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Level 6

Marriage makes you less stressed

17th February, 2017

<http://www.breakingnewsenglish.com/1702/170217-married-people.html>

Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
While Reading / Listening	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash (/) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

Please try Levels 5 and 4 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

A new study suggests that marital bliss has beneficial health effects. The research is from Carnegie Mellon University in the USA. It concludes that being married reduces your levels of a stress hormone called cortisol. Researchers tested for cortisol in the saliva of 572 adults aged 21-55 on three different, non-consecutive days. Multiple saliva samples were taken throughout each 24-hour period. The researchers found that the married people in the sample had less cortisol than people who were single, separated, divorced or widowed. The researchers said: "Married people tend to be healthier than both the previously and never married, but the mechanisms through which this occurs remain unclear."

The stress hormone cortisol has many different functions in our body. It regulates blood sugar levels, immune responses and inflammation and can increase the risk of heart disease. It also increases the chances of surviving cancer. High levels of cortisol have been linked to mental conditions such as anxiety and depression. Laboratory director Sheldon Cohen said: "These data provide important insights into the way in which our intimate social relationships can get under the skin to influence our health." Researcher Brian Chin added: "It is exciting to discover a physiological pathway that may explain how relationships influence health and disease."

Sources: <http://www.thehealthsite.com/news/did-you-hear-that-marriage-makes-you-happier-ag0217/>
<http://www.medicaldaily.com/married-people-have-lower-levels-stress-hormones-study-says-411108>
<http://www.dailymail.co.uk/health/article-4221046/Marriage-makes-stressed-study-claims.html>

WARM-UPS

1. MARRIED PEOPLE: Students walk around the class and talk to other students about married people. 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?

study / marital bliss / health effects / being married / divorced / healthier / unclear / stress / hormone / blood sugar / heart disease / cancer / social relationships / disease

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

3. MARRIAGE: Students A **strongly** believe marriage makes people less stressed; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. HAPPY MARRIAGE: What advice would you give to a married couple to stay happy together? Complete this table with your partner(s). Change partners often and share what you wrote.

	Advice	Why?
Money		
Housework		
Hobbies		
Friends		
Time together		
Children		

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

6. STRESS: Rank these with your partner. Put the things that best reduce stress at the top. Change partners often and share your rankings.

- being married
- sunny days
- chocolate
- music
- chatting with friends
- exercise
- sleep
- getting money

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

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

- a. A piece of research says marital bliss is good for the health. **T / F**
- b. Being married increases the level of a hormone called cortisol. **T / F**
- c. Researchers tested people with a different marital status for 3 weeks. **T / F**
- d. Researchers now understand the mechanism behind marriage and cortisol. **T / F**
- e. The hormone cortisol also regulates the level of sugar in our blood. **T / F**
- f. High levels of cortisol can lead to mental illnesses like anxiety. **T / F**
- g. A lab director said we shouldn't let cortisol get under our skin. **T / F**
- h. A researcher was excited to see a link between relationships and health. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|------------------------|-----------------|
| 1. suggests | a. ambiguous |
| 2. reduces | b. probability |
| 3. consecutive | c. controls |
| 4. tend | d. lowers |
| 5. unclear | e. close |
| 6. regulates | f. indicates |
| 7. inflammation | g. effect |
| 8. chances | h. are inclined |
| 9. intimate | i. successive |
| 10. influence | j. swelling |

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

- | | |
|------------------------------------|----------------------------|
| 1. marital | a. or widowed |
| 2. reduces your levels of a stress | b. sugar levels |
| 3. non- | c. which this occurs |
| 4. single, separated, divorced | d. the skin |
| 5. the mechanisms through | e. hormone called cortisol |
| 6. It regulates blood | f. influence health |
| 7. mental conditions | g. bliss |
| 8. our intimate | h. such as anxiety |
| 9. get under | i. consecutive days |
| 10. how relationships | j. social relationships |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

