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Level 6

Spicy food linked to higher testosterone levels

17th December, 2014

<http://www.breakingnewsenglish.com/1412/141217-spicy-food.html>

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Scientists in France say they have found a link between eating spicy food and high levels of testosterone in men. Testosterone is a hormone and steroid that is found in male and female bodies that is responsible for sexual development. Men generally produce it at a 20 times greater rate than women. It is usually a sign of male bravado and masculinity. Men with higher levels of testosterone are commonly seen as being more sexually active, arrogant, brave and bigger risk takers. Report co-author Laurent Begue said the findings of his study were "in line with a lot of research showing a link between testosterone and financial, sexual and behavioural risk-taking".

Professor Begue's study looked at the degree to which 114 men aged between 18 and 44 liked spicy food. The men were asked to add a hot pepper sauce to a dish of mashed potatoes. They then had to evaluate the spiciness of what they ate. The researchers tested the saliva of the men and found that those who put more pepper sauce on their potatoes were the ones with higher levels of testosterone. Britain's health service website nhs.uk said the study was too small to prove a definite link between spice and testosterone. It said many other things could influence a preference for spicy food. These include genetic, cultural and psychological factors.

Sources: <http://www.independent.co.uk/life-style/health-and-families/health-news/men-who-like-spicier-foods-have-higher-levels-of-testosterone-9926423.html>
<http://www.nhs.uk/news/2014/12December/Pages/Spicy-food-curries-favour-with-alpha-males.aspx>
<http://en.wikipedia.org/wiki/Testosterone>

WARM-UPS

1. SPICY FOOD: Students walk around the class and talk to other students about spicy food. 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?

scientists / spicy food / testosterone / masculinity / risk takers / findings / research / study / hot pepper sauce / saliva / health service / preference / genetic / cultural

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

3. LINKS: What are these things linked to regarding our health? Complete this table with your partner(s). Change partners often and share what you wrote.

	Linked to...	Advice to people about these (and why)
Spices		
Milk		
Spinach		
Oranges		
Liver		
Sugar		

4. SPICY: Students A **strongly** believe all food should be spicy; Students B **strongly** believe not. Change partners again and talk about your conversations.

5. FOOD: Rank these with your partner. Put the most delicious at the top. Change partners often and share your rankings.

- French fries
- rice and curry
- egg sandwich
- sushi
- chilli con carne
- pizza
- garlic bread
- green salad

6. MEN: Spend one minute writing down all of the different words you associate with the word "men". 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/1412/141217-spicy-food.html>

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

- | | |
|---|-------|
| a. The scientists who conducted this study were in Switzerland. | T / F |
| b. Men produce as much as 20 times more testosterone than women. | T / F |
| c. Testosterone is linked to men taking more risks in life. | T / F |
| d. A report author said the findings confirmed other research in this area. | T / F |
| e. A study looked at how 114 men and women perceived spicy food. | T / F |
| f. Researchers tested the saliva of men to find a testosterone-spice link. | T / F |
| g. Britain's health service said the findings showed a definite link. | T / F |
| h. The health service said only a few things made men eat spicy food. | T / F |

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

- | | |
|----------------|-------------------|
| 1. link | a. accountable |
| 2. responsible | b. assess |
| 3. generally | c. boldness |
| 4. bravado | d. level |
| 5. findings | e. show |
| 6. degree | f. connection |
| 7. evaluate | g. considerations |
| 8. prove | h. conclusions |
| 9. definite | i. usually |
| 10. factors | j. exact |

