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Level 3

Unhappy marriages can break the heart

21st November, 2014

<http://www.breakingnewsenglish.com/1411/141121-broken-heart.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

A new study shows that people in unhappy marriages have a higher risk of getting a broken heart. A bad marriage is riskier for older women. They get more heart disease than men because of the stress of being in a relationship gone wrong. The study is from Michigan State University in the USA. Lead researcher Dr Hui Lui said the stress of being in an unhappy marriage has a big impact on the health of our heart. Dr Lui said one reason for older women having more heart problems is because they are generally more caring. A wife is more likely to provide support and care for her sick husband than the other way round. Also, if a wife is sick and cannot look after her husband, she can get stressed about this.

Dr Lui's team studied the health of 1,200 married men and women aged 57 to 85 over a five-year period. The researchers asked the married couples questions about their marital quality. They asked about whether they spent free time with or apart from their partner. They also asked if they could trust and rely on their spouse, and whether their spouse asks them to do too many things and is unfair. The doctors looked at the quality of the marriages to see who was happy and who was not. They then compared this with the number of heart attacks and strokes people had. People in bad marriages were more depressed, more obese and had higher blood pressure.

Sources: <http://www.medicaldaily.com/marital-problems-lead-heart-troubles-particularly-older-women-true-broken-heart-311398>
<http://www.dailymail.co.uk/health/article-2841109/How-bad-relationship-quite-literally-break-heart-trapped-bad-marriage-increases-risk-heart-disease.html#ixzz3JaLFGJuI>
<http://www.independent.ie/irish-news/health/an-unhappy-marriage-can-literally-break-your-heart-30759272.html>

WARM-UPS

1. BROKEN HEARTS: Students walk around the class and talk to other students about broken hearts. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

unhappy marriages / broken heart / riskier / stress / impact / caring / sick / husband / health / couples / quality / free time / heart attacks / depressed / blood pressure

Have a chat about the topics you liked. Change topics and partners frequently.

3. MARITAL STRESS: How can we help couples stressed about these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	What kind of problems?	How to solve them
Money		
Housework		
Communication		
Love		
Other friends		
Bad habits		

4. HAPPIER: Students A **strongly** believe married people are happier than single people; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

5. LOVE: Rank these with your partner. Put the best ways a spouse can show his/her love at the top. Change partners often and share your rankings.

- a kiss
- share the housework
- say, "you look nice"
- buy presents
- go for a walk together
- thank them
- say, "You make me happy"
- hold hands

6. RISK: Spend one minute writing down all of the different words you associate with the word "risk". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|---|-------|
| a. An unhappier marriage gives men more health problems. | T / F |
| b. The study is from Cambridge University in the U.K. | T / F |
| c. A researcher said husbands are a little more caring than wives. | T / F |
| d. A wife can get stressed if she is too ill to look after her husband. | T / F |
| e. The study looked at 1,200 married people in their 40s and 50s. | T / F |
| f. The couples were asked about how much time they spent together. | T / F |
| g. Researchers compared the quality of marriage to heart attacks. | T / F |
| h. Unhappily married people were more overweight. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|---------------|
| 1. risk | a. mostly |
| 2. impact | b. sad |
| 3. generally | c. care for |
| 4. likely | d. time frame |
| 5. look after | e. depend |
| 6. period | f. chance |
| 7. quality | g. overweight |
| 8. rely | h. probable |
| 9. depressed | i. effect |
| 10. obese | j. condition |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---------------------------------|-------------------------------|
| 1. have a higher risk | a. wrong |
| 2. A bad marriage is riskier | b. period |
| 3. being in a relationship gone | c. apart from their partner |
| 4. a big impact | d. round |
| 5. the other way | e. on the health of our heart |
| 6. over a five-year | f. strokes |
| 7. marital | g. of getting a broken heart |
| 8. time with or | h. pressure |
| 9. heart attacks and | i. quality |
| 10. higher blood | j. for older women |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

A new study shows that people in unhappy marriages have a higher (1) _____ of getting a broken heart. A bad marriage is riskier for older women. They get more heart (2) _____ than men because of the stress of being in a relationship gone (3) _____. The study is from Michigan State University in the USA. Lead researcher Dr Hui Lui said the stress of being in an (4) _____ marriage has a big (5) _____ on the health of our heart. Dr Lui said one reason for older women having more heart problems is because they are (6) _____ more caring. A wife is more likely to provide support and care for her sick husband than the other way (7) _____. Also, if a wife is sick and cannot look after her husband, she can get (8) _____ about this.

