

LIFESTYLE: NEWS ARTICLE 1

 *Listen and fill in the blanks.*

British people have voted a _____ as life's "greatest little pleasure". The Batchelors Cup-A-Soup company conducted a survey into what gave Britons most pleasure. Bed activities _____ top ten spots. Cuddling a loved one in bed came third, _____ fifth and sleeping in freshly-washed sheets sixth. Finding £10 (\$16) in your pocket was life's second greatest pleasure for Brits. Also in the top ten were _____, making someone smile and catching up with an old friend. There were _____ list that most people around the world would agree with. These include realizing that your queue in the supermarket is the one moving fastest, and at number 50, _____.

Batchelors spokesman Rob Stacey _____ the findings of the survey, which 3,000 Britons did. He said: "It's often the little things that _____, like getting into bed after a long day. You _____." Mr. Stacey observed that almost all of the things in the top fifty didn't need money. He stated: "Often _____ as a quick cuddle or a compliment can really help to cheer



someone up if they are having a bad day, and can even be more welcome than _____ expensive presents." He added that it was "often the smaller things that can make a big difference". Stacey may be happy that _____ with a good book and a hot drink (or soup) came thirteenth in the poll.

Vocabulary

Give the synonyms of the following words:

1. cuddling
2. queue
3. lie-in
4. gestures
5. splashing out

Discussions

1. What are your thoughts on this survey?
2. What is your greatest pleasure in life?
3. Has your greatest pleasure changed since you were a child?
4. Do you think people's pleasures are the same all over the world?
5. What things do you love that don't need money?
6. What's the best way to cheer you up if you have a bad day?
7. When was the last time you cried with laughter?
8. How does catching up with old friends make you feel?
9. Why do people like popping bubble wrap?
10. What goes through your mind when you have to wait a long time in a queue?

Teacher's Guide

British people have voted a good night's sleep as life's "greatest little pleasure". The Batchelors Cup-A-Soup company conducted a survey into what gave Britons most pleasure. Bed activities filled four of the top ten spots. Cuddling a loved one in bed came third, having a lie-in was fifth and sleeping in freshly-washed sheets sixth. Finding £10 (\$16) in your pocket was life's second greatest pleasure for Brits. Also in the top ten were crying with laughter, making someone smile and catching up with an old friend. There were plenty of things in the list that most people around the world would agree with. These include realizing that your queue in the supermarket is the one moving fastest, and at number 50, popping bubble wrap.

Batchelors spokesman Rob Stacey gave his thoughts on the findings of the survey, which 3,000 Britons did. He said: "It's often the little things that brighten up life, like getting into bed after a long day. You can't beat that feeling." Mr. Stacey observed that almost all of the things in the top fifty didn't need money. He stated: "Often the little gestures such as a quick cuddle or a compliment can really help to cheer someone up if they are having a bad day, and can even be more welcome than splashing out on expensive presents." He added that it was "often the smaller things that can make a big difference". Stacey may be happy that curling up on the sofa with a good book and a hot drink (or soup) came thirteenth in the poll.

Answer Key

- | | | | |
|----|---------------|---|----------------|
| 1. | cuddling | : | hugging |
| 2. | queue | : | line |
| 3. | lie-in | : | longer sleep |
| 4. | gestures | : | actions |
| 5. | splashing out | : | spending money |

LIFESTYLE: NEWS ARTICLE 2

 *Listen and fill in the blanks.*

Working mothers _____. A new report published in the journal *Developmental Psychobiology* suggests that mothers who work in jobs that offer little satisfaction and are _____ pass on their stress to their children. The researchers, from the UK's Bath, Kent and Bristol universities, found that young children are particularly _____ picking up on their mother's stress. According to the report, putting a child in childcare, where youngsters will play and happily _____ tots, can help to counter the problem. Co-author Julie Cobb said childcare provides _____ children that protects them from the _____ their mother's "emotional exhaustion". Ms. Cobb _____ support both mothers and children.

Researchers analyzed data _____ observing 56 nursery school children aged three and four. In addition, the study team _____ about their working conditions and domestic life over the course of six months. The subsequent _____ significantly higher levels of the stress hormone cortisol in children whose working mothers found their jobs less rewarding. Cortisol _____



blood pressure and the body's immune function and is secreted at greater rates when people are stressed. Further, researchers found the chemical's _____ toddlers increased considerably if their mothers were _____ as well as dissatisfied. In many cases, cortisol levels were double _____ whose mothers enjoyed their job.

