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Level 6 – 18th September 2023

Meditation helps reduce high blood pressure

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<https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

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

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THE ARTICLE

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

High blood pressure, also known as hypertension, is the leading preventable cause of heart disease. It affects an estimated 1.3 billion people worldwide. New guidelines from the International Society of Hypertension (ISH) include meditating for 45 minutes each day to reduce blood pressure. The ISH says "body and mind" goals should be adopted in conjunction with established advice, like cutting down on salt, limiting alcohol intake, and exercising regularly. Study author Dr Bryan Williams told the BBC: "It all sounds like it is a bit...fluffy, but these things make such an important contribution to reducing the effects of stress on the cardiovascular system, and the evidence is accumulating."

Hypertension is often referred to as the "silent killer" because it rarely presents symptoms. High blood pressure increases the risk of heart disease, heart failure, and stroke. It kills approximately 10 million people every year. Nearly half of Americans and 30 percent of people worldwide struggle with it. Dr Williams said: "There's so much people can do for themselves. All of us need to take a step back and...decompress and just relax." The American Heart Association also says meditating can help to lower blood pressure through "thoughtful awareness" or "restful alertness". The association reports that many studies show that "quieting the brain" benefits the cardiovascular system.

Sources: <https://www.bbc.com/news/health-66807432>
<https://www.health.harvard.edu/heart-health/meditation-and-a-relaxation-technique-to-lower-blood-pressure>
<https://nypost.com/2023/09/15/how-to-lower-your-blood-pressure-without-medication-experts/>

WARM-UPS

1. MEDITATION: Students walk around the class and talk to other students about meditation. 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?

blood pressure / hypertension / heart disease / meditating / body / mind / goals / silent / symptoms / risk / stroke / struggle / relax / awareness / decompress / brain

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

3. STRESS: Students A **strongly** believe we should all have lessons on how to deal with stress; Students B **strongly** believe this is unnecessary. Change partners again and talk about your conversations.

4. STRESSFUL: How stressful are these things? How can we deal with them? Complete this table with your partner(s). Change partners often and share what you wrote.

	qqqqqqq	qqqqqqq
Money		
Studying		
Family		
Work		
Social media		
Friends		

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

6. RELAX: Rank these with your partner. Put the best ways to relax at the top. Change partners often and share your rankings.

- Meditating
- Listening to music
- Reading
- Taking a bath
- Being with friends
- Hiking
- Taking a nap
- Watching movies

VOCABULARY MATCHING

Paragraph 1

- | | |
|------------------------|--|
| 1. hypertension | a. Silly; lacking depth or seriousness. |
| 2. adopted | b. Gathering together or acquire an increasing number or quantity of. |
| 3. in conjunction with | c. Abnormally high blood pressure. |
| 4. established | d. Chose to take up, follow, or use. |
| 5. fluffy | e. Having existed or done something for a long time and therefore recognized and generally accepted. |
| 6. evidence | f. The available body of facts or information showing whether a belief or proposition is true. |
| 7. accumulating | g. Together with |

Paragraph 2

- | | |
|-------------------|--|
| 8. referred to | h. Calm down and relax. |
| 9. symptom | i. Have difficulty handling or coping with. |
| 10. stroke | j. About; roughly. |
| 11. approximately | k. Mentioned or alluded to. |
| 12. struggle | l. A group of people organized for a joint purpose. |
| 13. decompress | m. A physical or mental feature which is a sign of disease, particularly one the patient can see or feel. |
| 14. association | n. A sudden disabling attack or loss of consciousness caused by an interruption in the flow of blood to the brain. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

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

1. Another name for high blood pressure is hypertension. **T / F**
2. A guideline said 45 seconds of daily meditation reduces blood pressure. **T / F**
3. A guideline says meditating means people can have more salt. **T / F**
4. An author said evidence that meditation helps blood pressure is growing. **T / F**
5. People say high blood pressure is a silent killer. **T / F**
6. High blood pressure kills 100 million people every year. **T / F**
7. Around 30% of people around the world have high blood pressure. **T / F**
8. Studies show that keeping the brain active helps blood pressure. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|------------------------|------------------|
| 1. leading | a. embraced |
| 2. adopted | b. consciousness |
| 3. limiting | c. growing |
| 4. evidence | d. signs |
| 5. accumulating | e. grapple |
| 6. symptoms | f. main |
| 7. decompress | g. aids |
| 8. struggle | h. calm down |
| 9. awareness | i. proof |
| 10. benefits | j. restricting |