wrong
risk
round
impact
disease
stressed
unhappy
generally

Dr Lui's team studied the health of 1,200 married men and women (9) _____ 57 to 85 over a five-year (10) _____. The researchers asked the married couples questions about their marital quality. They asked about whether they spent free time with or (11) _____ from their partner. They also asked if they could trust and (12) _____ on their spouse, and whether their spouse asks them to do too many things and is (13) _____. The doctors looked at the quality of the marriages to see who was happy and who was not. They then compared this with the (14) _____ of heart attacks and strokes people had. People in bad marriages were more (15) _____, more obese and had higher blood (16) _____.

rely
aged
number
apart
pressure
period
depressed
unfair

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

- 1) people in unhappy marriages have a higher risk of _____ heart
 - a. setting a broken
 - b. letting a broken
 - c. wetting a broken
 - d. getting a broken
- 2) more heart disease than men because of the stress of being in a relationship _____
 - a. been wrong
 - b. done wrong
 - c. gone wrong
 - d. hone wrong
- 3) the stress of being in an unhappy marriage has a big _____ health
 - a. impact on the
 - b. impact in the
 - c. impact to the
 - d. impact up the
- 4) ... older women having more heart problems is because they are _____
 - a. general be more caring
 - b. general lie more caring
 - c. generalise more caring
 - d. generally more caring
- 5) more likely to provide support and care for her sick husband than _____
 - a. the other way rounded
 - b. the other weigh round
 - c. the other way round
 - d. the other why round
- 6) studied the health of 1,200 married men and women aged 57 to 85 over _____
 - a. a five-year periods
 - b. a five-year periodical
 - c. a five-year period
 - d. a five-year peer he had
- 7) The researchers asked the married couples questions about their _____
 - a. marital qualities
 - b. marital quality
 - c. marital qualify
 - d. marital qualifies
- 8) They also asked if they could trust and _____ spouse
 - a. rely on their
 - b. relay on their
 - c. re-lie on their
 - d. really on their
- 9) They then compared this with the number of heart attacks and _____
 - a. strokes people had
 - b. stroke people had
 - c. stokes people had
 - d. stoke people had
- 10) more depressed, more obese and had _____
 - a. higher bloody pressure
 - b. higher blooded pressure
 - c. higher bloods pressure
 - d. higher blood pressure

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

A new study shows that people (1) _____ have a higher risk of getting a broken heart. A bad marriage is riskier for older women. They get more heart disease than men because (2) _____ in a relationship gone wrong. The study is from Michigan State University in the USA. Lead researcher Dr Hui Lui said the stress of being in an unhappy marriage (3) _____ the health of our heart. Dr Lui said one reason for older women having (4) _____ is because they are generally more caring. A wife is more likely to provide support and care for her sick husband than (5) _____. Also, if a wife is sick and cannot look after her husband, she can (6) _____.

Dr Lui's team (7) _____ 1,200 married men and women aged 57 to 85 over (8) _____. The researchers asked the married couples questions about their marital quality. They asked about whether they spent free time (9) _____ their partner. They also asked if they could (10) _____ their spouse, and whether their spouse asks them to do too many things and is unfair. The doctors looked (11) _____ the marriages to see who was happy and who was not. They then compared this with the number of heart attacks and strokes people had. People in bad marriages were more depressed, more obese and had (12) _____.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

1. Who has a higher risk of getting a broken heart?

2. Who is a bad marriage riskier for?

3. What do unhappy marriages have a big impact on?

4. Who is likely to be more caring?

5. Who gets more stressed if they cannot look after their spouse?

6. How many people did the researchers look at?

7. How long did the study take?

8. Who did researchers want to know if the people trusted?

9. What did researchers compare marital quality to (apart from strokes)?

10. What was higher with people in bad marriages?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

1. Who has a higher risk of getting a broken heart?
 - a) people in their 40s and 50s
 - b) husbands
 - c) newlyweds
 - d) people in unhappy marriages
2. Who is a bad marriage riskier for?
 - a) newlyweds
 - b) older women
 - c) husbands
 - d) lawyers
3. What do unhappy marriages have a big impact on?
 - a) society
 - b) money
 - c) statistics
 - d) our heart's health
4. Who is likely to be more caring?
 - a) husbands
 - b) younger women
 - c) wives
 - d) older men
5. Who gets more stressed if they cannot look after their spouse?
 - a) husbands
 - b) newlyweds
 - c) spouses
 - d) wives
6. How many people did the researchers look at?
 - a) 2,100
 - b) 12,000
 - c) 1,200
 - d) 2,200
7. How long did the study take?
 - a) 5 years
 - b) 6 years
 - c) 9 years
 - d) 10 years
8. Who did researchers want to know if the people trusted?
 - a) their lawyer
 - b) their doctor
 - c) their spouse
 - d) their counsellor
9. What did researchers compare marital quality to (apart from strokes)?
 - a) age
 - b) heart attacks
 - c) salary
 - d) weight
10. What was higher with people in bad marriages?
 - a) blood pressure
 - b) divorce
 - c) newlyweds
 - d) electricity bills

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

Role A – A kiss

You think a kiss is the best way to show your love to your spouse. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the worst of these (and why): a present, a "Thank you" or a compliment.