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

- | | |
|---|---------------------------|
| 1. high levels of testosterone | a. greater rate |
| 2. Testosterone is a hormone | b. prove a definite link |
| 3. Men generally produce it at a 20 times | c. with a lot of research |
| 4. a sign of male bravado and | d. of mashed potatoes |
| 5. the findings of his study were in line | e. and steroid |
| 6. add a hot pepper sauce to a dish | f. of testosterone |
| 7. evaluate the spiciness | g. in men |
| 8. the ones with higher levels | h. for spicy food |
| 9. the study was too small to | i. of what they ate |
| 10. other things could influence a preference | j. masculinity |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Scientists in France say they have found a (1) _____ between eating spicy food and high (2) _____ of testosterone in men. Testosterone is a hormone and steroid that is found in male and female bodies that is responsible for (3) _____ development. Men generally produce it at a 20 times greater rate than women. It is usually a (4) _____ of male bravado and masculinity. Men with higher levels of testosterone are (5) _____ seen as being more sexually active, arrogant, brave and bigger risk takers. Report co-author Laurent Begue said the (6) _____ of his study were "in line with a lot of research (7) _____ a link between testosterone and financial, sexual and behavioural risk- (8) _____".

sign
link
showing
commonly
sexual
taking
levels
findings

Professor Begue's study looked at the (9) _____ to which 114 men aged between 18 and 44 liked spicy food. The men were asked to add a hot pepper sauce to a (10) _____ of mashed potatoes. They then had to (11) _____ the spiciness of what they ate. The researchers tested the (12) _____ of the men and found that those who put more pepper sauce on their potatoes were the (13) _____ with higher levels of testosterone. Britain's health service website nhs.uk said the study was too small to (14) _____ a definite link between spice and testosterone. It said many other things could (15) _____ a preference for spicy food. These include (16) _____, cultural and psychological factors.

dish
saliva
prove
degree
genetic
evaluate
influence
ones

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

- 1) a link between eating spicy food and high _____ testosterone
 - a. level of
 - b. levels of
 - c. levelled of
 - d. levellers of
- 2) Men generally produce it at a 20 times greater _____
 - a. rate for women
 - b. rate them women
 - c. rate than women
 - d. rate of women
- 3) Men with higher levels of testosterone are commonly seen as being _____
 - a. more sexually activate
 - b. more sexually actively
 - c. more sexually activeness
 - d. more sexually active
- 4) Report co-author Laurent Begue said the findings of his study were _____ lot of research
 - a. in line within a
 - b. in line without a
 - c. in line wither a
 - d. in line with a
- 5) a link between testosterone and financial, sexual and _____
 - a. behavioural risk-giving
 - b. behavioural risk-faking
 - c. behavioural risk-taking
 - d. behavioural risk-making
- 6) _____ 114 men aged between 18 and 44 liked spicy food
 - a. the degree to which
 - b. the degree of which
 - c. the degree at which
 - d. the degree on which
- 7) The men were asked to add a hot pepper sauce _____ mashed potatoes
 - a. to a fish of
 - b. to a dish of
 - c. to a wish of
 - d. to a relish of
- 8) Britain's health service website nhs.uk said the study was too small to _____ link
 - a. prove a definitive
 - b. prove a definitely
 - c. prove a definite
 - d. prove a definites
- 9) It said many other things could influence a _____ spicy food
 - a. preference for
 - b. preferable for
 - c. preferring for
 - d. prefer ants for
- 10) These include genetic, cultural and _____
 - a. psychologically factors
 - b. psychological factors
 - c. psycho-logic all factors
 - d. psychological factors

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Scientists in France say they (1) _____ between eating spicy food and high levels of testosterone in men. Testosterone is a hormone (2) _____ found in male and female bodies that is responsible for sexual development. Men (3) _____ at a 20 times greater rate than women. It is (4) _____ male bravado and masculinity. Men with higher levels of testosterone are commonly seen as (5) _____ active, arrogant, brave and bigger risk takers. Report co-author Laurent Begue said the findings of his study were "in line with a lot of (6) _____ link between testosterone and financial, sexual and behavioural risk-taking".