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

- | | |
|-----------------------------------|-------------------------------|
| 1. High blood pressure, | a. an important contribution |
| 2. the leading preventable | b. a step back |
| 3. in conjunction | c. cause of heart disease |
| 4. these things make such | d. and stroke |
| 5. the evidence | e. with established advice |
| 6. Hypertension is often referred | f. struggle with it |
| 7. heart disease, heart failure, | g. also known as hypertension |
| 8. 30 percent of people worldwide | h. the cardiovascular system |
| 9. All of us need to take | i. to as the "silent killer" |
| 10. quieting the brain benefits | j. is accumulating |

GAP FILL

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

High blood pressure, also known as hypertension, is the (1) _____ preventable cause of heart disease. It (2) _____ an estimated 1.3 billion people worldwide. New guidelines from the International Society of Hypertension (ISH) include (3) _____ for 45 minutes each day to reduce blood pressure. The ISH says "body and mind" goals should be adopted in (4) _____ with established advice, like cutting down on salt, (5) _____ alcohol intake, and exercising regularly. Study author Dr Bryan Williams told the BBC: "It all sounds like it is a bit...(6) _____, but these things make such an important contribution to reducing the (7) _____ of stress on the cardiovascular system, and the (8) _____ is accumulating."

fluffy
affects
conjunction
effects
leading
evidence
limiting
meditating

Hypertension is often referred to as the "(9) _____ killer" because it rarely presents symptoms. High blood pressure increases the (10) _____ of heart disease, heart failure, and stroke. It kills approximately 10 million people every year. Nearly (11) _____ of Americans and 30 percent of people worldwide (12) _____ with it. Dr Williams said: "There's so much people can do for themselves. All of us need to take a step (13) _____ and...decompress and just relax." The American Heart Association also says meditating can help to (14) _____ blood pressure through "thoughtful awareness" or "restful (15) _____". The association reports that many studies show that "quieting the brain" (16) _____ the cardiovascular system.

half
back
alertness
silent
benefits
struggle
risk
lower

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

- 1) High blood pressure, also known as hypertension, is the _____
 - a. leading preventable because
 - b. leading preventable cause
 - c. leading preventable case
 - d. leading preventable causal
- 2) New guidelines from the International Society of Hypertension _____
 - a. (ISH) include meditating
 - b. (ISH) include mediating
 - c. (ISH) include meditate in
 - d. (ISH) include meditate thing
- 3) "body and mind" goals should be adopted in conjunction _____
 - a. with established odd vice
 - b. with established add vice
 - c. with established advise
 - d. with established advice
- 4) cutting down on salt, limiting alcohol intake, _____
 - a. and exercise sin regularly
 - b. and exercising regular
 - c. and exercising regularly
 - d. end exercising regularly
- 5) the effects of stress on the cardiovascular system, and the _____
 - a. evidences accumulating
 - b. evidences accumulating
 - c. evidence is accumulating
 - d. evidence is accumulate in
- 6) Hypertension is often referred to as _____
 - a. the "silence killer"
 - b. the "silent killer"
 - c. the "silent killers"
 - d. the "silently killer"
- 7) High blood pressure increases the risk of heart disease, heart _____
 - a. failure, and strike
 - b. failure, and struck
 - c. failure, and stroke
 - d. failure, and stricken
- 8) Nearly half of Americans and 30 percent of people worldwide _____
 - a. struggles with it
 - b. struggle without
 - c. struggles wither
 - d. struggle with it
- 9) All of us need to take a step _____
 - a. back and to compress
 - b. back and decompress
 - c. back and deep compress
 - d. back and de-compost
- 10) lower blood pressure through "thoughtful awareness" _____
 - a. or "restful alertness"
 - b. or "rest fully alertness"
 - c. or "rest full of alertness"
 - d. or "rests full alert mess"

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

High blood pressure, (1) _____ hypertension, is the leading preventable cause of heart disease. It (2) _____ 1.3 billion people worldwide. New guidelines from the International Society of Hypertension (ISH) include meditating for 45 minutes each day to reduce blood pressure. The ISH says "(3) _____" goals should be adopted in conjunction with established advice, like (4) _____ salt, limiting alcohol intake, and exercising regularly. Study author Dr Bryan Williams told the BBC: "It all sounds like it is (5) _____, but these things make such an important contribution to reducing the effects of stress on the cardiovascular system, and the (6) _____."

