

Maori haka and language may keep dementia away

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The world-famous Maori war dance, the haka, and being bilingual may help Maori people keep dementia away. Researchers from the University of Auckland in New Zealand say performing the haka and speaking two languages (Maori and

English) might help Maoris avoid getting dementia. A study by New Zealand's Ministry of Health compared rates of dementia among citizens in their 80s and 90s. They expected to find higher rates of dementia among Maoris. This is because Maoris generally have less access to health care, less income, and more heart diseases than non-Maoris. However, researchers found no differences in rates of dementia between Maoris and non-Maoris.

The haka is a traditional war cry or challenge. It is done by a group of people who all chant and repeat the same energetic movements and stamping of the feet. It was originally performed by warriors before a battle. They wanted to show their strength and frighten their enemy. The New Zealand Native football team started using it in 1888. The New Zealand rugby team (the famous All Blacks) then started using it before their matches in 1905. It is now a key part of the pre-match preparations for the All Blacks rugby team. The haka is also used to welcome important guests at ceremonies. A Maori professor said that skill, eye co-ordination and the complex dance routines of the haka help to keep the brain healthy.

Sources: bbc.com / maoritelevision.com / nzherald.co.nz

Writing

People should go back to school when they are in their 60s to keep their brain active. Discuss.

Chat

Talk about these words from the article.

world famous / war dance / bilingual / languages / citizens / health care / income / traditional / energetic / movements / warriors / football team / rugby / healthy / brain

True / False

- a) The article says being bilingual may help Maoris keep dementia away. T / F
- b) Researchers looked at people in their 60s and 70s for dementia. T / F
- c) Maoris generally have worse access to health care than non-Maoris. T / F
- d) Researchers found no differences in dementia in Maoris and non-Maoris. T / F
- e) The haka is a traditional war dance. T / F
- f) A New Zealand rugby team started the haka in the 19th century. T / F
- g) The haka is never performed to welcome important guests. T / F
- h) A professor said the haka does not have any complex movements. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-------------------|
| 1. away | a. greet |
| 2. performing | b. stay away from |
| 3. evade | c. scare |
| 4. generally | d. important |
| 5. income | e. doing |
| 6. traditional | f. difficult |
| 7. frighten | g. salary |
| 8. key | h. at a distance |
| 9. welcome | i. customary |
| 10. complex | j. normally |

Discussion – Student A

- a) What do you know about the Maori people?
- b) How useful is it to be bilingual?
- c) How does dementia affect people?
- d) What do you think you'll be like in your 90s?
- e) How is the health care you get?
- f) How beneficial is dancing?
- g) How can we keep dementia away?
- h) Who is the most active old person you know?

BreakingNewsEnglish - The Mini Lesson

Phrase Match

- | | |
|---|---------------------------|
| 1. The world- | a. their 80s and 90s |
| 2. citizens in | b. frighten their enemy |
| 3. health | c. in rates of dementia |
| 4. less | d. co-ordination |
| 5. researchers found no differences | e. movements |
| 6. The haka is a traditional war | f. famous Maori war dance |
| 7. repeat the same energetic | g. preparations |
| 8. They wanted to show their strength and | h. care |
| 9. a key part of the pre-match | i. income |
| 10. eye | j. cry |

Discussion – Student B

- What do you think about what you read?
- When do you stamp your feet?
- What do you know about the All Blacks?
- How does your country welcome important guests?
- How good are you at dancing?
- What do you do to keep your brain healthy?
- How worried are you about getting old?
- What questions would you like to ask the researchers?

Spelling

- The world-aosufm Maori war dance
- being luinbgila
- speaking two uenasalgg
- rates of dementia among iizcetns
- Maoris gleeynalr have less access to health care
- more heart dasseie
- a otlniatiard war cry
- It was nyailgroi performed by warriors
- show their tegnshtr
- pre-match niapresotrpa
- welcome important guests at recensomie
- complex dance rntoesui

Answers – Synonym Match

1. h	2. e	3. b	4. j	5. g
6. i	7. c	8. d	9. a	10. f

Role Play

Role A – Learning Languages

You think learning languages is the best way to stay young. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): wearing young fashion, plastic surgery or traveling.

Role B – Wearing Young Fashion

You think wearing young fashion is the best way to stay young. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): learning languages, plastic surgery or traveling.

Role C – Plastic Surgery

You think plastic surgery is the best way to stay young. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): wearing young fashion, learning languages or traveling.

Role D – Traveling

You think traveling is the best way to stay young. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): wearing young fashion, plastic surgery or learning languages.

Speaking – Staying Young

Rank these with your partner. Put the best ways to stay young at the top. Change partners often and share your rankings.

- | | |
|----------------|--------------------------|
| • exercise | • learn another language |
| • the Internet | • wear young fashion |
| • sleep | • plastic surgery |
| • travel | • have many friends |

Answers – True False

a	T	b	F	c	T	d	T	e	T	f	F	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.