Vocabulary

Give the synonyms of the following words:

1. tots
2. gleaned
3. fatigued
4. susceptible
5. secreted

Discussions

1. What do you think of the findings of the study mentioned in the article?
2. How much of a problem do you think it is when mothers pass on their stress to their children?
3. Did your mother work and was she stressed?
4. How do you think a mother's stress affects her children?
5. Do you think mothers and children should be given drugs to counter the increased levels of cortisol?
6. Is placing children in a childcare center all day a good idea?
7. What responsibilities do you think companies have to provide childcare facilities for working mothers?
8. Do you think the government should set up a scheme whereby mothers can work from home?
9. What things in your daily life make you stressed?
10. Do you think it is easier for children of working mothers to turn into delinquents?

Teacher's Guide

Working mothers take heed. A new report published in the journal *Developmental Psychobiology* suggests that mothers who work in jobs that offer little satisfaction and are emotionally draining pass on their stress to their children. The researchers, from the UK's Bath, Kent and Bristol universities, found that young children are particularly susceptible to picking up on their mother's stress. According to the report, putting a child in childcare, where youngsters will play and happily interact with other tots, can help to counter the problem. Co-author Julie Cobb said childcare provides a sanctuary for children that protects them from the adverse effects of their mother's "emotional exhaustion". Ms. Cobb urged companies to support both mothers and children.

Researchers analyzed data gleaned from observing 56 nursery school children aged three and four. In addition, the study team quizzed mothers about their working conditions and domestic life over the course of six months. The subsequent results showed significantly higher levels of the stress hormone cortisol in children whose working mothers found their jobs less rewarding. Cortisol regulates blood pressure and the body's immune function and is secreted at greater rates when people are stressed. Further, researchers found the chemical's prevalence in the toddlers increased considerably if their mothers were fatigued as well as dissatisfied. In many cases, cortisol levels were double those of children whose mothers enjoyed their job.

Answer Key

1. tots : children
2. gleaned : gathered
3. fatigued : exhausted
4. susceptible : vulnerable
5. secreted : released

LIFESTYLE: NEWS ARTICLE 3

 *Listen and fill in the blanks.*

A _____ in the UK says it is working on a _____ to help cure an age-old problem - hair loss. Intercytex has developed a robot that will be able to implant cells in areas of the _____ hair loss has taken place. It seems the fight to treat baldness may at last be won. The company has already _____ procedure whereby hair follicles are taken from the back of the neck, multiplied a thousand-fold under clinical conditions and then re-implanted onto the head. The revolutionary _____ set to bring relief to millions of men and women around the world who are embarrassed, sometimes to the point of suicide, by their hair loss. Gone may be the days of _____ of brushing hair across the head to hide bald patches.

Intercytex has been awarded a \$3.6 million grant from Britain's government to bring the _____ fruition. Initial tests were conducted on seven men, five of whom are now growing new and healthy hair. Another 20 men _____ to be guinea pigs. Jonathon Malvern, a balding 26-year-old, says he cannot wait to try the new wonder cure: "I started thinning on top when I was just 19," he said. He said having a receding _____ affected his confidence: "I _____ about looking older than I really am and of not finding a partner in life." He said he had tried several hair replacement treatments but complained they were a waste of time and money: "It's not _____," he explained, "it's also the trauma of the surgery being unsuccessful. Having a full head of hair _____".



Vocabulary

Give the synonyms of the following words:

1. implant
2. guinea pigs
3. wig
4. surgery
5. procedure

Discussions

1. Have you ever made fun of someone who is bald or balding?
2. Do you think men worry too much about baldness?
3. What everyday worries do you think bald people might have?
4. What would you think if your hair started falling out? Would you wear a wig?
5. What do you think of celebrities like Elton John spending millions of dollars on hair replacement treatments?
6. Does baldness make people look older or younger?
7. Do you think baldness is attractive in men and women?
8. Do people of different races / nationalities look better bald?
9. What advantages do you think there are of being bald?
10. Do you think there'll ever be a cure for baldness?

Teacher's Guide

A biotechnology company in the UK says it is working on a new technology to help cure an age-old problem - hair loss. Intercytex has developed a robot that will be able to implant cells in areas of the scalp where hair loss has taken place. It seems the fight to treat baldness may at last be won. The company has already tested a procedure whereby hair follicles are taken from the back of the neck, multiplied a thousand-fold under clinical conditions and then re-implanted onto the head. The revolutionary technique is set to bring relief to millions of men and women around the world who are embarrassed, sometimes to the point of suicide, by their hair loss. Gone may be the days of wearing wigs or of brushing hair across the head to hide bald patches.