Hypertension is (7) _____ as the "silent killer" because it rarely presents symptoms. High blood pressure increases the risk of heart disease, heart (8) _____. It kills approximately 10 million people every year. Nearly half of Americans and 30 percent of people worldwide (9) _____. Dr Williams said: "There's so much people can do for themselves. All of us need to take a step back and... (10) _____ relax." The American Heart Association also says meditating can (11) _____ blood pressure through "thoughtful awareness" or "restful alertness". The association reports that many studies show that "(12) _____" benefits the cardiovascular system.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

1. What's another name for high blood pressure?
2. How many people worldwide suffer from high blood pressure?
3. What is recommended along with limiting salt and alcohol, and exercising?
4. What did a doctor say meditating sounded like?
5. What did the doctor say is accumulating?
6. Why is high blood pressure often called the "silent killer"?
7. How many people does high blood pressure kill every year?
8. What does a doctor say we should do after taking a step back?
9. What does a heart association recommend besides "restful alertness"?
10. What might "quieting the brain" benefit?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

- 1) What's another name for high blood pressure?
 - a) hyper-stress
 - b) hypotension
 - c) hypo-pressure
 - d) hypertension
- 2) How many people worldwide suffer from high blood pressure?
 - a) 1.2 billion
 - b) 1.3 billion
 - c) 1.4 billion
 - d) 1.5 billion
- 3) What is recommended along with limiting salt and alcohol, and exercising?
 - a) fruit and vegetables
 - b) napping and sleeping
 - c) music and movies
 - d) mind and body goals
- 4) What did a doctor say meditating sounded like?
 - a) marshmallow
 - b) angels singing
 - c) a bit fluffy
 - d) humming
- 5) What did the doctor say is accumulating?
 - a) stress
 - b) pressure
 - c) blood pressure pills
 - d) evidence
- 6) Why is high blood pressure often called the "silent killer"?
 - a) No one hears it.
 - b) It leaves no trace.
 - c) It rarely presents symptoms.
 - d) It suddenly appears.
- 7) How many people does high blood pressure kill every year?
 - a) approximately 10 million
 - b) precisely 10 million
 - c) just over 10 million
 - d) slightly fewer than 10 million
- 8) What does a doctor say we should do after taking a step back?
 - a) take two steps forward
 - b) sit down
 - c) decompress and relax
 - d) take a nap
- 9) What does a heart association recommend besides "restful alertness"?
 - a) conscious awareness
 - b) thoughtful awareness
 - c) conscious consciousness
 - d) thoughtful thoughts
- 10) What might "quieting the brain" benefit?
 - a) the cardiovascular system
 - b) studying for exams
 - c) other people
 - d) headaches

ROLE PLAY

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

Role A – Meditating

You think meditating is the best way to relax. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): reading, hiking or watching movies.

Role B – Reading

You think reading is the best way to relax. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): meditating, hiking or watching movies.

Role C – Hiking

You think hiking is the best way to relax. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): reading, meditating or watching movies.

Role D – Watching Movies

You think watching movies is the best way to relax. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): reading, hiking or meditating.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

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

meditation	blood pressure
-------------------	-----------------------

- 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">• known• affects• 45• cutting• fluffy• effects	<ul style="list-style-type: none">• referred• increases• struggle• step• lower• studies
---	--

MEDITATION SURVEY

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

Write five GOOD questions about meditation 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.

MEDITATION DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'meditation'?
3. What do you know about high blood pressure?
4. How worried are you about high blood pressure?
5. Why might meditation be good for high blood pressure?
6. What do you think of meditation?
7. How might 45 minutes of daily meditation help us?
8. What do you need to do to lead a healthier lifestyle?
9. What kinds of stress are there in your life?
10. Why might meditating sound a bit 'fluffy'?

