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Level 6

Using cotton buds could damage your hearing

7th January, 2017

<http://www.breakingnewsenglish.com/1701/170107-cotton-buds.html>

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

Doctors are now telling us what grandparents have known for decades - don't stick anything smaller than your elbow into your ears. An organization of ear specialists in the USA, the American Academy of Otolaryngology, has said cleaning your ears with cotton buds (aka Q-tips) can cause long-lasting damage to your eardrums and hearing. Dr Jennifer Caudle told Yahoo Beauty that cotton buds seem harmless objects but can cause significant damage. She said: "I know people want to stick things in their ears and they think it's the right thing to do, but [cotton buds] can cause holes in the eardrum, irritation in the canal, and can predispose you to getting infections."

The Academy has also recommended that people change their image of earwax and think of it as an essential substance to keep our ears healthy. Dr Seth Schwartz said: "There is an inclination for people to want to clean their ears because they believe earwax is an indication of uncleanliness. This misinformation leads to unsafe ear health habits." Doctors say our body produces earwax for a good reason. It does an essential job of cleaning out the ears, stopping them from drying out, and helping them to sweat naturally. It also protects the inner ears against bacteria, bugs, dirt and dust. Using cotton buds can push earwax further inside the ear and cause blockages, which can undo all the good work of earwax.

Sources: <https://www.yahoo.com/beauty/stop-messing-with-your-ears-231408120.html>
<http://gizmodo.com/doctors-seriously-stop-sticking-q-tips-in-your-ears-1790710578>
<http://www.sciencealert.com/here-s-why-it-s-a-bad-idea-to-clean-your-ears-with-cotton-buds>

WARM-UPS

1. COTTON BUDS: Students walk around the class and talk to other students about cotton buds. 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?

doctors / grandparents / elbows / ears / harmless / objects / damage / infections / image / earwax / healthy / misinformation / essential / sweat / bacteria / blockages

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

3. DOCTORS: Students A **strongly** believe our grandparents know more about health than doctors; Students B **strongly** believe doctors know best. Change partners again and talk about your conversations.

4. LOOKING AFTER: What dangers are there to these things? How can we look after them? Complete this table with your partner(s). Change partners often and share what you wrote.

	Dangers	How to look after them better
Ears		
Eyes		
Teeth		
Heart		
Hair		
Brain		

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

6. DANGERS: Rank these with your partner. Put the biggest dangers to ears at the top. Change partners often and share your rankings.

- cotton buds
- headphones
- insects
- bacteria
- rock concerts
- city noise
- swimming
- ear piercings

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

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

- a. Grandparents knew not to stick things smaller than elbows in our ears. **T / F**
- b. Cotton buds are also known as Q-tips. **T / F**
- c. A doctor said cotton buds look harmless but can cause a lot of damage. **T / F**
- d. A doctor said cotton buds could cause holes in the ear canals. **T / F**
- e. An organization said we should change our image of earwax. **T / F**
- f. People tend to believe earwax is a sign of cleanliness. **T / F**
- g. Earwax causes our ears to dry out. **T / F**
- h. Cotton buds remove earwax and this avoids blockages in the ear. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-----------------------|---------------|
| 1. specialists | a. appear |
| 2. seem | b. proper |
| 3. significant | c. normally |
| 4. right | d. experts |
| 5. infections | e. perception |
| 6. image | f. serious |
| 7. essential | g. sign |
| 8. indication | h. ruin |
| 9. naturally | i. diseases |
| 10. undo | j. vital |

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

- | | |
|---|-----------------------------|
| 1. telling us what grandparents have | a. lasting damage |
| 2. anything smaller than | b. against bacteria |
| 3. Q-tips can cause long- | c. infections |
| 4. cotton buds can cause holes | d. of uncleanness |
| 5. predispose you to getting | e. substance |
| 6. think of it as an essential | f. in the eardrum |
| 7. they believe earwax is an indication | g. known for decades |
| 8. It does an essential job | h. good work of earwax |
| 9. It also protects the inner ears | i. of cleaning out the ears |
| 10. undo all the | j. your elbow |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