Intercytex has been awarded a \$3.6 million grant from Britain's government to bring the technology to fruition. Initial tests were conducted on seven men, five of whom are now growing new and healthy hair. Another 20 men are on standby to be guinea pigs. Jonathon Malvern, a balding 26-year-old, says he cannot wait to try the new wonder cure: "I started thinning on top when I was just 19," he said. He said having a receding hairline has affected his confidence: "I always worry about looking older than I really am and of not finding a partner in life." He said he had tried several hair replacement treatments but complained they were a waste of time and money: "It's not just the cost," he explained, "it's also the trauma of the surgery being unsuccessful. Having a full head of hair is my dream".

Answer Key

1. implant : insert
2. guinea pigs : volunteers
3. wig : toupeé
4. surgery : operation
5. procedure : process

LIFESTYLE: NEWS ARTICLE 4

 *Listen and fill in the blanks.*

There _____ people who love their food. The advice about daily calories given by scientists for _____ may be wrong. A new report from Britain suggests we could eat 16 per cent more without damaging our health. _____ eating one cheeseburger, or an extra 400 calories, every day. For 18 years, dieticians have advised us that men _____ calorie intake to 2,500 and women to 2,000. The report from the Scientific Advisory Committee on Nutrition (SACN) means many healthy eating plans and diets _____ people could be changed. The revised healthy calorie count is because researchers found a more accurate way of assessing _____.

The committee _____ its report. It said people should only eat more if they exercise more, otherwise they _____. Other experts disagreed with the SACN's findings. They _____ see the report as a "licence" or "green light" to eat more. Britain's Food Standards Agency made it very clear that people should eat less. It said most Britons _____ healthy



bodyweight by reducing calories and exercising more. Doctors predict a third of British adults will be obese by 2012. They worry the new report could increase the rate of obesity. Tam Fry, a British health expert, reminded _____ male _____ treble the recommended calorie intake.

Vocabulary

Give the synonyms of the following words:

1. damaging
2. overweight
3. otherwise
4. predict
5. recommended

Discussions

1. Do you ever eat too much?
2. Do you worry about your weight?
3. How much do you love your food?
4. Do you like the idea of eating an extra 400 calories a day?
5. Have you ever been on a diet?
6. Do you have a healthy balance of eating well and exercising?
7. What are obesity rates like in your country?
8. Do you think obese people should pay more on airplanes and in hospitals?
9. What do you know about how the body burns fat?
10. Who do you believe when it comes to healthy eating?

Teacher's Guide

There is good news for people who love their food. The advice about daily calories given by scientists for the past two decades may be wrong. A new report from Britain suggests we could eat 16 per cent more without damaging our health. This is the same as eating one cheeseburger, or an extra 400 calories, every day. For 18 years, dieticians have advised us that men should limit their daily calorie intake to 2,500 and women to 2,000. The report from the Scientific Advisory Committee on Nutrition (SACN) means many healthy eating plans and diets given to overweight people could be changed. The revised healthy calorie count is because researchers found a more accurate way of assessing how the body burns fat.

The committee did offer a warning in its report. It said people should only eat more if they exercise more, otherwise they will put on weight. Other experts disagreed with the SACN's findings. They fear people might see the report as a "licence" or "green light" to eat more. Britain's Food Standards Agency made it very clear that people should eat less. It said most Britons needed to maintain a healthy bodyweight by reducing calories and exercising more. Doctors predict a third of British adults will be obese by 2012. They worry the new report could increase the rate of obesity. Tam Fry, a British health expert, reminded the public that most male adults have double or treble the recommended calorie intake.

Answer Key

- | | | | |
|----|-------------|---|-----------|
| 1. | damaging | : | harming |
| 2. | overweight | : | obese |
| 3. | otherwise | : | or else |
| 4. | predict | : | forecast |
| 5. | recommended | : | suggested |

LIFESTYLE: NEWS ARTICLE 5

 *Listen and fill in the blanks.*

The reading of facial expressions _____ . This is the conclusion of researchers from Glasgow University in Scotland. They report that people from different _____ expressions differently. In particular, they said there were big differences _____ Westerners and East Asians interpret facial expressions. The study suggests East Asians focus mostly on people's _____ emotion, but Europeans and Americans scan the whole face. Researcher Rachael Jack said: "We show that Easterners and Westerners _____ features to read facial expressions." She added: "Westerners look at the eyes and the mouth _____ , whereas Easterners favour the eyes and neglect the mouth."

