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## **Level 1**

# **Unhappy marriages can break the heart**

**21st November, 2014**

<http://www.breakingnewsenglish.com/1411/141121-broken-heart-1.html>

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# THE READING

From <http://www.breakingnewsenglish.com/1411/141121-broken-heart-1.html>

A study says unhappily married people have a higher risk of a broken heart. A bad marriage is riskier and more stressful for older women. The study is from Michigan State University. Researchers said the stress of an unhappy marriage has a big impact on our heart. Older women have more heart problems because they are more caring. A wife will care more for her sick husband. A wife also stresses if she cannot look after her husband.

Researchers studied the health of 1,200 married people aged 57 to 85. They asked the couples questions about marriage. They asked if they spent free time with their partner. They also asked if they could trust their spouse, and whether their spouse asks them to do too many things. Doctors compared the quality of the marriages with the number of heart attacks and strokes people had. People in bad marriages were more depressed 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>

# VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1411/141121-broken-heart-1.html>

## PARAGRAPH ONE:

- |                             |                      |
|-----------------------------|----------------------|
| 1. have a higher risk       | a. caring            |
| 2. riskier and more         | b. on our heart      |
| 3. the stress of an unhappy | c. her sick husband  |
| 4. a big impact             | d. stressful         |
| 5. Older women have more    | e. after her husband |
| 6. because they are more    | f. marriage          |
| 7. care more for            | g. heart problems    |
| 8. she cannot look          | h. of a broken heart |

## PARAGRAPH TWO:

- |  |                            |
|--|----------------------------|
| 1. the health of 1,200                 | a. their spouse            |
| 2. They asked the couples questions    | b. more depressed          |
| 3. they spent free                     | c. and strokes             |
| 4. They also asked if they could trust | d. pressure                |
| 5. Doctors compared the quality        | e. about marriage          |
| 6. heart attacks                       | f. married people          |
| 7. People in bad marriages were        | g. time with their partner |
| 8. higher blood                        | h. of the marriages        |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1411/141121-broken-heart-1.html>

A study says unhappily married people  
(1) \_\_\_\_\_ a broken heart. A bad marriage  
(2) \_\_\_\_\_ stressful for older women. The study  
is from Michigan State University. Researchers  
(3) \_\_\_\_\_ an unhappy marriage has  
(4) \_\_\_\_\_ our heart. Older women have more  
heart problems because (5) \_\_\_\_\_. A wife will  
care more for her sick husband. A wife also stresses if she  
(6) \_\_\_\_\_ her husband.

Researchers (7) \_\_\_\_\_ 1,200 married people  
aged 57 to 85. They asked the couples questions about marriage.  
They asked if they (8) \_\_\_\_\_ their partner.  
They also asked if they could (9) \_\_\_\_\_, and  
whether their spouse asks them to do too many things. Doctors  
compared (10) \_\_\_\_\_ marriages with the  
number of heart attacks and (11) \_\_\_\_\_. People  
in bad marriages were more depressed and had  
(12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1411/141121-broken-heart-1.html>

A study says unhappily married people have a high risk of a broken heart. A bad marriage is riskier and more stressful for older women. The study is from Michigan State University. Researchers said the stress of an unhappy marriage has a big impact on our heart. Older women have more heart problems because they are more caring. A wife will care more for her sick husband. A wife also stresses if she cannot look after her husband. Researchers studied the health of 1,200 married people aged 57 to 85. They asked the couples questions about marriage. They asked if they spent free time with their partner. They also asked if they could trust their spouse, and whether their spouse asked them to do too many things. Doctors compared the equality of the marriages with the number of heart attacks and strokes people had. People in bad marriages were more depressed and had higher blood pressure.

## 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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*Unhappy marriages can break the heart – 21st November, 2014*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

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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)

---