Doctors are now telling us what grandparents have (1) _____ for decades - don't stick (2) _____ smaller than your elbow into your ears. An organization of ear (3) _____ in the USA, the American Academy of Otolaryngology, has said cleaning your ears with cotton buds (aka Q-tips) can cause long-(4) _____ damage to your eardrums and hearing. Dr Jennifer Caudle told Yahoo Beauty that cotton buds seem harmless objects but can (5) _____ significant damage. She said: "I know people want to (6) _____ things in their ears and they think it's the (7) _____ thing to do, but [cotton buds] can cause holes in the eardrum, irritation in the canal, and can predispose you to getting (8) _____."

cause
anything
right
known
infections
lasting
specialists
stick

The Academy has also (9) _____ that people change their image of earwax and think of it as an (10) _____ substance to keep our ears healthy. Dr Seth Schwartz said: "There is an inclination for people to want to clean their ears because they believe earwax is an (11) _____ of uncleanness. This misinformation leads to unsafe ear health (12) _____." Doctors say our body produces earwax for a good (13) _____. It does an essential job of cleaning out the ears, stopping them from drying out, and helping them to sweat (14) _____. It also protects the inner ears against bacteria, bugs, dirt and (15) _____. Using cotton buds can push earwax further inside the ear and cause blockages, which can (16) _____ all the good work of earwax.

essential
naturally
habits
recommended
undo
indication
dust
reason

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

- 1) Doctors are now telling us what grandparents have _____
 - a. knowing for decade
 - b. known for decadence
 - c. known for decades
 - d. knowing for decades
- 2) don't stick anything smaller than your elbow _____
 - a. into your ears
 - b. in two your ears
 - c. and to your ears
 - d. in too your ears
- 3) Q-tips can cause long-lasting damage to your _____
 - a. ear drum sand hearing
 - b. ear drums and hear ring
 - c. eardrums and hearing
 - d. ear drums and hear rings
- 4) people want to stick things in their ears and they think it's the _____
 - a. right things to do
 - b. rights thing to do
 - c. rights things to do
 - d. right thing to do
- 5) but [cotton buds] can cause holes in the eardrum, irritation _____
 - a. in the river
 - b. in the stream
 - c. in the channel
 - d. in the canal
- 6) clean their ears because they believe earwax is an indication _____
 - a. off uncleanliness
 - b. of non-cleanliness
 - c. off no cleanliness
 - d. of uncleanliness
- 7) Doctors say our body produces earwax for _____
 - a. a goodly reason
 - b. the good reason
 - c. a good reasons
 - d. a good reason
- 8) cleaning out the ears, stopping them from drying out, and helping them _____
 - a. to sweet naturally
 - b. to sweeten naturally
 - c. to swat naturally
 - d. to sweat naturally
- 9) It also protects the inner ears against bacteria, bugs, _____
 - a. dirty and dusty
 - b. dirt and dusts
 - c. dirty and dust
 - d. dirt and dusty
- 10) Using cotton buds can push earwax further inside the ear and _____
 - a. cause blockages
 - b. cause blockage
 - c. cause blockage is
 - d. cause block ages

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

Doctors are now telling us what grandparents (1) _____ decades - don't stick anything smaller than your elbow into your ears. An organization (2) _____ in the USA, the American Academy of Otolaryngology, has said cleaning your ears (3) _____ (aka Q-tips) can cause long-lasting damage to your eardrums and hearing. Dr Jennifer Caudle told Yahoo Beauty that cotton (4) _____ objects but can cause significant damage. She said: "I know people want to stick things in their ears and (5) _____ the right thing to do, but [cotton buds] can cause holes in the eardrum, irritation in the canal, and can predispose you to (6) _____."