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MEDITATION 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 'blood pressure'?
13. What do you think about what you read?
14. Why do you think more hasn't been done to treat hypertension?
15. What are the differences between heart attacks and strokes?
16. What things do you do to 'decompress' and relax?
17. What do you think 'thoughtful awareness' is?
18. What do you think 'restful alertness' is?
19. What can we do to 'quieten the brain'?
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 <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

High blood pressure, also (1) _____ as hypertension, is the leading preventable cause of heart disease. It (2) _____ an estimated 1.3 billion people worldwide. New guidelines from the International Society of Hypertension (ISH) include meditating for 45 minutes each day (3) _____ reduce blood pressure. The ISH says "body and mind" goals should be adopted in conjunction with established advice, like cutting down (4) _____ salt, limiting alcohol intake, and exercising regularly. Study author Dr Bryan Williams told the BBC: "It all sounds like it is a (5) _____ ...fluffy, but these things make such an important contribution to reducing the effects of stress on the cardiovascular system, and the evidence is (6) _____."

Hypertension is often referred to as the "silent killer" because it (7) _____ presents symptoms. High blood pressure increases the risk of heart disease, heart failure, and stroke. It kills (8) _____ 10 million people every year. Nearly half of Americans and 30 percent of people worldwide (9) _____ with it. Dr Williams said: "There's so much people can do for themselves. All of us need to take a (10) _____ back and...decompress and just relax." The American Heart Association also says meditating can help to (11) _____ blood pressure through "thoughtful awareness" or "restful alertness". The association reports that many studies show that "(12) _____ the brain" benefits the cardiovascular system.

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

- | | | | | |
|-----|------------------|-------------------|------------------|------------------|
| 1. | (a) known | (b) knows | (c) knowing | (d) know |
| 2. | (a) effects | (b) infects | (c) affects | (d) reflects |
| 3. | (a) for | (b) by | (c) to | (d) at |
| 4. | (a) at | (b) of | (c) by | (d) on |
| 5. | (a) bit | (b) some | (c) tiny | (d) lint |
| 6. | (a) accumulates | (b) accumulating | (c) accumulation | (d) accumulate |
| 7. | (a) raring | (b) rarity | (c) rare | (d) rarely |
| 8. | (a) approximates | (b) approximately | (c) approximate | (d) approximated |
| 9. | (a) attack | (b) endure | (c) struggle | (d) afflict |
| 10. | (a) ladder | (b) walk | (c) stage | (d) step |
| 11. | (a) lowly | (b) lows | (c) low | (d) lower |
| 12. | (a) quiets | (b) quieting | (c) quieten | (d) quite |

SPELLING

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

Paragraph 1

1. also known as rpheyneitson
2. the leading trlvnebapee cause of heart disease
3. in tcninojnouc with established advice
4. It all sounds like it is a bit luyfff
5. make such an important ontriiitnoub
6. the evidence is clcaiuaunmgt

Paragraph 2

7. it rarely presents msstmpoy
8. It kills petalyaoxpirm 10 million
9. people worldwide sretgulg with it
10. dercmpesso and just relax
11. teginqui the brain
12. the iraouvcdaslrac system

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

Number these lines in the correct order.

- () 10 million people every year. Nearly half of Americans and 30 percent of people worldwide
- () to lower blood pressure through "thoughtful awareness" or "restful alertness". The association
- () risk of heart disease, heart failure, and stroke. It kills approximately
- () Hypertension is often referred to as the "silent killer" because it rarely presents symptoms. High blood pressure increases the
- () back and...decompress and just relax." The American Heart Association also says meditating can help
- () day to reduce blood pressure. The ISH says "body and mind" goals should be adopted in conjunction
- (**1**) High blood pressure, also known as hypertension, is the leading preventable cause
- () struggle with it. Dr Williams said: "There's so much people can do for themselves. All of us need to take a step
- () from the International Society of Hypertension (ISH) include meditating for 45 minutes each
- () reports that many studies show that "quieting the brain" benefits the cardiovascular system.
- () with established advice, like cutting down on salt, limiting alcohol intake, and exercising regularly. Study author
- () Dr Bryan Williams told the BBC: "It all sounds like it is a bit...fluffy, but these things make such an important contribution
- () of heart disease. It affects an estimated 1.3 billion people worldwide. New guidelines
- () to reducing the effects of stress on the cardiovascular system, and the evidence is accumulating."