Role B – A present

You think a present is the best way to show your love to your spouse. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the worst of these (and why): a kiss, a "Thank you" or a compliment.

Role C – A "Thank you"

You think a "Thank you" is the best way to show your love to your spouse. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the worst of these (and why): a present, a kiss or a compliment.

Role D – A compliment

You think a compliment is the best way to show your love to your spouse. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the worst of these (and why): a present, a "Thank you" or a kiss.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'broken' and 'heart'.

broken	heart

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• unhappy• riskier• wrong• big• likely• sick	<ul style="list-style-type: none">• 1,200• whether• rely• see• number• blood
---	---

BROKEN HEARTS SURVEY

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

Write five GOOD questions about broken hearts 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.

BROKEN HEARTS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'marriage'?
- 3) What do people need to do to stay happy in a marriage?
- 4) What do you think about what you read?
- 5) Why are women more affected by bad marriages?
- 6) What things make a marriage go bad?
- 7) How can couples repair a bad marriage?
- 8) Are wives more caring than husbands?
- 9) Why aren't husbands as caring as wives?
- 10) What experiences do you have of a broken heart?

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BROKEN HEARTS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) Are you (would you be) a good husband/wife?
- 13) Is marriage more difficult today than it was in the past?
- 14) How much time should a married couple spend together?
- 15) What are the biggest things married couples argue about?
- 16) What roles do husbands and wives have in a marriage?
- 17) What would you do if your marriage gave you health problems?
- 18) How important is it to talk about marriage problems?
- 19) What one piece of advice would you give a married couple?
- 20) What questions would you like to ask the doctors?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

A new study shows that people in unhappy marriages have a (1) ____ risk of getting a broken heart. A bad marriage is riskier for older women. They get more heart disease than men because of the stress of (2) ____ in a relationship gone wrong. The study is from Michigan State University in the USA. Lead researcher Dr Hui Lui said the stress of being in an unhappy marriage has a big impact (3) ____ the health of our heart. Dr Lui said one reason for older women (4) ____ more heart problems is because they are generally more caring. A wife is more (5) ____ to provide support and care for her sick husband than the other way (6) _____. Also, if a wife is sick and cannot look after her husband, she can get stressed about this.

Dr Lui's team studied the health of 1,200 married men and women (7) ____ 57 to 85 (8) ____ a five-year period. The researchers asked the married couples questions about their marital quality. They asked about whether they spent free time with or (9) ____ from their partner. They also asked if they could trust and rely on their spouse, and whether their (10) ____ asks them to do too many things and is unfair. The doctors looked at the quality of the marriages to see who was happy and who was not. They then compared this (11) ____ the number of heart attacks and strokes people had. People in bad marriages were more depressed, more obese and had higher (12) ____ pressure.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|-----------------|-------------|-------------|
| 1. | (a) heighten | (b) higher | (c) highest | (d) highs |
| 2. | (a) been | (b) being | (c) belong | (d) be |
| 3. | (a) by | (b) of | (c) in | (d) on |
| 4. | (a) has | (b) having | (c) had | (d) have |
| 5. | (a) likes | (b) likely | (c) liked | (d) likable |
| 6. | (a) long | (b) square | (c) round | (d) up |
| 7. | (a) ages | (b) aging | (c) aged | (d) ageless |
| 8. | (a) under | (b) through | (c) over | (d) through |
| 9. | (a) part | (b) parts | (c) parted | (d) apart |
| 10. | (a) foe | (b) lovey-dovey | (c) praise | (d) spouse |
| 11. | (a) with | (b) as | (c) for | (d) on |
| 12. | (a) bloody | (b) blooded | (c) blood | (d) bloods |

SPELLING

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

Paragraph 1

1. A bad marriage is esirirk for older women
2. They get more heart essdiea than men
3. being in a esrthaiopnli gone wrong
4. has a big pticam on the health
5. they are eylgnaler more caring
6. more likely to provide ptusopr

Paragraph 2

7. over a five-year doperi
8. questions about their marital uatyqli
9. hehrtwe they spent free time
10. rely on their upsseo
11. domecrap this with the number...
12. had higher blood rsrepsue

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

Number these lines in the correct order.