The Academy has also recommended that people (7) _____ of earwax and think of it as an (8) _____ to keep our ears healthy. Dr Seth Schwartz said: "There is an inclination for people to want to clean their ears because they believe earwax (9) _____ of uncleanliness. This misinformation leads to unsafe ear health habits." Doctors (10) _____ produces earwax for a good reason. It does an essential job of cleaning out the ears, stopping them from drying out, and helping them (11) _____. It also protects the inner ears against bacteria, bugs, dirt and dust. Using cotton buds can push earwax further inside the ear and cause blockages, (12) _____ all the good work of earwax.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

1. How long have grandparents known about ear cleaning?
2. What are cotton buds also known as?
3. What did a doctor say cotton buds can seem?
4. What can cotton buds cause holes in?
5. What can using cotton buds predispose people to get?
6. What did an academy recommend people change their image of?
7. What do people think earwax is an indication of?
8. What did doctors say the body produces earwax for?
9. What does earwax protect the ear against besides bacteria and bugs?
10. What does pushing earwax inside the ear cause?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

- 1) How long have grandparents known about ear cleaning?
 - a) since the year 1743
 - b) 284 years
 - c) decades
 - d) since the beginning of time
- 2) What are cotton buds also known as?
 - a) Q-tips
 - b) wax busters
 - c) ear sticks
 - d) furry friends
- 3) What did a doctor say cotton buds can seem?
 - a) hairless
 - b) hopeless
 - c) hapless
 - d) harmless
- 4) What can cotton buds cause holes in?
 - a) ear lobes
 - b) eardrums
 - c) canals
 - d) hair
- 5) What can using cotton buds predispose people to get?
 - a) bigger ears
 - b) cotton allergies
 - c) infections
 - d) injections
- 6) What did an academy recommend people change their image of?
 - a) infections
 - b) earwax
 - c) cotton
 - d) ears
- 7) What do people think earwax is an indication of?
 - a) cotton overdose
 - b) an infection
 - c) misinformation
 - d) uncleanliness
- 8) What did doctors say the body produces earwax for?
 - a) health habits
 - b) a good reason
 - c) drying
 - d) bugs
- 9) What does earwax protect the ear against besides bacteria and bugs?
 - a) dirt and dust
 - b) bits and bobs
 - c) this and that
 - d) sun and sand
- 10) What does pushing earwax inside the ear cause?
 - a) bleeding
 - b) pain
 - c) deafness
 - d) blockages

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

Role A – Cotton buds

You think cotton buds are the biggest danger to our ears. Tell the others three reasons why. Tell them why their things aren't dangerous. Also, tell the others which is the least dangerous of these (and why): headphones, insects or ear piercings.

Role B – Headphones

You think headphones are the biggest danger to our ears. Tell the others three reasons why. Tell them why their things aren't dangerous. Also, tell the others which is the least dangerous of these (and why): cotton buds, insects or ear piercings.

Role C – Insects

You think insects are the biggest danger to our ears. Tell the others three reasons why. Tell them why their things aren't dangerous. Also, tell the others which is the least dangerous of these (and why): headphones, cotton buds or ear piercings.

Role D – Ear Piercings

You think ear piercings are the biggest danger to our ears. Tell the others three reasons why. Tell them why their things aren't dangerous. Also, tell the others which is the least dangerous of these (and why): headphones, insects or cotton buds.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

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

cotton	bud
---------------	------------

- 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">• decades• elbows• aka• seem• things• getting	<ul style="list-style-type: none">• image• healthy• leads• reason• sweat• undo
--	---

COTTON BUDS SURVEY

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

Write five GOOD questions about cotton buds 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.

COTTON BUDS 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 'cotton bud'?
3. What do you think about what you read?
4. Why do grandparents know more than doctors?
5. How dangerous is putting cotton buds in the ear?
6. What things do you do that could damage your ears?
7. What do you know about how our ears work?
8. What other uses are there of cotton buds?
9. Have you ever hurt or damaged your ears?
10. Will cotton bud companies believe the doctors?

Using cotton buds could damage your hearing – 7th January, 2017
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COTTON BUDS DISCUSSION

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

11. Did you like reading this article? Why/not?
12. How important is earwax?
13. What should we do to look after our ears?
14. What do you think of earwax?
15. Why do people think earwax is a sign of uncleanliness?
16. What other misinformation do companies of health products give?
17. Will you now change your ear-cleaning habits?
18. What should people do for an earache?
19. How important is our sense of hearing?
20. What questions would you like to ask the doctors?