Ms. Jack suggested there _____ interpreting facial expressions and the use of emoticons. She said East Asians _____ emoticons to show emotion, for example ^_^ means happy and ;_; is sad. Westerners, however, use the mouth. For example :) _____ :(is for sad. She added: "Interestingly, there are clear cultural differences in the formations of these icons. Emoticons are _____ emotions



in cyberspace as they are the iconic representation of facial expressions." The researchers said their findings showed intercultural communication _____ than we thought. They said: "When it comes to communicating emotions across cultures, Easterners and Westerners will find themselves _____."

Vocabulary

Give the synonyms of the following words:

1. complicated
2. similarities
3. interpreting
4. convey
5. neglect

Discussions

1. What springs to your mind when you hear the word “culture”?
2. Do you think people’s facial expressions are the same all over the world?
3. What are the biggest differences between Westerners and Asians?
4. What do you think is the most expressive part of someone’s face?
5. Which do you think communicates better, body language or facial expressions?
6. Why do you think a particular culture would focus more on the eyes or mouth?
7. Do you use emoticons when you send e-mails and text messages?
8. What emoticons are used in your language?
9. What problems have you had communicating with different cultures?
10. Have you ever had a problem because of translation?

Teacher's Guide

The reading of facial expressions may not be universal. This is the conclusion of researchers from Glasgow University in Scotland. They report that people from different cultures read facial expressions differently. In particular, they said there were big differences between the way Westerners and East Asians interpret facial expressions. The study suggests East Asians focus mostly on people's eyes to read an emotion, but Europeans and Americans scan the whole face. Researcher Rachael Jack said: "We show that Easterners and Westerners look at different face features to read facial expressions." She added: "Westerners look at the eyes and the mouth in equal measure, whereas Easterners favour the eyes and neglect the mouth."

Ms. Jack suggested there are similarities in interpreting facial expressions and the use of emoticons. She said East Asians use the eyes in emoticons to show emotion, for example ^_^ means happy and ;_; is sad. Westerners, however, use the mouth. For example :) is for happy and :(is for sad. She added: "Interestingly, there are clear cultural differences in the formations of these icons. Emoticons are used to convey different emotions in cyberspace as they are the iconic representation of facial expressions." The researchers said their findings showed intercultural communication is more complicated than we thought. They said: "When it comes to communicating emotions across cultures, Easterners and Westerners will find themselves lost in translation."

Answer Key

1. complicated
2. similarities
3. interpreting
4. convey
5. neglect

LIFESTYLE: NEWS ARTICLE 6

 *Listen and fill in the blanks.*

New research in the USA says it is unhealthy _____ with lots of fast food restaurants. A study by the University of Michigan said people _____ walking distance of fast food restaurants have a 13 per cent higher chance of having a stroke. Lead researcher Dr. Lewis Morgenstern and his team analyzed _____ the 1,247 people who had strokes in an area of Texas over a three-year period. The _____ 262 fast food restaurants. The team compared the stroke victims' social status with how close _____ restaurants. He concluded there was a strong relationship between the distance someone lived to fast food restaurants and _____ having a stroke.

A stroke is similar to a heart attack, _____ the brain. Strokes are among the biggest killers in the USA. Many are the result of unhealthy eating. A _____ large amount of fast food and other junk food increases the chances of having a stroke. Dr. Morgenstern's research found that there _____ 33 different fast food restaurants in an area. This puts people living nearby more at risk of



a stroke. Dr. Morgenstern said he didn't know whether it was _____ food that increased the risk of stroke. He said fast food restaurants are more _____ neighbourhoods where people are less educated and generally have healthier _____ lifestyles.

Vocabulary

Give the synonyms of the following words:

1. analyzed
2. status
3. similar to
4. generally
5. up to

Discussions

1. What springs to your mind when you hear the term “fast food”?
2. Why do you think it’s unhealthy to live near fast food restaurants?
3. What do you think of fast food restaurants?
4. Do you think living near fast food restaurants would be very convenient?
5. Has this article made you think again about eating fast food?
6. What is your favorite kind of fast food?
7. Is it true for your country that there are more fast food restaurants in poorer areas?
8. What responsibility do fast food restaurants have to sell healthy food?
9. Do you think less-educated people have unhealthier diets? Why?
10. Do you less-educated people really live more stressful lives?