Professor Begue's study looked (7) _____ which 114 men aged between 18 and 44 liked spicy food. The men (8) _____ a hot pepper sauce to a dish of mashed potatoes. They then (9) _____ the spiciness of what they ate. The researchers tested the saliva of the men and found that those who put more pepper sauce on their potatoes were (10) _____ levels of testosterone. Britain's health service website nhs.uk said the study was too small to (11) _____ between spice and testosterone. It said many other things could influence a preference for spicy food. These include genetic, cultural and (12) _____.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

1. Where were the scientists who found the link?

2. Where is testosterone found?

3. How many more times can a man's body produce testosterone?

4. Who is Laurent Begue?

5. What kind of risk-taking is mentioned besides sexual and financial?

6. What were the ages of the men who participated in the study?

7. What did the men have to evaluate?

8. What did the researchers test in the men's mouths?

9. What organization said the study was too small to prove anything?

10. What things besides cultural and genetic factors make us like spices?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

1. Where were the scientists who found the link?
 - a) Germany
 - b) France
 - c) Spain
 - d) Italy
2. Where is testosterone found?
 - a) saliva
 - b) in the left knee
 - c) in pharmacies
 - d) the male and female body
3. How many more times can a man's body produce testosterone?
 - a) 20
 - b) 30
 - c) 40
 - d) 50
4. Who is Laurent Begue?
 - a) curry chef of the year, 2012
 - b) a saliva expert
 - c) a co-author of the report
 - d) the world-record testosterone holder
5. What kind of risk-taking is mentioned besides sexual and financial?
 - a) hypothetical
 - b) behavioural
 - c) educational
 - d) physical
6. What were the ages of the men who participated in the study?
 - a) 18-84
 - b) 18-64
 - c) 18-44
 - d) 18-24
7. What did the men have to evaluate?
 - a) masculinity
 - b) spices
 - c) testosterone levels
 - d) spiciness
8. What did the researchers test in the men's mouths?
 - a) saliva
 - b) chilli
 - c) teeth
 - d) bacteria
9. What organization said the study was too small to prove anything?
 - a) Britain's health service
 - b) the World Curry Foundation
 - c) Testosterone Anonymous
 - d) the WHO
10. What things besides cultural and genetic factors make us like spices?
 - a) smells
 - b) psychological factors
 - c) restaurants
 - d) cooking shows on TV

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Role A – French fries

You think French fries are the best food. Tell the others three reasons why. Tell them why their food isn't so good. Also, tell the others which is the worst of these (and why): egg sandwiches, rice and curry or green salad.

Role B – Egg sandwiches

You think egg sandwiches are the best food. Tell the others three reasons why. Tell them why their food isn't so good. Also, tell the others which is the worst of these (and why): French fries, rice and curry or green salad.

Role C – Rice and curry

You think rice and curry is the best food. Tell the others three reasons why. Tell them why their food isn't so good. Also, tell the others which is the worst of these (and why): egg sandwiches, French fries or green salad.

Role D – Green salad

You think green salad is the best food. Tell the others three reasons why. Tell them why their food isn't so good. Also, tell the others which is the worst of these (and why): egg sandwiches, rice and curry or French fries.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

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

spicy	food
--------------	-------------

- 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">• say• steroid• generally• sign• commonly• line	<ul style="list-style-type: none">• degree• asked• ate• ones• small• include
--	---

SPICY FOOD SURVEY

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Write five GOOD questions about spicy food 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.

SPICY FOOD 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 'spicy'?
- 3) How can food change people's personality?
- 4) What do you think of spicy food?
- 5) What do you think spicy food does to women?
- 6) Is it important for a man to be very masculine?
- 7) What risks have you taken in your life?
- 8) Would you eat more spicy food if it made you braver?
- 9) Is risk-taking good or bad? Why?
- 10) What are your favourite spices (and why)?

