, four, and eight week units. Determine how long your Dr. Jekyll and Mr. Hyde unit will be, then use one of the calendars provided to plan out your entire lesson. Chapter Abstracts Chapter abstracts are short descriptions of events that occur in each chapter of Dr. Jekyll and Mr. Hyde. They highlight major plot events and detail the important relationships and characteristics of important characters. The Chapter Abstracts can be used to review what the students have read, or to prepare the students for what they will read. Hand the abstracts out in class as a study guide, or use them as a "key" for a class discussion. They are relatively brief, but can serve to be an excellent refresher of Dr. Jekyll and Mr. Hyde for either a student or teacher. Character and Object Descriptions Character and Object Descriptions provide descriptions of the significant characters as well as objects and places in Dr. Jekyll and Mr. Hyde. These can be printed out and used as an individual study guide for students, a "key" for leading a class discussion, a summary review prior to exams, or a refresher for an educator. The character and object descriptions are also used in some of the quizzes and tests in this lesson plan. The longest descriptions run about 200 words. They become shorter as the importance of the character or object declines. Daily Lessons This section of the lesson plan contains 30 Daily Lessons. Daily Lessons each have a specific objective and offer at least three (often more) ways to teach that objective. Lessons include classroom discussions, group and partner activities, in-class handouts, individual writing assignments, at least one homework assignment, class participation exercises and other ways to teach students about Dr. Jekyll and Mr. Hyde in a classroom setting. You can combine daily lessons or use the ideas within them to create your own unique curriculum. They vary greatly from day to day and offer an array of creative ideas that provide many options for an educator. Fun Classroom Activities Fun Classroom Activities differ from Daily Lessons because they make "fun" a priority. The 20 enjoyable, interactive classroom activities that are included will help students understand Dr. Jekyll and Mr. Hyde in fun and entertaining ways. Fun Classroom Activities include group projects, games, critical thinking activities, brainstorming sessions, writing poems, drawing or sketching, and countless other creative exercises. Many of the activities encourage students to interact with each other, be creative and think "outside of the box," and ultimately grasp key concepts from the text by "doing" rather than simply studying. Fun activities are a great way to keep students interested and engaged while still providing a deeper understanding of Dr. Jekyll and Mr. Hyde and its themes. Essay Questions/Writing Assignments These 20 Essay Questions/Writing Assignments can be used as essay questions on a test, or as stand-alone essay topics for a take-home or in-class writing assignment on Dr. Jekyll and Mr. Hyde. Students should have a full understanding of the unit material in order to answer these questions. They often include multiple parts of the work and ask for a thorough analysis of the overall text. They nearly always require a substantial response. Essay responses are typically expected to be one (or more) page(s) and consist of multiple paragraphs, although it is possible to write answers more briefly. These essays are designed to challenge a student's understanding of the broad points in a work, interactions among the characters, and main points and themes of the text. But, they also cover many of the other issues specific to the work and to the world today. Short Essay Questions The 60 Short Essay Questions listed in this section require a one to two sentence answer. They ask students to demonstrate a deeper understanding of Dr. Jekyll and Mr. Hyde by describing what they've read, rather than just recalling it. The short essay questions evaluate not only whether students have read the material, but also how well they understand and can apply it. They require more thought than multiple choice questions, but are shorter than the essay questions. Multiple Choice Questions The 180 Multiple Choice Questions in this lesson plan will test a student's recall and understanding of Dr. Jekyll and Mr. Hyde. Use these questions for quizzes, homework assignments or tests. The questions are broken out into sections, so they focus on specific chapters within Dr. Jekyll and Mr. Hyde. This allows you to test and review the book as you proceed through the unit. Typically, there are 5-15 questions per chapter, act or section. Evaluation Forms Use the Oral Reading Evaluation Form when students are reading aloud in class. Pass the forms out before you assign reading, so students will know what to expect. You can use the forms to provide general feedback on audibility, pronunciation, articulation, expression and rate of speech. You can use this form to grade students, or simply comment on their progress. Use the Writing Evaluation Form when you're grading student essays. This will help you establish uniform criteria for grading essays even though students may be writing about different aspects of the material. By following this form you will be able to evaluate the thesis, organization, supporting arguments, paragraph transitions, grammar, spelling, punctuation, etc. of each student's essay. Quizzes/Homework Assignments The Quizzes/Homework Assignments are worksheets that can be used in a variety of ways. They pull questions from the multiple choice and short essay sections, the character and object descriptions, and the chapter abstracts to create worksheets that can be used for pop quizzes, in-class assignments and homework. Periodic homework assignments and quizzes are a great way to encourage students to stay on top of their assigned reading. They can also help you determine which concepts and ideas your class grasps and which they need more guidance on. By pulling from the different sections of the lesson plan, quizzes and homework assignments offer a comprehensive review of Dr. Jekyll and Mr. Hyde in manageable increments that are less substantial than a full blown test. Tests Use the Test Summary page to determine which pre-made test is most relevant to your students' learning styles. This lesson plan provides both full unit tests and mid-unit tests. You can choose from several tests that include differing combinations of multiple choice questions, short answer questions, short essay questions, full essay questions, character and object matching, etc. Some of the tests are designed to be more difficult than others. Some have essay questions, while others are limited to short-response questions, like multiple choice, matching and short answer questions. If you don't find the combination of questions that best suits your class, you can also create your own test on Dr. Jekyll and Mr. Hyde. You have the option to Create Your Own Quiz or Test. If you want to integrate questions you've developed for your curriculum with the questions in this lesson plan, or you simply want to create a unique test or quiz from the questions this lesson plan offers, it's easy to do. Cut and paste the information from the Create Your Own Quiz or Test page into a Word document to get started. Scroll through the sections of the lesson plan that most interest you and cut and paste the exact questions you want to use into your new, personalized Dr. Jekyll and Mr. Hyde lesson plan. (read more)

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