A new study suggests that marital (1) _____ has beneficial health effects. The research is from Carnegie Mellon University in the USA. It (2) _____ that being married reduces your levels of a stress hormone called cortisol. Researchers tested for cortisol in the (3) _____ of 572 adults aged 21-55 on three different, non-consecutive days. Multiple saliva (4) _____ were taken throughout each 24-hour (5) _____. The researchers found that the married people in the sample had less cortisol than people who were single, separated, divorced or (6) _____. The researchers said: "Married people (7) _____ to be healthier than both the previously and never married, but the mechanisms through which this occurs remain (8) _____."

concludes
tend
saliva
period
unclear
bliss
widowed
samples

The stress (9) _____ cortisol has many different functions in our body. It regulates blood sugar levels, immune (10) _____ and inflammation and can increase the risk of heart disease. It also increases the (11) _____ of surviving cancer. High levels of cortisol have been linked to mental (12) _____ such as anxiety and (13) _____. Laboratory director Sheldon Cohen said: "These data provide important (14) _____ into the way in which our intimate social relationships can get under the skin to (15) _____ our health." Researcher Brian Chin added: "It is exciting to discover a (16) _____ pathway that may explain how relationships influence health and disease."

depression
chances
hormone
physiological
conditions
influence
responses
insights

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

- 1) A new study suggests that marital bliss has beneficial _____
 - a. health affects
 - b. health effects
 - c. health infects
 - d. health reflects
- 2) It concludes that being married reduces your levels of a stress _____
 - a. hormone cold cortisol
 - b. hormones called cortisol
 - c. hormone called cortisol
 - d. hormones cold cortisol
- 3) cortisol in the saliva of 572 adults aged 21-55 on three different, _____
 - a. not-consecutive days
 - b. nine-consecutive days
 - c. non-consecutive days
 - d. no-consecutive days
- 4) less cortisol than people who were single, separated, _____
 - a. divorced or widower
 - b. divorcee or widowed
 - c. divorcee or widower
 - d. divorced or widowed
- 5) but the mechanisms through which this occurs _____
 - a. remains unclear
 - b. remain unclear
 - c. remained unclear
 - d. remaining unclear
- 6) The stress hormone cortisol has many different _____ body
 - a. functions on our
 - b. functions in our
 - c. functions at our
 - d. functions to our
- 7) It regulates blood sugar levels, immune responses _____
 - a. and inflammation
 - b. and conflagration
 - c. and conformation
 - d. and embarkation
- 8) linked to mental conditions such as _____ depression
 - a. anxious and
 - b. anxieties and
 - c. anxiety and
 - d. anxiousness and
- 9) the way in which our intimate social relationships can get _____
 - a. under the skin
 - b. into the skin
 - c. over the skin
 - d. through the skin
- 10) a physiological pathway that may explain how relationships _____
 - a. influences health
 - b. influence healthy
 - c. confluence health
 - d. influence health

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

A new study suggests that (1) _____ beneficial health effects. The research is from Carnegie Mellon University in the USA. It concludes that being married reduces your (2) _____ hormone called cortisol. Researchers tested for cortisol in the saliva of 572 adults aged 21-55 on three different, (3) _____. Multiple saliva samples were taken throughout each 24-hour period. The researchers found that the married people (4) _____ had less cortisol than people who were single, separated, divorced or widowed. The researchers said: "Married people (5) _____ healthier than both the previously and never married, but the mechanisms through which this occurs (6) _____."