Spicy food linked to higher testosterone levels – 17th December, 2014
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SPICY FOOD DISCUSSION

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

- 11) Did you like reading this article? Why/not?
- 12) Why isn't all food spicy?
- 13) Is mashed potato better with or without spice?
- 14) Which country has the best spiciest food?
- 15) Is too much testosterone in a man dangerous?
- 16) What spices are good for our health?
- 17) Does this study mean Thai, Mexican and Indian men are the most masculine?
- 18) Is there any food that should not have some spice in it?
- 19) What other things are spices good for?
- 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/1412/141217-spicy-food.html>

Scientists in France say they have found a link (1) _____ eating spicy food and high levels of testosterone in men. Testosterone is a hormone and steroid that (2) _____ found in male and female bodies that is responsible (3) _____ sexual development. Men generally produce it at a 20 times greater rate than women. It is usually a sign of male bravado and (4) _____. Men with higher levels of testosterone are commonly (5) _____ as being more sexually active, arrogant, brave and bigger risk takers. Report co-author Laurent Begue said the findings of his study were "in line with a lot of research showing a link between testosterone and financial, sexual and behavioural risk-(6) _____".

Professor Begue's study looked at the (7) _____ to which 114 men aged between 18 and 44 liked spicy food. The men were asked to add a hot pepper sauce to a (8) _____ of mashed potatoes. They then had to evaluate the spiciness of what they ate. The researchers tested the saliva of the men and found that those who put more pepper sauce on their potatoes were the (9) _____ with higher levels of testosterone. Britain's health service website nhs.uk said the study was too small to (10) _____ a definite link between spice and testosterone. It said many other things could (11) _____ a preference for spicy food. These include (12) _____, cultural and psychological factors.

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

- | | | | | |
|-----|-----------------|---------------|----------------|---------------|
| 1. | (a) among | (b) from | (c) between | (d) in |
| 2. | (a) is | (b) can | (c) are | (d) be |
| 3. | (a) for | (b) of | (c) to | (d) from |
| 4. | (a) masculinity | (b) muscly | (c) masculine | (d) muscled |
| 5. | (a) watched | (b) seen | (c) viewed | (d) looked |
| 6. | (a) take | (b) taken | (c) taker | (d) taking |
| 7. | (a) review | (b) channel | (c) degree | (d) ratio |
| 8. | (a) wash | (b) lash | (c) rush | (d) dish |
| 9. | (a) ones | (b) onus | (c) once | (d) onesie |
| 10. | (a) proving | (b) prove | (c) proof | (d) proven |
| 11. | (a) exert | (b) influence | (c) exacerbate | (d) inflame |
| 12. | (a) generic | (b) genesis | (c) genetic | (d) generally |

SPELLING

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Paragraph 1

1. Testosterone is a enmhroo and steroid
2. leeipsnrso for sexual development
3. Men rnylaleeg produce it
4. a sign of male bravado and icuasymitln
5. rotaragn, brave and bigger risk takers
6. sexual and oaelruhvabi risk-taking

Paragraph 2

7. the eerdge to which 114 men aged...
8. a hot pepper secua
9. ateluave the spiciness of what they ate
10. a itefiedn link
11. a frrcnepeee for spicy food
12. aicolspcyoghl factors

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Number these lines in the correct order.

()	greater rate than women. It is usually a sign of male bravado and masculinity. Men with higher levels of testosterone
()	of testosterone in men. Testosterone is a hormone and steroid that is found in male and female
()	had to evaluate the spiciness of what they ate. The researchers tested the saliva
()	could influence a preference for spicy food. These include genetic, cultural and psychological factors.
()	are commonly seen as being more sexually active, arrogant, brave and bigger risk
()	levels of testosterone. Britain's health service website nhs.uk said the study was too
()	takers. Report co-author Laurent Begue said the findings of his study were "in line
(1)	Scientists in France say they have found a link between eating spicy food and high levels
()	liked spicy food. The men were asked to add a hot pepper sauce to a dish of mashed potatoes. They then
()	small to prove a definite link between spice and testosterone. It said many other things
()	bodies that is responsible for sexual development. Men generally produce it at a 20 times
()	of the men and found that those who put more pepper sauce on their potatoes were the ones with higher
()	Professor Begue's study looked at the degree to which 114 men aged between 18 and 44
()	with a lot of research showing a link between testosterone and financial, sexual and behavioural risk-taking".

