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Level 1 – 5th November, 2020

Stress baking helped during U.S. election

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<https://breakingnewsenglish.com/2011/201105-stress-baking-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2011/201105-stress-baking-1.html>

The U.S. election was stressful. A research company said the election was a cause of stress in 49 per cent of people. Only COVID-19 caused more stress. The company said 55 per cent of adults thought November the 3rd was the most stressful day of the year. They couldn't imagine being more stressed and wanted 2020 to be over. A self-care app said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times."

Months of non-stop news made people stressed. They baked to feel better. More cakes and bread went into ovens before the election. Stress baking is now a top self-care activity. Around 27 per cent of people baked to relieve stress. However, 41 per cent gained weight. One woman said baking reduced her election stress. She said: "I'm prepared and have a post-election plan. In reality, we probably won't have a clear winner for weeks after election day."

Sources: <https://www.cnet.com/news/the-psychology-of-stress-baking-why-everyone-is-making-bread-in-2020/>
<https://www.delish.com/food/a31669795/stress-baking/>
<https://www.swnsdigital.com/2020/10/more-than-half-of-americans-expect-election-day-to-be-the-most-stressful-day-of-their-lives-thus-far/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2011/201105-stress-baking-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|-----------------------|
| 1. The U.S. election was | a. times |
| 2. the election was a | b. most stressful day |
| 3. Only COVID-19 caused | c. stressful |
| 4. November the 3rd was the | d. more stressed |
| 5. They couldn't imagine being | e. of stress |
| 6. It's not just the election | f. cause of stress |
| 7. this year has been a marathon | g. anxiety |
| 8. These are not normal | h. more stress |

PARAGRAPH TWO:

- | | |
|--------------------------------|-------------------------|
| 1. Months of non- | a. a post-election plan |
| 2. More cakes and bread | b. weight |
| 3. people baked | c. election day |
| 4. However, 41 per cent gained | d. stop news |
| 5. baking reduced her election | e. clear winner |
| 6. I'm prepared and have | f. went into ovens |
| 7. we probably won't have a | g. stress |
| 8. for weeks after | h. to relieve stress |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2011/201105-stress-baking-1.html>

The U.S. (1) _____ . A research company said the election was a (2) _____ in 49 per cent of people. Only COVID-19 caused more stress. The company said 55 per cent (3) _____ November the 3rd was the most stressful day of the year. They couldn't (4) _____ stressed and wanted 2020 to be over. A self-care app said: "It's not just the election anxiety - this year has been (5) _____ stress. These are (6) _____."

Months (7) _____ made people stressed. They baked to feel better. More cakes (8) _____ into ovens before the election. Stress baking is (9) _____ self-care activity. Around 27 per cent of people baked (10) _____. However, 41 per cent gained weight. One woman said baking reduced her election stress. She said: "I'm (11) _____ a post-election plan. In reality, we probably won't have (12) _____ for weeks after election day."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2011/201105-stress-baking-1.html>

The U.S. election was stressful. A research company said the election was a cause of stress in 49 percent of people. Only COVID-19 caused more stress. The company said 55 percent of adults thought November the 3rd was the most stressful day of the year. They couldn't imagine being more stressed and wanted 2020 to be over. A self-care app said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times." Months of non-stop news made people stressed. They baked to feel better. More cakes and bread went into ovens before the election. Stress baking is now a top self-care activity. Around 27 percent of people baked to relieve stress. However, 41 percent gained weight. One woman said baking reduced her election stress. She said: "I'm prepared and have a post-election plan. In reality, we probably won't have a clear winner for weeks after election day."

BAKING SURVEY

From <https://breakingnewsenglish.com/2011/201105-stress-baking-4.html>

Write five GOOD questions about baking 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) _____

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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) _____