Teacher's Guide

New research in the USA says it is unhealthy to live in areas with lots of fast food restaurants. A study by the University of Michigan said people who live within walking distance of fast food restaurants have a 13 per cent higher chance of having a stroke. Lead researcher Dr. Lewis Morgenstern and his team analyzed the social status of the 1,247 people who had strokes in an area of Texas over a three-year period. The area was home to 262 fast food restaurants. The team compared the stroke victims' social status with how close they lived to the restaurants. He concluded there was a strong relationship between the distance someone lived to fast food restaurants and their chances of having a stroke

A stroke is similar to a heart attack, except it attacks the brain. Strokes are among the biggest killers in the USA. Many are the result of unhealthy eating. A diet that has a large amount of fast food and other junk food increases the chances of having a stroke. Dr. Morgenstern's research found that there could be up to 33 different fast food restaurants in an area. This puts people living nearby more at risk of a stroke. Dr. Morgenstern said he didn't know whether it was the actual fast food that increased the risk of stroke. He said fast food restaurants are more common in poorer neighborhoods where people are less educated and generally have healthier and more stressful lifestyles.

Answer Key

1. analyzed - examined
2. status - position
3. similar to - like
4. generally - usually
5. up to - as many as

LIFESTYLE: NEWS ARTICLE 7

 *Listen and fill in the blanks.*

Listening to an iPod _____ the street could soon become illegal in New York. State Senator Carl Kruger wants a law introduced _____ roads while listening to music, talking on a mobile phone or _____ using video games and personal organizers. The fine for breaking this law could _____ \$100. The Senator said he has witnessed too many near misses whereby pedestrians have not heard or seen oncoming traffic because they were too involved in gaming, chatting on their p h o n e or _____ being “lost in iPod oblivion”. Mr. Kruger told reporters: “Government has an obligation to protect its citizens. This electronic gadgetry is _____ it’s...creating an atmosphere where we have a major _____.” He is concerned that it’s becoming a nationwide problem.

Kruger may have a point. Three _____ killed in the past four months in New York’s Brooklyn district. They all walked into busy traffic because they were distracted by an electronic _____. In one case, bystanders s h o u t e d at someone to be careful seconds before they were knocked down and became _____. Despite the alarming increase in deaths caused by distractions from iPods etc, New Yorkers are likely to



ignore any new law _____ t h e streets. Many residents believe Kruger is going too far and that the law treats people as though they had no sense. Brooklyn resident Mary Alberto was outraged at Kruger’s proposal. She said: “Enough is enough. I _____ the street since I was eight.” She also joked that one day people might be fined for not looking both ways.

Vocabulary

Give the synonyms of the following words:

1. outlaw
2. oblivion
3. bystanders
4. outraged
5. distracted

Discussions

1. What do you think about the law the senator wants to introduce?
2. Do you think \$100 fine is too much?
3. Do you think banning music players in public should become international law?
4. Do you think music players and mobile phones are anti-social?
5. Do you think governments have a responsibility to protect pedestrians?
6. What do you do while you walk in the street and cross roads?
7. Do you get annoyed when you hear music from other people's music players or listed their
8. mobile phone conversations?
9. Are you ever in "iPod oblivion" - where you are lost to the world because you are listening to your music?
10. Are there any other dangers of music players and mobile phones?
11. Is there a public safety crisis on the streets in your country?

Teacher's Guide

Listening to an iPod while walking across the street could soon become illegal in New York. State Senator Carl Kruger wants a law introduced that outlaws crossing roads while listening to music, talking on a mobile phone or using video games and personal organizers. The fine for breaking this law could be as much as \$100. The Senator said he has witnessed too many near misses whereby pedestrians have not heard or seen oncoming traffic because they were too involved in gaming, chatting on their phone or what he describes as being “lost in iPod oblivion”. Mr. Kruger told reporters: “Government has an obligation to protect its citizens. This electronic gadgetry is reaching the point where it’s...creating an atmosphere where we have a major public safety crisis at hand.” He is concerned that it’s becoming a nationwide problem.