- () quality. They asked about whether they spent free time with or apart from their partner. They also asked
- () round. Also, if a wife is sick and cannot look after her husband, she can get stressed about this.
- () people had. People in bad marriages were more depressed, more obese and had higher blood pressure.
- () impact on the health of our heart. Dr Lui said one reason for older women having more heart problems is because
- () was not. They then compared this with the number of heart attacks and strokes
- () they are generally more caring. A wife is more likely to provide support and care for her sick husband than the other way
- () getting a broken heart. A bad marriage is riskier for older women. They get more heart disease
- (**1**) A new study shows that people in unhappy marriages have a higher risk of
- () if they could trust and rely on their spouse, and whether their spouse asks them to do too
- () in the USA. Lead researcher Dr Hui Lui said the stress of being in an unhappy marriage has a big
- () than men because of the stress of being in a relationship gone wrong. The study is from Michigan State University
- () many things and is unfair. The doctors looked at the quality of the marriages to see who was happy and who
- () Dr Lui's team studied the health of 1,200 married men and women aged
- () 57 to 85 over a five-year period. The researchers asked the married couples questions about their marital

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

1. a in higher unhappy risk marriages have People.

2. marriage women is riskier A for bad older.

3. a unhappy being The big marriage in stress impact has an of.

4. husband care for Provide her support sick and.

5. after A sick look husband is cannot her wife and.

6. 1,200 The aged men health 57 and of women married.

7. them too asks do things spouse to many Their.

8. doctors the the The at of looked quality marriages.

9. compared this with the number of heart attacks They then.

10. depressed more were marriages bad in People.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

A new study shows that people *in / on* unhappy marriages have a higher risk of getting a broken heart. A bad marriage is *risked / riskier* for older women. They get more heart disease than men because of the stress of *been / being* in a relationship gone wrong. The study is from Michigan State University in the USA. Lead researcher Dr Hui Lui said the stress *of / for* being in an unhappy marriage has a big *compact / impact* on the health of our heart. Dr Lui said one *reason / reasonable* for older women having more heart problems is because they are generally more *caring / cared*. A wife is more *likely / liked* to provide support and care for her sick husband than the other way *round / up*. Also, if a wife is sick and cannot look after her husband, she can get stressed about *these / this*.

Dr Lui's team studied the *health / healthy* of 1,200 married men and women aged 57 to 85 over a five-year *period / frame*. The researchers asked the married couples questions about their marital *qualify / quality*. They asked about whether they spent free time with or *parts / apart* from their partner. They also asked if they could trust and *relay / rely* on their spouse, and whether their spouse asks them to do too many *thinks / things* and is unfair. The doctors looked at the quality of the *marriages / married* to see who was happy and who was not. They then *compared / comparison* this with the number of heart attacks and *stroking / strokes* people had. People in bad marriages were more depressed, more obese and had higher *blood / bloody* pressure.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

_ n_w st_dy sh_ws th_t p__pl_ _n _nh_ppy m_rr__g_s
h_v_ _ h_gh_r r_sk _f g_tt_ng _ br_k_n h__rt. _ b_d
m_rr__g_ _s r_sk__r f_r _ld_r w_m_n. Th_y g_t m_r_
h__rt d_s__s_ th_n m_n b_c__s_ _f th_ str_ss _f b__ng
_n _ r_l_t__nsh_p g_n_ wr_ng. Th_ st_dy _s fr_m
M_ch_g_n St_t_ _n_v_rs_ty _n th_ _S_. L__d
r_s__rch_r Dr H__ L__ s__d th_ str_ss _f b__ng _n _n
_nh_ppy m_rr__g_ h_s _ b_g _mp_ct _n th_ h__lth _f
__r h__rt. Dr L__ s__d _n_r__s_n f_r _ld_r w_m_n
h_v_ng m_r_ h__rt pr_bl_ms _s b_c__s_ th_y _r_
g_n_r_lly m_r_ c_r_ng. _ w_f_ _s m_r_ l_k_ly t_
pr_v_d_ s_pp_rt _nd c_r_ f_r h_r s_ck h_sb_nd th_n
th_ _th_r w_y r__nd. _ls_, _f _ w_f_ _s s_ck _nd
c_nn_t l__k _ft_r h_r h_sb_nd, sh_ c_n g_t str_ss_d
_b__t th_s.