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

1. say found France have link in they a Scientists .

2. times Men it 20 rate produce a greater generally at .

3. usually bravado a sign It of is male .

4. being as seen Commonly active sexually more .

5. in findings lot were The a study with his research line of of .

6. pepper hot a Add potatoes mashed of dish a to sauce .

7. to had then They ate they what of spiciness the evaluate .

8. saliva The of researchers the tested men the .

9. study was too small to prove a definite link The .

10. many could preference said things a It other influence .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Scientists in France say they have found a *link / linking* between eating spicy food and high levels of testosterone in men. Testosterone is a *hormonal / hormone* and steroid that is found *in / on* male and female bodies that is responsible for sexual development. Men generally produce *it / them* at a 20 times greater rate than women. It is usually a sign of male *brave / bravado* and masculinity. Men with higher levels of testosterone are *commonly / common* seen as being more sexually *active / actively*, arrogant, brave and bigger risk takers. Report co-author Laurent Begue said the *founds / findings* of his study were "in *line / straight* with a lot of research showing a link *between / among* testosterone and financial, sexual and behavioural risk-taking".

Professor Begue's study looked *at / up* the degree to which 114 men aged between 18 and 44 *liking / liked* spicy food. The men were asked to *addition / add* a hot pepper sauce to a *dish / dash* of mashed potatoes. They then had to evaluate the *spicy / spiciness* of what they ate. The researchers tested the *saliva / salivates* of the men and found that those who put more pepper sauce on their potatoes were the *only / ones* with higher levels of testosterone. Britain's health service website nhs.uk said the *studious / study* was too small to prove a *definite / finite* link between spice and testosterone. It said many other things could influence a preference for spicy food. These include genetic, *cultural / culturally* and psychological factors.

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/1412/141217-spicy-food.html>

Sc__nt__sts __n Fr__nc__s__y th__y h__v__ f__nd __ l__nk
b__tw__n __t__ng sp__cy f__d __nd h__gh l__v__ls __f
t__st__st__r__n__ __n m__n. T__st__st__r__n__s __h__rm__n__nd
st__r__d th__t __s f__nd __n m__l__nd f__m__l__b__d__s th__t
__s r__sp__ns__bl__f__r s__x__l__d__v__l__p__m__nt. M__n g__n__r__lly
pr__d__c__t__t__ 20 t__m__s gr__t__r__r__t__ th__n w__m__n. __t
__s __s__lly __s__gn__f__m__l__br__v__d__nd m__sc__l__n__ty.
M__n w__th h__gh__r__l__v__ls __f t__st__st__r__n__ __r__c__mm__nly
s__n__s__b__ng m__r__s__x__lly __ct__v__, __rr__g__nt, br__v__
__nd b__gg__r__r__sk__t__k__rs. R__p__rt__c__-__th__r L__r__nt
B__g__s__d th__f__nd__ngs __f h__s st__dy w__r__"n l__n__
w__th __l__t__f__r__s__rch sh__w__ng __l__nk b__tw__n
t__st__st__r__n__nd f__n__nc__l, s__x__l__nd b__h__v____r__l
r__sk__t__k__ng".

