

Contents

Current Technology 4
Current Wearable Technology7
The Future of Wearable Technology15
Useful for Everyone 17
Comprehension Questions 28
Glossary 29
Notes

Current Technology

Technology is all around us. We use it all the time. We use it from the time we wake up to the time we go to bed. Technology is in the clocks beside our beds. It is in the computers on our desks.

A girl waking up in the morning







Technology is in our toys and TVs. It is in our kitchens and bathrooms. We use it to listen to music. We use it to talk with friends on our smartphones. Technology is a part of all of these things.

An oven that uses technology





We even use technology when we sleep. There are machines that tell us how many hours we sleep during the night. Some machines can even tell us how much we snore! Look around you. There is a lot of technology!



Current Wearable Technology

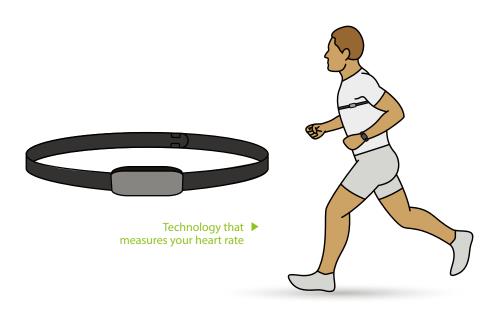
echnology is not just in the things around us. People can wear technology, too. Some kids have lights in their

shoes. Some people have exercise bracelets. Some people have shirts that heat up and shirts that cool down.

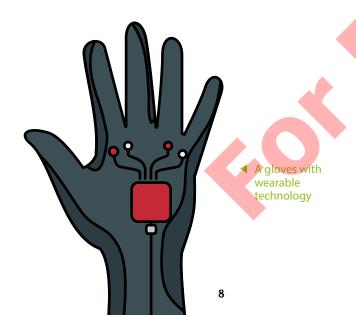


An exercise bracelet





Look in stores. You can find all kinds of wearable technology. There is technology in bracelets, watches, rings, and other accessories. There is technology in gloves, socks, and hats. What technology do you wear?





Where did all of these things come from? They came from the imaginations of wearable technology creators. But these people are not so different from other people. Do you like computers? Do you like math? Do you like science? If so, you might be just like those who made wearable technology found in stores today.

Comprehension Questions

- 1. What is true about technology?
 - (a) It is not used at night.
 - (b) It is hardly ever used.
 - (c) It is all wearable.
 - (d) It is always changing.
- 2. What can smartwatches do?
 - (a) Make phone calls
 - (b) Create technology
 - (c) Make dinner
 - (d) Design clothes
- 3. Exercise bracelets are an example of ...
 - (a) future wearable technology.
 - (b) non-wearable technology.
 - (c) current wearable technology.
 - (d) All of the above
- 4. The author mentions that we arable exercise technology will be used to \dots
 - (a) make athletes invisible.
 - (b) control what athletes eat.
 - (c) monitor breathing and heart rate.
 - (d) give athletes more energy.
- 5. What are some good places for wearable technology?
 - (a) Shirt buttons and earrings
 - (b) Computers and phones
 - (c) Fingernails and contact lenses
 - (d) Both A and C

Glossary



accessory (n.) something worn to complete one's fashion or outfit



 antique (n.) an object that is old and often rare



• athlete (n.) a person who does a sport



 bracelet (n.) a piece of jewelry worn around the wrist or arm



• **button** (n.) a flat, round thing to push or to hold clothing together



 contact lens (n. phr.) a small round piece of plastic that you put on your eye to help you see better