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/1701/170107-cotton-buds.html>

Doctors are now telling us what grandparents have (1) _____ for decades - don't stick anything smaller than your (2) _____ into your ears. An organization of ear specialists in the USA, the American Academy of Otolaryngology, has said cleaning your ears with cotton buds (aka Q-tips) can cause (3) _____-lasting damage to your eardrums and hearing. Dr Jennifer Caudle told Yahoo Beauty that cotton buds (4) _____ harmless objects but can cause (5) _____ damage. She said: "I know people want to stick things in their ears and they think it's the right thing to do, but [cotton buds] can cause holes in the eardrum, irritation in the (6) _____, and can predispose you to getting infections."

The Academy has also recommended that people change (7) _____ image of earwax and think of it as an essential substance to keep our ears healthy. Dr Seth Schwartz said: "There is (8) _____ inclination for people to want to clean their ears because they believe earwax is an indication of uncleanliness. This misinformation (9) _____ to unsafe ear health habits." Doctors say our body produces earwax for a good reason. It does an essential job of cleaning out the ears, stopping them (10) _____ drying out, and helping them to sweat naturally. It also protects the inner ears (11) _____ bacteria, bugs, dirt and dust. Using cotton buds can push earwax further inside the ear and cause blockages, which can (12) _____ all the good work of earwax.

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

- | | | | | |
|-----|-----------------|-------------------|------------------|---------------|
| 1. | (a) known | (b) know | (c) knew | (d) knowing |
| 2. | (a) knee | (b) shoulder | (c) elbow | (d) ankle |
| 3. | (a) strong | (b) wrong | (c) long | (d) along |
| 4. | (a) show | (b) appear | (c) look | (d) seem |
| 5. | (a) significant | (b) significantly | (c) significance | (d) signified |
| 6. | (a) channel | (b) canal | (c) stream | (d) river |
| 7. | (a) theirs | (b) they | (c) them | (d) their |
| 8. | (a) on | (b) an | (c) in | (d) non |
| 9. | (a) needs | (b) reads | (c) leads | (d) seeds |
| 10. | (a) off | (b) for | (c) of | (d) from |
| 11. | (a) gaining | (b) gains | (c) again | (d) against |
| 12. | (a) redo | (b) undo | (c) do | (d) ado |

SPELLING

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

Paragraph 1

1. what grandparents have known for edcsade
2. An organization of ear sliscsipaet
3. cause sniifactgn damage
4. cause holes in the druerma
5. ariorinti in the canal
6. predispose you to getting enioiftnsc

Paragraph 2

7. mcdemdoreen that people change
8. think of it as an esntilsea substance
9. earwax is an dtnniaoci of uncleanliness
10. helping them to sweat anrtlulay
11. protects the inner ears against earaicbt
12. cause bsekolagc

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

Number these lines in the correct order.

- () hearing. Dr Jennifer Caudle told Yahoo Beauty that cotton buds seem harmless objects but can cause significant
- () uncleanliness. This misinformation leads to unsafe ear health habits." Doctors say our body produces earwax for
- () and can predispose you to getting infections."
- () said cleaning your ears with cotton buds (aka Q-tips) can cause long-lasting damage to your eardrums and
- () The Academy has also recommended that people change their image of earwax and think of it as an essential
- () a good reason. It does an essential job of cleaning out the ears, stopping them from drying out, and helping
- (**1**) Doctors are now telling us what grandparents have known for decades - don't stick anything smaller than your
- () people to want to clean their ears because they believe earwax is an indication of
- () elbow into your ears. An organization of ear specialists in the USA, the American Academy of Otolaryngology, has
- () damage. She said: "I know people want to stick things in their ears and they think it's the right
- () substance to keep our ears healthy. Dr Seth Schwartz said: "There is an inclination for
- () push earwax further inside the ear and cause blockages, which can undo all the good work of earwax.
- () them to sweat naturally. It also protects the inner ears against bacteria, bugs, dirt and dust. Using cotton buds can
- () thing to do, but [cotton buds] can cause holes in the eardrum, irritation in the canal,