The stress hormone cortisol has many different (7) _____ body. It (8) _____ levels, immune responses and inflammation and can increase the risk of heart disease. It also increases the (9) _____ cancer. High levels of cortisol have been linked to mental conditions such as anxiety and depression. Laboratory director Sheldon Cohen said: "These data provide important (10) _____ in which our intimate social relationships can get under the skin (11) _____ health." Researcher Brian Chin added: "It is exciting to discover a physiological pathway that (12) _____ relationships influence health and disease."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

1. What does a study say created beneficial health effects?
2. What does being married do to the level of the body's cortisol?
3. How many adults did researchers do tests on?
4. On how many different days did the researchers test the adults?
5. Which people had the lowest levels of cortisol?
6. What does cortisol regulate in our body?
7. What can cortisol increase the chance of surviving?
8. What mental illnesses have high levels of cortisol been linked to?
9. Who is Sheldon Cohen?
10. What was a researcher excited to find?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

- 1) What does a study say created beneficial health effects?
 - a) study
 - b) univeristy
 - c) research
 - d) marital bliss
- 2) What does being married do to the level of the body's cortisol?
 - a) heats it
 - b) reduces it
 - c) mixes it
 - d) elevates it
- 3) How many adults did researchers do tests on?
 - a) 725
 - b) 257
 - c) 527
 - d) 572
- 4) On how many different days did the researchers test the adults?
 - a) 5
 - b) 4
 - c) 3
 - d) 2
- 5) Which people had the lowest levels of cortisol?
 - a) single people
 - b) divorced people
 - c) widowed people
 - d) married people
- 6) What does cortisol regulate in our body?
 - a) our happiness
 - b) functions
 - c) blood sugar levels
 - d) our heart rate
- 7) What can cortisol increase the chance of surviving?
 - a) cancer
 - b) risk
 - c) life
 - d) heart attacks
- 8) What mental illnesses have high levels of cortisol been linked to?
 - a) insomnia and bulimia
 - b) schizophrenia and obsessive-compulsive disorder
 - c) anxiety and depression
 - d) paranoia and kleptomania
- 9) Who is Sheldon Cohen?
 - a) a researcher
 - b) a lab director
 - c) a cortisol salesman
 - d) a marriage expert
- 10) What was a researcher excited to find?
 - a) physiological pathways
 - b) a relationship
 - c) skin
 - d) a disease

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

Role A – Being Married

You think being married is the best way to relieve stress. Tell the others three reasons why. Tell them what is not as good with their ways. Also, tell the others which is the least effective of these (and why): chocolate, sleep or getting money.

Role B – Chocolate

You think chocolate is the best way to relieve stress. Tell the others three reasons why. Tell them what is not as good with their ways. Also, tell the others which is the least effective of these (and why): being married, sleep or getting money.

Role C – Sleep

You think sleep is the best way to relieve stress. Tell the others three reasons why. Tell them what is not as good with their ways. Also, tell the others which is the least effective of these (and why): chocolate, being married or getting money.

Role D – Getting Money

You think getting money is the best way to relieve stress. Tell the others three reasons why. Tell them what is not as good with their ways. Also, tell the others which is the least effective of these (and why): chocolate, sleep or being married.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

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

stress	level
---------------	--------------

- 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">• bliss• called• non• 24• widowed• remain	<ul style="list-style-type: none">• blood• chances• such• way• skin• may
----------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------

MARRIED PEOPLE SURVEY

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

Write five GOOD questions about married people 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.

MARRIED PEOPLE 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 other health benefits are there to marriage?
4. What stresses are there in marriage?
5. Why do people get married?
6. What are the advantages of being single?
7. Who are the happiest married people you know?
8. What advice do you have for unhappily married people?
9. Is marriage forever?
10. What do people need to do to stay happily married?

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MARRIED PEOPLE DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'stress'?
13. What do you think about what you read?
14. What non-health benefits are there to marriage?
15. Why don't some couples stay happily married?
16. How does marriage affect anxiety and depression?
17. How do your social relationships affect your health?
18. What three adjectives best describe marriage, and why?
19. What other influences do relationships have on our health?
20. What questions would you like to ask the researchers?