Pr__f__ss__r B__g__'s st__dy l__k__d__t__th__d__gr__t__wh__ch
114 m__n __g__d b__tw__n 18 __nd 44 l__k__d sp__cy f__d. Th__
m__n w__r__sk__d t__dd __h__t p__pp__r s__c__t__d sh__
__f__m__sh__d p__t__t__s. Th__y th__n h__d t__v__l__t__th__
sp__c__n__ss __f wh__t th__y __t__. Th__r__s__rch__rs t__st__d th__
s__l__v____f th__m__n __nd f__nd th__t th__s__wh__p__t__m__r__
p__pp__r s__c__n th__r p__t__t__s w__r__th__n__s w__th
h__gh__r__l__v__ls __f t__st__st__r__n__. Br__t__n's h__lth
s__rv__c__w__bs__t__nhs. k__s__d th__st__dy w__s t__sm__ll
t__pr__v____d__f__n__t__l__nk b__tw__n sp__c__nd
t__st__st__r__n__. __t__s__d m__ny __th__r th__ngs c__ld
__nfl__nc____pr__f__r__nc__f__r sp__cy f__d. Th__s__ncl__d__
g__n__t__c, c__lt__r__l __nd psych__l__g__c__l f__ct__rs.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

scientists in france say they have found a link between eating spicy food and high levels of testosterone in men testosterone is a hormone and steroid that is found in male and female bodies that is responsible for sexual development men generally produce it at a 20 times greater rate than women it is usually a sign of male bravado and masculinity men with higher levels of testosterone are commonly seen as being more sexually active arrogant brave and bigger risk takers report co-author laurent begue said the findings of his study were "in line with a lot of research showing a link between testosterone and financial sexual and behavioural risk-taking"

professor begue's study looked at the degree to which 114 men aged between 18 and 44 liked spicy food the men were asked to add a hot pepper sauce to a dish of mashed potatoes they then had to evaluate the spiciness of what they ate the researchers tested the saliva of the men and found that those who put more pepper sauce on their potatoes were the ones with higher levels of testosterone britain's health service website nhsuk said the study was too small to prove a definite link between spice and testosterone it said many other things could influence a preference for spicy food these include genetic cultural and psychological factors

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Scientists in France say they have found a link between eating spicy food and high levels of testosterone in men. Testosterone is a hormone and steroid that is found in male and female bodies that is responsible for sexual development. Men generally produce it at a 20 times greater rate than women. It is usually a sign of male bravado and masculinity. Men with higher levels of testosterone are commonly seen as being more sexually active, arrogant, brave and big risk takers. Report co-author Laurent Begue said the findings of his study were "in line with a lot of research showing a link between testosterone and financial, sexual and behavioural risk-taking". Professor Begue's study looked at the degree to which 114 men aged between 18 and 44 liked spicy food. The men were asked to add a hot pepper sauce to a dish of mashed potatoes. They then had to evaluate the spiciness of what they ate. The researcher tested the saliva of the men and found that those who put more pepper sauce on their potatoes were the ones with higher levels of testosterone. Britain's health service website [nhs.uk](http://www.nhs.uk) said the study was too small to prove a definite link between spiciness and testosterone. It said many other things could influence a preference for spicy food. These include genetic, cultural and psychological factors.

FREE WRITING

From <http://www.BreakingNewsEnglish.com/1412/141217-spicy-food.html>

Write about **spicy food** for 10 minutes. Comment on your partner's paper.

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 spicy food. Share what you discover with your partner(s) in the next lesson.

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

4. SPICY FOOD: Write a magazine article about the link between spicy food and testosterone levels. Include imaginary interviews with people who agree and disagree with this.

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 spicy food. Ask him/her three questions about spicy food. Give him/her three of your ideas on how to make more people eat more of it. 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 T c T d T e F f T g F h F

SYNONYM MATCH (p.4)

- | | |
|----------------|-------------------|
| 1. link | a. connection |
| 2. responsible | b. accountable |
| 3. generally | c. usually |
| 4. bravado | d. boldness |
| 5. findings | e. conclusions |
| 6. degree | f. level |
| 7. evaluate | g. assess |
| 8. prove | h. show |
| 9. definite | i. exact |
| 10. factors | j. considerations |

COMPREHENSION QUESTIONS (p.8)

1. In France
2. In the male and female body
3. 20
4. A co-author of the report
5. Behavioural
6. 18-44
7. The spiciness of mashed potatoes
8. Saliva
9. Britain's health service
10. Psychological factors

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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