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## **Level 6**

### **Fist bumps more hygienic than handshakes**

**30th July, 2014**

<http://www.breakingnewsenglish.com/1407/140730-fist-bumps.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/1407/140730-fist-bumps.html>

A new(ish) and alternative form of greeting and showing respect has been found to be more hygienic than shaking hands. We have all seen it on TV. Basketball and baseball players do it after a teammate scores. Rock stars and actors do it onstage at awards ceremonies. Even U.S. President Barack Obama does it. What is it? Well, it's fist bumping. It's kind of like a high five, except the hand is clenched into a ball and the other person's fist is given a gentle nudge, knuckles to knuckles. Researchers at the University of Aberystwyth in Wales have discovered that this twenty-first-century greeting spreads one-twentieth of the germs than a traditional handshake does and around one-tenth of the germs in a high five.

An article on Wikipedia explains that the fist bump originated with American motorcycle gangs in the 1940s. It was easier and safer to fist bump another rider than to shake hands when two bikes were side by side at traffic lights. It achieved global exposure 70 years later when in 2008, President Obama and his wife Michelle fist bumped during a televised presidential campaign speech. There is less skin-to-skin contact during a fist bump so the chance of spreading germs is lower. A researcher said: "People rarely think about the health implications of shaking hands, but if the general public could be encouraged to fist bump, there is a genuine potential to reduce the spread of infectious diseases.

Sources: <http://www.dailymail.co.uk/wires/ap/article-2707563/Fist-bumps-germy-handshakes-study-says.html#ixzz38jKgLxOM>  
<http://www.theaustralian.com.au/news/world/fist-bump-is-the-cleanest-and-coolest-greeting-say-germ-researchers/story-fnb64oi6-1227004283151?nk=55de803b45b5dbd6b932106def38e4f1>  
[http://en.wikipedia.org/wiki/Fist\\_bump](http://en.wikipedia.org/wiki/Fist_bump)

# WARM-UPS

**1. SHAKING HANDS:** Students walk around the class and talk to other students about shaking hands. 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?

*alternative / showing respect / hygienic / awards ceremonies / knuckles / high five / motorcycle gangs / traffic lights / global exposure / campaign / spreading germs*

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

**3. GREETINGS:** What are the good and bad things about these greetings? Which cultures use them? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good things	Bad things	Culture(s)
Words only			
Handshake			
Fist bump			
Bowing			
Rubbing noses			
Kiss on the cheeks			

**4. HYGIENE:** Students A **strongly** believe we should stop shaking hands for hygiene reasons; Students B **strongly** believe this would be silly. Change partners again and talk about your conversations.

**5. UNHYGIENIC:** Rank these with your partner. Put the most unhygienic at the top. Change partners often and share your rankings.

- hand shakes
- computer keyboards
- door handles
- toilet seats
- chopping boards
- restaurant menus
- the handle of a fridge
- pets

**6. RESPECT:** Spend one minute writing down all of the different words you associate with the word "respect". 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/1407/140730-fist-bumps.html>

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

- |   |       |
|---|-------|
| a. Fist bumps are used as a greeting and a show of respect.               | T / F |
| b. Barack Obama fist bumps.   | T / F |
| c. The article says fist bumping is for people who don't like high fives. | T / F |
| d. There are 20 times fewer germs from a fist bump than a handshake.      | T / F |
| e. Fist bumps first started with hippies in the late 1960s.               | T / F |
| f. Barack Obama fist bumped his wife live on TV in 2008.                  | T / F |
| g. There is more skin contact in a fist bump than with a handshake.       | T / F |
| h. A researcher said fist bumps could increase infectious diseases.       | T / F |

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

- |                 |                   |
|-----------------|-------------------|
| 1. alternative  | a. prod           |
| 2. respect      | b. began          |
| 3. clenched     | c. conventional   |
| 4. nudge        | d. admiration     |
| 5. traditional  | e. persuaded      |
| 6. originated   | f. closed tightly |
| 7. achieved     | g. transmittable  |
| 8. implications | h. different      |
| 9. encouraged   | i. suggestions    |
| 10. infectious  | j. acquired       |

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

- |   |                           |
|---|---------------------------|
| 1. alternative form of greeting and     | a. motorcycle gangs       |
| 2. do it after a                        | b. into a ball            |
| 3. the hand is clenched                 | c. of the germs           |
| 4. one-twentieth                        | d. implications           |
| 5. Around one-tenth of the germs        | e. side at traffic lights |
| 6. originated with American             | f. showing respect        |
| 7. two bikes were side by               | g. campaign speech        |
| 8. a televised presidential             | h. diseases               |
| 9. People rarely think about the health | i. in a high five         |
| 10. reduce the spread of infectious     | j. teammate scores        |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

A new(ish) and (1) \_\_\_\_\_ form of greeting and showing respect has been found to be more (2) \_\_\_\_\_ than shaking hands. We have all seen it on TV. Basketball and baseball players do it after a (3) \_\_\_\_\_ scores. Rock stars and actors do it onstage at awards ceremonies. Even U.S. President Barack Obama does it. What is it? Well, it's fist bumping. It's kind of like a high five, (4) \_\_\_\_\_ the hand is (5) \_\_\_\_\_ into a ball and the other person's fist is given a gentle (6) \_\_\_\_\_, knuckles to (7) \_\_\_\_\_. Researchers at the University of Aberystwyth in Wales have discovered that this twenty-first-century greeting spreads one-(8) \_\_\_\_\_ of the germs than a traditional handshake does and around one-tenth of the germs in a high five.