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

1. known have grandparents what us Telling decades for .
2. stick than into Don't smaller elbow ears anything your your .
3. specialists ear of organization An USA the in .
4. know to in I want things ears people stick their .
5. the in holes cause can buds Cotton eardrum .
6. earwax of image their change people that Recommended .
7. healthy ears our keep to substance essential An .
8. uncleanliness of indication an is earwax believe They .
9. for reason our earwax good say produces a Doctors body .
10. ear buds earwax the cotton push inside Using can further .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

Doctors are now telling *us / them* what grandparents have known for *decades / decade* - don't stick anything smaller than your elbow *onto / into* your ears. An organization of ear *specialism / specialists* in the USA, the American Academy of Otolaryngology, has said cleaning your ears with cotton buds (*aha / aka* Q-tips) can cause *long-lasting / long-last* damage to your eardrums and hearing. Dr Jennifer Caudle told Yahoo Beauty that cotton buds seem *harmless / harmful* objects but can cause significant damage. She said: "I know people want to *stick / stuck* things in their ears and they think it's the *right / rightly* thing to do, but [cotton buds] can cause holes in the eardrum, irritation in the canal, and can predispose you to *gotten / getting* infections."

The Academy has also recommended *what / that* people change their image of earwax and think of it as an *essentially / essential* substance to keep our ears healthy. Dr Seth Schwartz said: "There is an *inclination / incline* for people to want to clean *them / their* ears because they believe earwax is an indication of *cleanliness / uncleanliness*. This misinformation leads to unsafe ear health habits." Doctors say our body *produces / production* earwax for a *good / well* reason. It does an essential job of cleaning out the ears, stopping them from *dying / drying* out, and helping them to sweat naturally. It also protects the inner ears against bacteria, bugs, dirt and *dusty / dust*. Using cotton buds can push earwax further inside the ear and cause blockages, which can *undone / undo* all the good work of earwax.

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/1701/170107-cotton-buds.html>

D_octors _r_ n_w t_ll_ng _s wh_t gr_ndp_r_nts h_v_ kn_wn f_r d_c_d_s - d_n't st_ck _nyth_ng sm_ll_r th_n y__r _lb_w _nt_ y__r __rs. _n _rg_n_z_t__n _f __r sp_c__l_sts _n th_ _S_, th_ _m_r_c_n _c_d_my _f _t_l_ryng_l_gy, h_s s__d cl__n_ng y__r __rs w_th c_tt_n b_ds (_k_ Q-t_ps) c_n c__s_ l_ng-l_st_ng d_m_g_ t_ y__r __rdr_ms _nd h__r_ng. Dr J_nn_f_r C__dl_ t_ld Y_h__ B__ty th_t c_tt_n b_ds s__m h_rml_ss _bj_cts b_t c_n c__s_ s_gn_f_c_nt d_m_g_. Sh_ s__d: "_ kn_w p__pl_ w_nt t_ st_ck th_ngs _n th__r __rs _nd th_y th_nk _t's th_ r_gh_t th_ng t_ d_, b_t [c_tt_n b_ds] c_n c__s_ h_l_s _n th_ __rdr_m, _rr_t_t__n _n th_ c_n_l, _nd c_n pr_d_sp_s_ y__t_ g_tt_ng _nf_ct__ns."