Kruger may have a point. Three pedestrians have been killed in the past four months in New York’s Brooklyn district. They all walked into busy traffic because they were distracted by an electronic device of some sort. In one case, bystanders shouted at someone to be careful seconds before they were knocked down and became another traffic accident statistic. Despite the alarming increase in deaths caused by distractions from iPods etc, New Yorkers are likely to ignore any new law forbidding their use in the streets. Many residents believe Kruger is going too far and that the law treats people as though they had no sense. Brooklyn resident Mary Alberto was outraged at Kruger’s proposal. She said: “Enough is enough. I have been able to cross the street since I was eight.” She also joked that one day people might be fined for not looking both ways

Answer Key

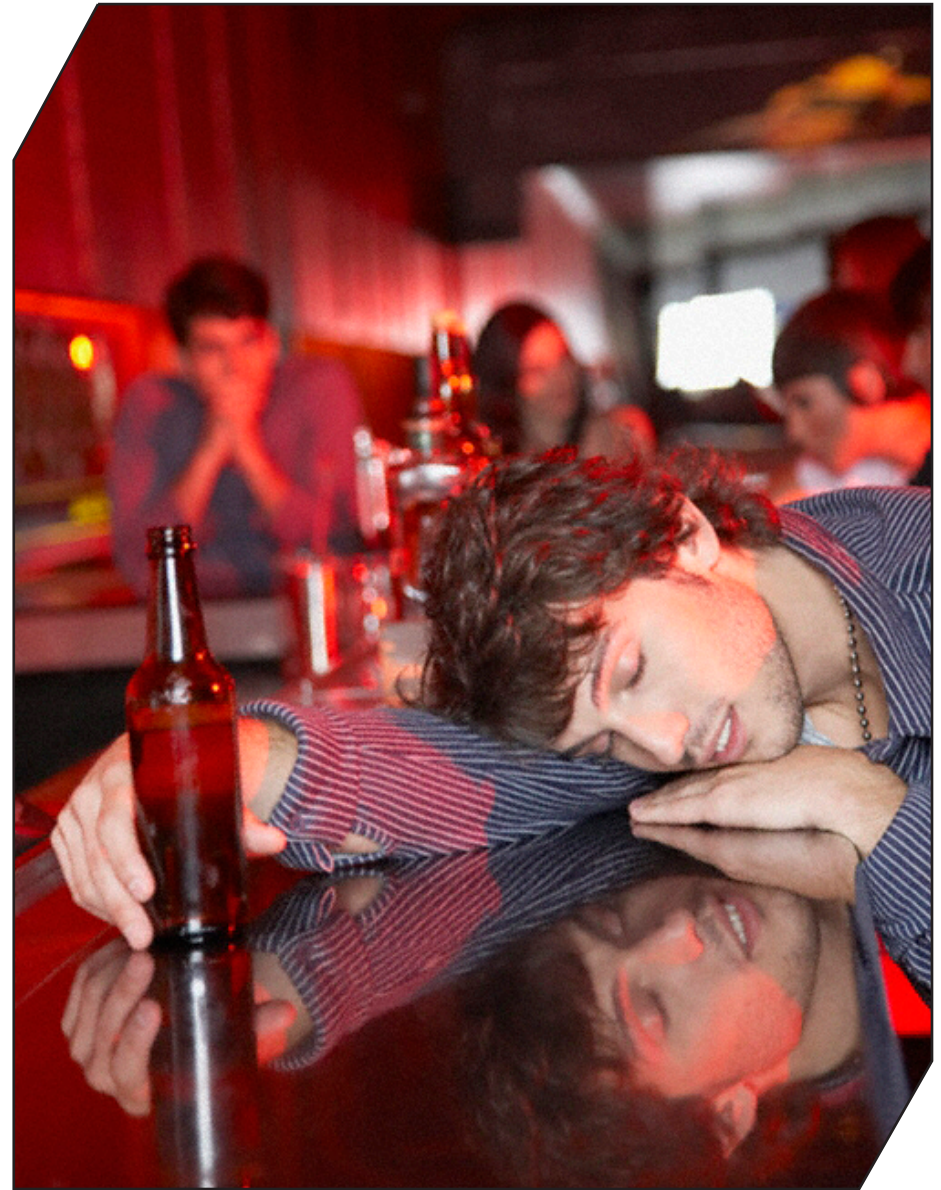
1. outlaw - bans
2. oblivion - unconscious
3. bystanders - onlookers
4. outraged - furious
5. distracted - preoccupied

LIFESTYLE: NEWS ARTICLE 8

 *Listen and fill in the blanks.*

Russian president Dmitry Medvedev has said alcoholism is a 'national disaster' in his country. He _____ how much Russians drank each year. In particular, he said Russian people drank too much vodka, which is the nation's most _____. Mr. Medvedev quoted _____ showed the average Russian drank 18 litres of pure alcohol each year. That means around 350 litres of beer or about 45 litres of vodka. That's almost _____ week. The president said: "When you convert that into vodka bottles, it is _____." He said measures aimed at reducing the levels of drinking have not worked. "This is a centuries-old problem and one cannot hope _____," Medvedev said.