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/1702/170217-married-people.html>

A new study suggests that (1) _____ bliss has beneficial health effects. The research is from Carnegie Mellon University in the USA. It (2) _____ that being married reduces your levels of a stress hormone called cortisol. Researchers tested (3) _____ cortisol in the saliva of 572 adults aged 21-55 on three different, non-consecutive days. Multiple saliva samples were (4) _____ throughout each 24-hour period. The researchers found that the married people in the sample had less cortisol than people who were single, separated, divorced or (5) _____. The researchers said: "Married people tend to be healthier than both the previously and never married, but the (6) _____ through which this occurs remain unclear."

The stress hormone cortisol has many different functions in our body. It regulates blood (7) _____ levels, immune responses and inflammation and can increase the risk of heart disease. It also increases the chances of (8) _____ cancer. High levels of cortisol have been linked to mental conditions (9) _____ as anxiety and depression. Laboratory director Sheldon Cohen said: "These data provide important insights into the way in which our (10) _____ social relationships can get under the (11) _____ to influence our health." Researcher Brian Chin added: "It is exciting to discover a physiological (12) _____ that may explain how relationships influence health and disease."

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

- | | | | | |
|-----|---------------|------------------|----------------|----------------|
| 1. | (a) martial | (b) Martian | (c) marital | (d) metrical |
| 2. | (a) concludes | (b) concurs | (c) concedes | (d) conducive |
| 3. | (a) for | (b) of | (c) at | (d) by |
| 4. | (a) taken | (b) amounted | (c) spat | (d) licked |
| 5. | (a) wider | (b) widowed | (c) widower | (d) windowed |
| 6. | (a) masculine | (b) machinations | (c) machines | (d) mechanisms |
| 7. | (a) sugary | (b) sugars | (c) sugar | (d) sugared |
| 8. | (a) survives | (b) survive | (c) survival | (d) surviving |
| 9. | (a) such | (b) like | (c) for | (d) because |
| 10. | (a) irritate | (b) intimate | (c) intimidate | (d) irradiate |
| 11. | (a) cortisol | (b) skin | (c) health | (d) stress |
| 12. | (a) motorway | (b) ropeway | (c) pathway | (d) freeway |

SPELLING

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

Paragraph 1

1. arImati bliss has beneficial health effects
2. levels of a stress mhoeorn called cortisol
3. non-unesiceocvt days
4. single, separated, divorced or diweowd
5. both the oyvsepulir and never married
6. the csnaihemms through which this occurs

Paragraph 2

7. It atreulseg blood sugar levels
8. meimun responses
9. mental conditions such as atinxye and depression
10. provide important tisshing
11. mtneaiti social relationships
12. how relationships nnlcueefi health

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

Number these lines in the correct order.

- () into the way in which our intimate social relationships can get under the skin to influence
- () never married, but the mechanisms through which this occurs remain unclear."
- () consecutive days. Multiple saliva samples were taken throughout each 24-hour period. The researchers found that
- (**1**) A new study suggests that marital bliss has beneficial health effects. The research is from Carnegie Mellon University in
- () widowed. The researchers said: "Married people tend to be healthier than both the previously and
- () levels, immune responses and inflammation and can increase the risk of heart disease. It also increases the
- () cortisol. Researchers tested for cortisol in the saliva of 572 adults aged 21-55 on three different, non-
- () anxiety and depression. Laboratory director Sheldon Cohen said: "These data provide important insights
- () pathway that may explain how relationships influence health and disease."
- () the USA. It concludes that being married reduces your levels of a stress hormone called
- () The stress hormone cortisol has many different functions in our body. It regulates blood sugar
- () our health." Researcher Brian Chin added: "It is exciting to discover a physiological
- () chances of surviving cancer. High levels of cortisol have been linked to mental conditions such as
- () the married people in the sample had less cortisol than people who were single, separated, divorced or