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

1. It's cause heart the disease . of leading preventable
2. estimated an worldwide . 1.3 billion It affects people
3. with adopted Goals in established conjunction are advice .
4. a all It bit sounds it's like fluffy .
5. These make important contribution . things an such
6. of pressure disease . increases High heart blood risks
7. kills people approximately 10 It year . million every
8. There's for much do can people themselves . so
9. all to take a We need back . step
10. benefits the system . cardiovascular Quieting the brain

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

High blood pressure, also *known / knowing* as hypertension, is the leading preventable cause of heart disease. It *affects / effects* an estimated 1.3 billion people worldwide. New guidelines from the International Society of Hypertension (ISH) *include / inclusive* meditating for 45 minutes *whole / each* day to reduce blood pressure. The ISH says "body and *mind / mend*" goals should be *enlisted / adopted* in conjunction with established *advise / advice*, like cutting down *on / in* salt, limiting alcohol intake, and exercising regularly. Study author Dr Bryan Williams told the BBC: "It all sounds like it is a bit...*fluffy / fluff*, but these things make such an important contribution to reducing the effects of stress on the cardiovascular system, and the evidence is *accumulation / accumulating*."

Hypertension is often referred *by / to* as the "silent killer" because it rarely *presents / gifts* symptoms. High blood pressure increases the *risqué / risk* of heart disease, heart failure, and *strike / stroke*. It kills approximately 10 million people every year. Nearly half of Americans and 30 percent of people worldwide struggle *at / with* it. Dr Williams said: "There's so much people can do for themselves. All of us *needy / need* to take a step back and...*decompress / compost* and just relax." The American Heart Association also says meditating can help to lower blood pressure *thorough / through* "thoughtful awareness" or "restful *alerts / alertness*." The association reports that many studies show that "*quieting / quitting* the brain" benefits the cardiovascular system.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

Hgh bl__d pr_ss_r_, _ls_ kn_wn _s hyp_rt_ns__n, _s th_ l__d_ng pr_v_nt_bl_ c__s_ _f h__rt d_s__s_. _t _ff_cts _n _st_m_t_d 1.3 b_ll__n p__pl_ w_rldw_d_. N_w g__d_l_n_s fr_m th_ _nt_rn_t__n_l S_c__ty _f Hyp_rt_ns__n (_SH) _ncl_d_ m_d_t_t_ng f_r 45 m_n_t_s __ch d_y t_ r_d_c_ bl__d pr_ss_r_. Th_ _SH s_ys "b_dy _nd m_nd" g__ls sh__ld b_ _d_pt_d _n c_nj_nct__n w_th _st_bl_sh_d _dv_c_, l_k_ c_tt_ng d_wn _n s_lt, l_m_t_ng _lc_h_l _nt_k_, _nd _x_rc_s_ng r_g_l_rly. St_dy __th_r Dr Bry_n W_ll__ms t_ld th_ BBC: "_t _ll s__nds l_k_ _t _s _ b_t...fl_ffy, b_t th_s_ th_ngs m_k_ s_ch _n _mp_rt_nt c_ntr_b_t__n t_ r_d_c_ng th_ _ff_cts _f str_ss _n th_ c_rd__v_sc_l_r syst_m, _nd th_ _v_d_nc_ _s _cc_m_l_t_ng."