Doctors in Russia believe alcohol _____ all deaths of Russians between the ages of 15 and 54. An equally frightening statistic is that only 40 per cent of Russian school leavers are likely _____ 60. This will have a huge impact on Russia's economy. The country has _____ rates of alcohol-related diseases in the world. Health Minister Tatyana Golikova said: "_____ leader in terms of alcohol consumption." One problem Russia has is bootlegging - making and selling vodka illegally _____. Quite often the alcohol content in bootleg vodka is much higher than that in commercially produced liquor. _____ 50 percent of Russia's vodka market is illegal.



Vocabulary

Give the synonyms of the following words:

1. disaster
2. mind-boggling
3. absolute
4. beverage
5. convert

Discussions

1. Why do you think Russians drink so much?
2. Why do you think Russia allows this disaster to continue?
3. Do you think Russia can stop the problem of bootleg vodka?
4. Do you think this problem will get better or worse?
5. What do you think Russia should do to solve this problem?
6. What is your country's national drink and what do you think of it?
7. Does your country have a similar national disaster?
8. What impact does alcohol have on your society?
9. Are there any good things about alcohol?
10. Have you heard anything else mind-boggling recently?

Teacher's Guide

Russian president Dmitry Medvedev has said alcoholism is a 'national disaster' in his country. He spoke of his shock at how much Russians drank each year. In particular, he said Russian people drank too much vodka, which is the nation's most popular alcoholic beverage. Mr. Medvedev quoted a recent report that showed the average Russian drank 18 litres of pure alcohol each year. That means around 350 litres of beer or about 45 litres of vodka. That's almost a litre of vodka a week. The president said: "When you convert that into vodka bottles, it is simply mind-boggling." He said measures aimed at reducing the levels of drinking have not worked. "This is a centuries-old problem and one cannot hope to solve it overnight," Medvedev said

Doctors in Russia believe alcohol causes around half of all deaths of Russians between the ages of 15 and 54. An equally frightening statistic is that only 40 per cent of Russian school leavers are likely to live to the age of 60. This will have a huge impact on Russia's economy. The country has one of the highest rates of alcohol-related diseases in the world. Health Minister Tatyana Golikova said: "We are the absolute leader in terms of alcohol consumption." One problem Russia has is bootlegging - making and selling vodka illegally to avoid paying taxes. Quite often the alcohol content in bootleg vodka is much higher than that in commercially produced liquor. Officials say up to 50 percent of Russia's vodka market is illegal.

Answer Key

- | | | |
|------------------|---|--------------|
| 1. disaster | - | catastrophe |
| 2. mind-boggling | - | unbelievable |
| 3. absolute | - | total |
| 4. beverage | - | drink |
| 5. convert | - | change |

LIFESTYLE: NEWS ARTICLE 9

 *Listen and fill in the blanks.*

US researchers say they have developed a pill that _____ without exercising. Scientists at California's Salk Institute for Biological Studies tested _____ genetically engineered "marathon mice" that could run non-stop for hours. They then developed a pill that could reproduce the positive _____ running. Researcher Professor Ronald Evans said the pill helps cells burn fat quicker and at the same _____ levels. The new discovery could benefit those _____ the recommended 40 minutes of exercise per day. Professor Evans said: "If you're _____, and most of us are...you have to do some exercise....If there _____ mimic exercise, it would make the quality of exercise [we] have much more efficient."

Fitness experts are _____ the new discovery. They say there is no substitute for real exercise and a balanced, healthy diet. However, _____ would be enormous appeal for a pill that _____ the need for strenuous workouts or sweating it out jogging. If the effects can be reproduced in humans, it could become _____ biggest money-spinners. It could additionally reduce



a large number of diseases related to obesity and _____ number of hospital patients. Scientists also say such a medicine could be _____ muscle-wasting diseases. The pills _____ experimental stage and the researchers are not working with any drug manufacturer.

Vocabulary

Give the synonyms of the following words:

1. pill
2. reproduce
3. mimic
4. efficient
5. strenuous

Discussions

1. Do you think an exercise pill is a good thing?
2. Why do you think fitness experts are unconvinced by the new pill?
3. Do you think the pill could be a substitute for real exercise? Do you think the pills would work?
4. Would you prefer to get fit through exercise or through taking a pill?
5. Do you get enough exercise every day? Do you like sweating with exercise?
6. Do you think this pill will make us all lazier?
7. What do you think are the negative effects of an exercise pill?
8. Will you try the new pills if they go on sale?
9. Do you think the pill could change the world's health?
10. What pills do you think scientists will or should discover next?