Th_ _c_d_my h_s _ls_ r_c_mm_nd_d th_t p__pl_ ch_ng_ th__r _m_g_ _f __rw_x _nd th_nk _f_t_s _n _ss_nt__l_s_bst_nc_t_k__p __rs h__lthy. Dr S_th Schw_rtz s__d: "Th_r_ _s _n _ncl_n_t__n f_r p__pl_ t_w_nt t_ cl__n th__r __rs b_c__s_ th_y b_l__v__rw_x _s _n _nd_c_t__n _f _ncl__nl_n_ss. Th_s m_s_nf_rm_t__n l__ds t__ns_f __r h__lth h_b_ts." D_octors s_y __r b_dy pr_d_c_s __rw_x f_r _g__d r__s_n. _t d__s _n _ss_nt__l_j_b_f cl__n_ng __t th_ __rs, st_pp_ng th_m fr_m dry_ng __t, _nd h_lp_ng th_m t_sw__t n_t_r_lly. _t _ls_ pr_t_cts th_ _nn_r __rs _g__nst b_ct_r__, b_gs, d_rt _nd d_st. _s_ng c_tt_n b_ds c_n p_sh __rw_x f_rth_r _ns_d_ th_ __r _nd c__s_ bl_ck_g_s, wh_ch c_n _nd __ll th_ g__d w_rk _f __rw_x.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

doctors are now telling us what grandparents have known for decades - don't stick anything smaller than your elbow into your ears an organization of ear specialists in the usa the american academy of otolaryngology has said cleaning your ears with cotton buds (aka q-tips) can cause long-lasting damage to your eardrums and hearing dr jennifer caudle told yahoo beauty that cotton buds seem harmless objects but can cause significant damage she said "i know people want to stick things in their ears and they think it's the right thing to do but [cotton buds] can cause holes in the eardrum irritation in the canal and can predispose you to getting infections"

the academy has also recommended that people change their image of earwax and think of it as an essential substance to keep our ears healthy dr seth schwartz said "there is an inclination for people to want to clean their ears because they believe earwax is an indication of uncleanliness this misinformation leads to unsafe ear health habits" doctors say our body produces earwax for a good reason it does an essential job of cleaning out the ears stopping them from drying out and helping them to sweat naturally it also protects the inner ears against bacteria bugs dirt and dust using cotton buds can push earwax further inside the ear and cause blockages which can undo all the good work of earwax

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1701/170107-cotton-buds.html>

Doctors are now telling us what grandparents have known for decades - don't stick anything smaller than your elbow into your ears. An organization of fearspecialists in the USA, the American Academy of Otolaryngology, has said cleaning your ears with cotton buds (aka Q-tips) can cause long-lasting damage to your eardrums and hearing. Dr Jennifer Caudle told Yahoo Beauty that cotton buds seem harmless objects but can cause significant damage. She said: "I know people want to stick things in their ears and they think it's the right thing to do, but [cotton buds] can cause holes in the eardrum, irritation in the canal, and can predispose you to getting infections." The Academy has also recommended that people change their image of ear wax and think of it as an essential substance to keep your ears healthy. Dr Seth Schwartz said: "There is an inclination for people to want to clean their ears because they believe ear wax is an indication of uncleanliness. This misinformation leads to unsafe ear health habits." Doctors say your body produces ear wax for a good reason. It does an essential job of cleaning out the ears, stopping them from drying out, and helping them to sweat naturally. It also protects the inner ears against bacteria, bugs, dirt and dust. Using cotton buds can push ear wax further inside the ear and cause blockages, which can undo all the good work of ear wax.

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

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

4. COTTON BUDS: Write a magazine article about the different uses of cotton buds. Include imaginary interviews with people who are for and against using them to clean our ears.

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 hearing. Ask him/her three questions about it. Give him/her three of your ideas on what we can do to keep our ears from harm. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b T c T d F e T f F g F h F

SYNONYM MATCH (p.4)

- | | |
|----------------|---------------|
| 1. specialists | a. experts |
| 2. seem | b. appear |
| 3. significant | c. serious |
| 4. right | d. proper |
| 5. infections | e. diseases |
| 6. image | f. perception |
| 7. essential | g. vital |
| 8. indication | h. sign |
| 9. naturally | i. normally |
| 10. undo | j. ruin |

COMPREHENSION QUESTIONS (p.8)

1. Decades
2. Q-tips
3. Harmless
4. The eardrum
5. Infections
6. Earwax
7. Uncleanliness
8. A good reason
9. Dirt and dust
10. Blockages

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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