Hyp_rt_ns__n _s _ft_n r_f_rr_d t_ _s th_ "s_l_nt k_ll_r" b_c__s_ _t r_r_ly pr_s_nts sympt_ms. Hgh bl__d pr_ss_r_ _ncr__s_s th_ r_sk _f h__rt d_s__s_, h__rt f__l_r_, _nd str_k_. _t k_lls _ppr_x_m_t_ly 10 m_ll__n p__pl_ _v_ry y__r. N__rly h_lf _f _m_r_c_ns _nd 30 p_rc_nt _f p__pl_ w_rldw_d_ str_ggl_ w_th _t. Dr W_ll__ms s__d: "Th_r_'s s_ m_ch p__pl_ c_n d_ f_r th_ms_lv_s. _ll _f _s n__d t_ t_k_ _ st_p b_ck _nd...d_c_mpr_ss _nd j_st r_l_x." Th_ _m_r_c_n H__rt _ss_c__t__n _ls_ s_ys m_d_t_t_ng c_n h_lp t_ l_w_r bl__d pr_ss_r_ thr__gh "th__ghtf_l _w_r_n_ss" _r "r_stf_l _l_rtn_ss." Th_ _ss_c__t__n r_p_rts th_t m_ny st_d__s sh_w th_t "q__t_ng th_ br__n" b_n_f_ts th_ c_rd__v_sc_l_r syst_m.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

high blood pressure also known as hypertension is the leading preventable cause of heart disease it affects an estimated 13 billion people worldwide new guidelines from the international society of hypertension ish include meditating for 45 minutes each day to reduce blood pressure the ish says body and mind goals should be adopted in conjunction with established advice like cutting down on salt limiting alcohol intake and exercising regularly study author dr bryan williams told the bbc it all sounds like it is a bit fluffy but these things make such an important contribution to reducing the effects of stress on the cardiovascular system and the evidence is accumulating

hypertension is often referred to as the silent killer because it rarely presents symptoms high blood pressure increases the risk of heart disease heart failure and stroke it kills approximately 10 million people every year nearly half of americans and 30 percent of people worldwide struggle with it dr williams said theres so much people can do for themselves all of us need to take a step back and decompress and just relax the american heart association also says meditating can help to lower blood pressure through thoughtful awareness or restful alertness the association reports that many studies show that quieting the brain benefits the cardiovascular system

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2309/230918-high-blood-pressure.html>

High blood pressure, also known as hypertension, is the leading preventable cause of heart disease. It affects an estimated 1.3 billion people worldwide. New guidelines from the International Society of Hypertension (ISH) include meditating for 45 minutes each day to reduce blood pressure. The ISH says "body and mind" goals should be adopted in conjunction with established advice, like cutting down on salt, limiting alcohol intake, and exercising regularly. Study author Dr Bryan Williams told the BBC: "It all sounds like it is a bit... fluffy, but these things make such an important contribution to reducing the effects of stress on the cardiovascular system, and the evidence is accumulating." Hypertension is often referred to as the "silent killer" because it rarely presents symptoms. High blood pressure increases the risk of heart disease, heart failure, and stroke. It kills approximately 10 million people every year. Nearly half of Americans and 30 percent of people worldwide struggle with it. Dr Williams said: "There's something people can do for themselves. All of us need to take a step back and... decompress and just relax." The American Heart Association also says meditating can help to lower blood pressure through "thoughtful awareness" or "restful alertness". The association reports that many studies show that "quieting the brain" benefits the cardiovascular system.

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 this news story. Share what you discover with your partner(s) in the next lesson.

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

4. SALT: Write a magazine article about food manufacturers halving the salt they put in their food. Include imaginary interviews with people who are for and against 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 meditation. Ask him/her three questions about it. Give him/her three of your ideas on how to reduce high blood pressure. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. d 3. g 4. e 5. a 6. f 7. b
8. k 9. m 10. n 11. j 12. i 13. h 14. l

TRUE / FALSE (p.5)

- 1 T 2 F 3 F 4 T 5 T 6 F 7 T 8 F

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- Hypertension
- 1.3 billion
- Mind and body goals
- A bit fluffy
- Evidence
- It rarely presents symptoms
- Approximately 10 million
- Decompress and relax
- Thoughtful awareness
- The cardiovascular system

WORDS IN THE RIGHT ORDER (p.19)

- It's the leading preventable cause of heart disease.
- It affects an estimated 1.3 billion people worldwide.
- Goals are adopted in conjunction with established advice.
- It all sounds like it's a bit fluffy.
- These things make such an important contribution.
- High blood pressure increases risks of heart disease.
- It kills approximately 10 million people every year.
- There's so much people can do for themselves.
- We all need to take a step back.
- Quieting the brain benefits the cardiovascular system.

MULTIPLE CHOICE - QUIZ (p.10)

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 ;-)