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Level 5

'Sexist' poll says women moody 10 days a year

24th September, 2014

<http://www.breakingnewsenglish.com/1409/140924-moodiness.html>

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Please try Level 4 (easier) and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1409/140924-moodiness.html>

Researchers who said women are grumpy for ten days a year have been called sexist by the 'Metro' newspaper. A vitamin company conducted the survey, which involved interviewing 1,000 women and 1,000 men about what affects their mood. The study said the average woman spends around five hours a week in a bad mood. 'Metro' attacked the study for being "incredibly" and "extraordinarily" sexist. It suggested the researchers could have spent their time "doing something useful". It added the study strengthened sexist stereotypes of over-emotional women.

A spokeswoman for the vitamin company, said: "Moods are a barometer of our overall well being...both men and women are susceptible to being in a bad mood from time to time." She added that: "Women crave 'me time' and men tend to rely on their partners to help lift them out of their moods." The study listed causes for women becoming moody. These include "everyday challenges from bad traffic to failing technology". Other triggers highlighted were feeling fat, worrying about money, breaking a nail, fearing their partners were 'not listening' and bad weather.

Sources: <http://metro.co.uk/2014/09/21/incredibly-sexist-study-finds-women-are-all-really-moody-and-breaking-a-nail-ruins-their-day-4876723/>
<http://www.telegraph.co.uk/women/womens-life/11112652/Women-spend-10-days-every-year-grumpy-survey-finds.html>

BAD-MOOD TRIGGERS

From <http://www.breakingnewsenglish.com/1409/140924-moodiness-5.html>

28 Triggers for a bad mood, according to the study.

Complete the table and talk to your partner(s) about it.

Trigger	Is this you?	How to get over it?
1. Partner not listening		
2. Feeling under the weather		
3. Weather/ bad weather		
4. Not having enough money		
5. Technology		
6. Feeling undervalued		
7. No one helping with anything		
8. Having nothing to wear		
9. Having a bad hair day		
10. Keeping on top of housework		
11. A boring life		
12. Heavy workload		
13. The traffic		
14. Colleagues not helping		
15. Being hungry		
16. Children not listening		
17. Public transport being late		
18. Hating your job		
19. Waking up with a spot		
20. Knowing what to cook		
21. Pressure from your boss		
22. Rubbish on TV		
23. Ungrateful children		
24. Your friends' Facebook		
25. Colleagues being late for work		
26. No one making you a drink		
27. Breaking a nail		
28. Being overweight		

MATCHING

From <http://www.breakingnewsenglish.com/1409/140924-moodiness.html>

PARAGRAPH ONE:

- | | |
|---------------------------------------|-----------------------------|
| 1. grumpy for | a. sexist |
| 2. what affects their | b. stereotypes |
| 3. the average | c. "doing something useful" |
| 4. in a | d. emotional women |
| 5. "incredibly" and "extraordinarily" | e. bad mood |
| 6. spent their time | f. ten days a year |
| 7. the study strengthened sexist | g. woman |
| 8. over- | h. mood |

PARAGRAPH TWO:

- | | |
|--------------------------------|------------------------|
| 1. A spokeswoman for | a. time |
| 2. Moods are a | b. in a bad mood |
| 3. our overall | c. challenges |
| 4. susceptible to being | d. well being |
| 5. Women crave 'me' | e. the vitamin company |
| 6. men tend to rely | f. 'not listening' |
| 7. everyday | g. barometer |
| 8. fearing their partners were | h. on their partners |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1409/140924-moodiness.html>

Researchers who said women (1) _____ days a year have been called sexist by the 'Metro' newspaper. A vitamin company conducted the survey, (2) _____ 1,000 women and 1,000 men about what affects their mood. The study said (3) _____ spends around five hours a week (4) _____. 'Metro' attacked the study for being "incredibly" and (5) _____. It suggested the researchers could have spent their time "doing something useful". It added the study strengthened (6) _____ of over-emotional women.

A spokeswoman for the vitamin company, said: "(7) _____ of our overall well being...both men and women (8) _____ being in a bad mood from time to time." She added that: "Women crave 'me time' and (9) _____ their partners to help lift them out of their moods." The (10) _____ for women becoming moody. These include "everyday challenges from bad traffic to failing technology". Other (11) _____ were feeling fat, worrying about money, breaking a nail, (12) _____ were 'not listening' and bad weather.

MOODINESS SURVEY

From <http://www.breakingnewsenglish.com/1409/140924-moodiness.html>

Write five GOOD questions about moodiness in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