Dr L__'s t__m st_d__d th_ h__lth _f 1,200 m_rr__d
m_n _nd w_m_n _g_d 57 t_ 85 _v_r _ f_v_-y__r
p_r__d. Th_ r_s__rch_rs _sk_d th_ m_rr__d c__pl_s
q__st__ns _b__t th__r m_r_t_l q__l_ty. Th_y _sk_d
_b__t wh_th_r th_y sp_nt fr__t_m_w th_r _p_rt fr_m
th__r p_rtn_r. Th_y _ls_ _sk_d _f th_y c__ld tr_st _nd
r_ly _n th__r sp__s_, _nd wh_th_r th__r sp__s_ _sks
th_m t_d_t__m_ny th_ngs _nd _s _nf__r. Th_ d_ct_rs
l__k_d _t th_ q__l_ty _f th_ m_rr__g_s t_s__ wh_w_s
h_ppy _nd wh_w_s n_t. Th_y th_n c_mp_r_d th_s w_th
th_n_mb_r _f h__rt _tt_cks _nd str_k_s p__pl_ h_d.
P__pl_ _n b_d m_rr__g_s w_r_ m_r_ d_pr_ss_d, m_r_
_b_s_ _nd h_d h_gh_r bl__d pr_ss_r_.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

a new study shows that people in unhappy marriages have a higher risk of getting a broken heart a bad marriage is riskier for older women they get more heart disease than men because of the stress of being in a relationship gone wrong the study is from michigan state university in the usa lead researcher dr hui lui said the stress of being in an unhappy marriage has a big impact on the health of our heart dr lui said one reason for older women having more heart problems is because they are generally more caring a wife is more likely to provide support and care for her sick husband than the other way round also if a wife is sick and cannot look after her husband she can get stressed about this

dr lui's team studied the health of 1200 married men and women aged 57 to 85 over a five-year period the researchers asked the married couples questions about their marital quality they asked about whether they spent free time with or apart from their partner they also asked if they could trust and rely on their spouse and whether their spouse asks them to do too many things and is unfair the doctors looked at the quality of the marriages to see who was happy and who was not they then compared this with the number of heart attacks and strokes people had people in bad marriages were more depressed more obese and had higher blood pressure

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1411/141121-broken-heart.html>

A new study shows that people in unhappy marriages have a high risk of getting a broken heart. A bad marriage is riskier for older women. They get more heart disease than men because of the stress of being in a relationship gone wrong. The study is from Michigan State University in the USA. Lead researcher Dr Hui Luis said the stress of being in an unhappy marriage has a big impact on the health of our heart. Dr Luis said one reason for older women having more heart problems is because they are generally more caring. A wife is more likely to provide support and care for her sick husband than the other way round. Also, if a wife is sick and cannot look after her husband, she can get stressed about this. Dr Luis' team studied the health of 1,200 married men and women aged 57 to 85 over a five-year period. The researchers asked the married couples questions about their marital quality. They asked about whether they spent free time with or apart from their partner. They also asked if they could trust and rely on their spouse, and whether their spouse asks them to do too many things and is unfair. The doctors looked at the quality of the marriages to see who was happy and who was not. They then compared this with the number of heart attacks and strokes people had. People in bad marriages were more depressed, more obese and had higher blood pressure.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about bad marriages. Share what you discover with your partner(s) in the next lesson.

3. BROKEN HEARTS: Make a poster about broken hearts. Show your work to your classmates in the next lesson. Did you all have similar things?

4. MARRIAGE: Write a magazine article about marriage. Include imaginary interviews with people who are happily married and with people who are unhappily married.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on broken hearts. Ask him/her three questions about broken hearts. Give him/her three of your ideas on how to fix a broken heart. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b F c F d T e F f T g T h T

SYNONYM MATCH (p.4)

- | | |
|---------------|---------------|
| 1. risk | a. chance |
| 2. impact | b. effect |
| 3. generally | c. mostly |
| 4. likely | d. probable |
| 5. look after | e. care for |
| 6. period | f. time frame |
| 7. quality | g. condition |
| 8. rely | h. depend |
| 9. depressed | i. sad |
| 10. obese | j. overweight |

COMPREHENSION QUESTIONS (p.8)

1. People in unhappy marriages
2. Older women
3. The health of our heart
4. Wives
5. Wives
6. 1,200
7. 5 years
8. Their spouse
9. Heart attacks
10. Blood pressure

MULTIPLE CHOICE - QUIZ (p.9)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)