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

1. A that has effects suggests bliss health study marital beneficial .
2. stress your hormone levels Being of married a reduces .
3. of Researchers cortisol saliva adults for the 572 tested in .
4. Multiple taken 24 period were each hour samples throughout - .
5. mechanisms The unclear remain occurs this which through .
6. stress The functions different many has cortisol hormone .
7. chances the increases also It cancer surviving of .
8. cortisol linked conditions of been mental levels have to High .
9. social the relationships skin can Our get intimate under .
10. exciting is It pathway physiological a discover to .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

A new study suggests that *marital* / *marital* bliss has beneficial health effects. The research is from Carnegie Mellon University in the USA. It *concludes* / *conclusion* that being married reduces your levels of a stress *hormone* / *hormonal* called cortisol. Researchers tested for cortisol in the *salvia* / *saliva* of 572 adults aged 21-55 on three different, non-consecutive days. Multiple saliva samples were *taking* / *taken* throughout each 24-hour period. The researchers found that the married people in the sample had *less* / *fewer* cortisol than people who were single, *separation* / *separated*, divorced or widowed. The researchers said: "Married people *tend* / *fend* to be healthier than both the *previously* / *previous* and never married, but the mechanisms through which this occurs remain *nuclear* / *unclear*."

The stress hormone cortisol has many different functions *in* / *on* our body. It regulates blood *sugary* / *sugar* levels, immune responses and inflammation and can increase the *risky* / *risk* of heart disease. It also increases the chances of *surviving* / *survival* cancer. High levels of cortisol have been *linking* / *linked* to mental conditions such as *anxiety* / *anxious* and depression. Laboratory director Sheldon Cohen said: "These data provide important *sites* / *insights* into the way in which our *ultimate* / *intimate* social relationships can get under the skin to *influence* / *influential* our health." Researcher Brian Chin added: "It is exciting to discover a physiological *pathway* / *ropeway* that may explain how relationships influence health and disease."

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/1702/170217-married-people.html>

_ n_w st_dy s_gg_sts th_t m_r_t_l bl_ss h_s
b_n_f_c__l h__lth __ff_cts. Th_ r_s__rch __s fr_m
C_rn_g__ M_ll_n __n_v_rs_ty __n th_ __S_. __t c_ncl_d_s
th_t b__ng m_rr__d r_d_c_s y__r l_v_ls __f __str_ss
h_rm_n_ c_ll_d c_rt_s_l. R_s__rch_rs t_st_d fr
c_rt_s_l __n th_ s_l_v_ __f 572 __d_lts __g_d 21-55 __n
thr__ d_ff_r_nt, __n_n-c_ns_c_t_v_ __d_ys. M_l_t_pl_
s_l_v_ s_mpl_s w_r_ t_k_n thr__gh__t __ch 24-h__r
p_r__d. Th_ r_s__rch_rs f__nd th_t th_ m_rr__d
p__pl_ __n th_ s_mpl_ h_d l_ss c_rt_s_l th_n p__pl_
wh_ w_r_ s_ngl_, s_p_r_t_d, d_v_rc_d __r w_d_w_d.
Th_ r_s__rch_rs s__d: "M_rr__d p__pl_ t_nd t_ b_
h__lth__r th_n b_th th_ pr_v__sly __nd n_v_r m_rr__d,
b_t th_ m_ch_n_sms thr__gh wh_ch th_s __cc_rs r_m__n
__ncl__r."