Teacher's Guide

US researchers say they have developed a pill that makes you fit without exercising. Scientists at California's Salk Institute for Biological Studies tested a new drug on genetically engineered "marathon mice" that could run non-stop for hours. They then developed a pill that could reproduce the positive effects of the running. Researcher Professor Ronald Evans said the pill helps cells burn fat quicker and at the same time boosts energy levels. The new discovery could benefit those who do not get the recommended 40 minutes of exercise per day. Professor Evans said: "If you're out of shape, and most of us are...you have to do some exercise....If there was a way to mimic exercise, it would make the quality of exercise [we] have much more efficient."

Fitness experts are unconvinced by the new discovery. They say there is no substitute for real exercise and a balanced, healthy diet. However, it seems there would be enormous appeal for a pill that does away with the need for strenuous workouts or sweating it out jogging. If the effects can be reproduced in humans, it could become one of science's biggest money-spinners. It could additionally reduce a large number of diseases related to obesity and seriously cut the number of hospital patients. Scientists also say such a medicine could be used to treat muscle-wasting diseases. The pills are still in the experimental stage and the researchers are not working with any drug manufacturer.

Answer Key

1. pill : tablet
2. reproduce : copy
3. mimic : imitate
4. efficient : productive
5. strenuous : exhausting

LIFESTYLE: NEWS ARTICLE 10

 *Listen and fill in the blanks.*

A new study has found that having a child can _____ happy with each other. Researchers from the University of Denver conducted an eight-year study _____ parents. Their report is called “The effect of the transition to parenthood on relationship quality”. It is published in the _____ the ‘Journal of Personality and Social Psychology’. The psychologists examined how happy couples were in the eight years _____ their first child. They concluded that the first baby put a lot of stress and pressure on a marriage. Ninety percent of couples experienced a _____ decrease in marital bliss immediately following _____ first child. Unmarried couples experienced bigger problems.

It’s not all bad _____ parents. Some couples in the research said their relationship was stronger after their baby was born. Parents who were married for a long time before _____ were happier. Couples on higher incomes also seemed to have fewer problems. Researcher Scott Stanley said his team’s findings _____ children bring unhappiness in life. He said that parents may be



happier as part of a family than _____. couple. He noted that “this type of happiness can be powerful and positive”. Stanley also pointed out that couples who did not have children also became unhappier with each _____. However, he said parenthood accelerated levels of unhappiness.

Vocabulary

Give the synonyms of the following words:

1. conducted
2. transition
3. bliss
4. accelerated
5. noted

Discussions

1. Were you surprised by the Uni. Of Denver's research findings?
2. Do you think this research would make couples think twice about having children?
3. What do you think it is about having children that reduces marital bliss?
4. What is the "transition to parenthood"? Do you think it's difficult?
5. What stresses and pressures does a first child bring?
6. Why do unmarried couples have more problems after having a child?
7. Would your relationship strengthen after your first child is born?
8. Should parents have a "happiness test" before having a child?
9. What are the best things about having children?
10. Do you think couples fall back in love once their children grow up?

Teacher's Guide

A new study has found that having a child can make a couple less happy with each other. Researchers from the University of Denver conducted an eight-year study of 218 sets of parents. Their report is called "The effect of the transition to parenthood on relationship quality". It is published in the March 2009 edition of the 'Journal of Personality and Social Psychology'. The psychologists examined how happy couples were in the eight years after the birth of their first child. They concluded that the first baby put a lot of stress and pressure on a marriage. Ninety percent of couples experienced a decrease in marital bliss immediately following the birth of their first child. Unmarried couples experienced bigger problems.

It's not all bad news for would-be parents. Some couples in the research said their relationship was stronger after their baby was born. Parents who were married for a long time before starting a family were happier. Couples on higher incomes also seemed to have fewer problems. Researcher Scott Stanley said his team's findings did not mean children bring unhappiness in life. He said that parents may be happier as part of a family than as a childless couple. He noted that "this type of happiness can be powerful and positive". Stanley also pointed out that couples who did not have children also became unhappier with each other over time. However, he said parenthood accelerated levels of unhappiness.

Answer Key

1. conducted - carried out
2. transition - change
3. bliss - happiness
4. accelerated - sped up
5. noted - stated