Th_ str_ss h_rm_n_ c_rt_s_l h_s m_ny d_ff_r_nt
f_nct__ns __n __r b_dy. __t r_g_l_t_s bl__d s_g_r l_v_ls,
__mm_n_ r_sp_ns_s __nd __nfl__mm_t__n __nd c_n
__ncr__s th_ r_sk __f h__rt d_s__s. __t ls __ncr__s_s
th_ ch_nc_s __f s_rv_v_ng c_nc_r. H_gh l_v_ls __f
c_rt_s_l h_v_ b__n l_nk_d t_ m_nt_l c_nd_t__ns s_ch
__s __nx__ty __nd d_pr_ss__n. L_b_r_t_ry D_r_ct_r
Sh_ld_n C_h_n s__d: "Th_s __d_t_ pr_v_d __mp_r_t_nt
__ns_ghts __nt th_ w_y __n wh_ch __r __nt_m_t_ s_c__l
r_l_t__nsh_ps c_n g_t __nd_r th_ sk_n t_ __nfl__nc__r
h__lth." R_s__rch_r Br__n Ch_n __dd_d: "__t_s __xc_t_ng
t_d_sc_v_r __phys__l g_c_l p_thw_y th_t m_y __xpl__n
h_w r_l_t__nsh_ps __nfl__nc_ h__lth __nd d_s__s."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

a new study suggests that marital bliss has beneficial health effects the research is from carnegie mellon university in the usa it concludes that being married reduces your levels of a stress hormone called cortisol researchers tested for cortisol in the saliva of 572 adults aged 21-55 on three different non-consecutive days multiple saliva samples were taken throughout each 24-hour period the researchers found that the married people in the sample had less cortisol than people who were single separated divorced or widowed the researchers said "married people tend to be healthier than both the previously and never married but the mechanisms through which this occurs remain unclear"

the stress hormone cortisol has many different functions in our body it regulates blood sugar levels immune responses and inflammation and can increase the risk of heart disease it also increases the chances of surviving cancer high levels of cortisol have been linked to mental conditions such as anxiety and depression laboratory director sheldon cohen said "these data provide important insights into the way in which our intimate social relationships can get under the skin to influence our health" researcher brian chin added "it is exciting to discover a physiological pathway that may explain how relationships influence health and disease"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

A new study suggests that marital bliss has beneficial health effects. The research is from Carnegie Mellon University in the USA. It concludes that being married reduces your levels of a stress hormone called cortisol. Researchers tested for cortisol in the saliva of 572 adults aged 21-55 on three different, non-consecutive days. Multiple saliva samples were taken throughout each 24-hour period. The researchers found that the married people in the sample had less cortisol than people who were single, separated, divorced or widowed. The researchers said: "Married people tend to be healthier than both the previously and never married, but the mechanism through which this occurs remain unclear." The stress hormone cortisol has many different functions in our body. It regulates blood sugar levels, immune responses and inflammation and can increase the risk of heart disease. It also increases the chances of surviving cancer. High levels of cortisol have been linked to mental conditions such as anxiety and depression. Laboratory director Sheldon Cohen said: "These data provide important insights into the way in which our intimate social relationships can get under the skin to influence our health." Researcher Brian Chin added: "It is exciting to discover a physiological pathway that may explain how relationships influence health and disease."

ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1702/170217-married-people.html>

Marriage is the best thing to make you happy and relieve stress. Discuss.

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 marriage and stress. Share what you discover with your partner(s) in the next lesson.

3. CORTISOL: Make a poster about cortisol. Show your work to your classmates in the next lesson. Did you all have similar things?

4. STRESS: Write a magazine article about marriage relieving stress. Include imaginary interviews with people who believe this and with people who do not believe it.

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 married people. Ask him/her three questions about married people. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|-----------------|-----------------|
| 1. suggests | a. indicates |
| 2. reduces | b. lowers |
| 3. consecutive | c. successive |
| 4. tend | d. are inclined |
| 5. unclear | e. ambiguous |
| 6. regulates | f. controls |
| 7. inflammation | g. swelling |
| 8. chances | h. probability |
| 9. intimate | i. close |
| 10. influence | j. effect |

COMPREHENSION QUESTIONS (p.8)

1. Marital bliss
2. Reduces it
3. 572
4. Three
5. Married people
6. Blood sugar levels
7. Cancer
8. Anxiety and depression
9. A laboratory director
10. A physiological pathway

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 ;-)