*nudge*  
*hygienic*  
*clenched*  
*teammate*  
*twentieth*  
*alternative*  
*knuckles*  
*except*

An article on Wikipedia explains that the fist bump (9) \_\_\_\_\_ with American motorcycle gangs in the 1940s. It was easier and safer to fist bump another (10) \_\_\_\_\_ than to shake hands when two bikes were (11) \_\_\_\_\_ by side at traffic lights. It achieved global (12) \_\_\_\_\_ 70 years later when in 2008, President Obama and his wife Michelle fist bumped during a (13) \_\_\_\_\_ presidential campaign speech. There is less skin-to-skin contact during a fist bump so the chance of spreading germs is (14) \_\_\_\_\_. A researcher said: "People rarely think about the health implications of shaking hands, but if the (15) \_\_\_\_\_ public could be encouraged to fist bump, there is a genuine potential to reduce the spread of (16) \_\_\_\_\_ diseases.

*televised*  
*general*  
*side*  
*originated*  
*lower*  
*rider*  
*infectious*  
*exposure*

# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

- 1) A new(ish) and alternative form of greeting \_\_\_\_\_
  - a. and showing respect
  - b. and shoving respect
  - c. and showering respect
  - d. and shouldering respect
- 2) Basketball and baseball players do it after \_\_\_\_\_
  - a. a teammates scores
  - b. a teammate scores
  - c. a teammate score
  - d. a teammates score
- 3) Rock stars and actors do it onstage at \_\_\_\_\_
  - a. award ceremonies
  - b. awards ceremony
  - c. award ceremony
  - d. awards ceremonies
- 4) the other person's fist is given a gentle nudge, \_\_\_\_\_
  - a. knuckles to chuckles
  - b. knuckles to knuckles
  - c. chuckles to knuckles
  - d. chuckles to chuckles
- 5) this twenty-first-century greeting spreads one-\_\_\_\_\_
  - a. twentieth in the germs
  - b. twentieth for the germs
  - c. twentieth of the germs
  - d. twentieth if the germs
- 6) shake hands when two bikes were side by \_\_\_\_\_
  - a. sides at traffic lights
  - b. side at traffic light
  - c. side at traffic lights
  - d. sides at traffic light
- 7) President Obama and his wife Michelle fist bumped during a televised \_\_\_\_\_
  - a. presidential campaigns speech
  - b. presidential campaign speech
  - c. presidential campaigner speech
  - d. presidential campaigning speech
- 8) There is less skin-to-skin contact during a fist bump so the chance of spreading \_\_\_\_\_
  - a. germs is lover
  - b. germs is lower
  - c. germs is low a
  - d. germs is low air
- 9) A researcher said: "People rarely think about \_\_\_\_\_"
  - a. the healthy implication
  - b. the healthy implications
  - c. the health implication
  - d. the health implications
- 10) there is a genuine potential to reduce the spread \_\_\_\_\_
  - a. of infection diseases
  - b. of infectious diseases
  - c. of infect chase diseases
  - d. of infectious diseases

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

A new(ish) and alternative (1) \_\_\_\_\_ showing respect has been found to be more hygienic than shaking hands. We have all seen it on TV. Basketball and baseball players do it (2) \_\_\_\_\_ scores. Rock stars and actors do it onstage (3) \_\_\_\_\_. Even U.S. President Barack Obama does it. What is it? Well, it's fist bumping. It's kind of like a high five, except the hand is (4) \_\_\_\_\_ and the other person's fist is (5) \_\_\_\_\_, knuckles to knuckles. Researchers at the University of Aberystwyth in Wales have discovered that this twenty-first-century greeting spreads one-twentieth of the germs than a traditional handshake does and (6) \_\_\_\_\_ the germs in a high five.

An article on Wikipedia (7) \_\_\_\_\_ bump originated with American motorcycle gangs in the 1940s. It was easier and safer to fist bump another rider (8) \_\_\_\_\_ when two bikes were side by side at traffic lights. It achieved (9) \_\_\_\_\_ years later when in 2008, President Obama and his wife Michelle fist bumped during a televised presidential campaign speech. There is (10) \_\_\_\_\_ contact during a fist bump so the chance of spreading germs is lower. A researcher said: "People rarely think about the (11) \_\_\_\_\_ of shaking hands, but if the general public could be encouraged to fist bump, there is a genuine potential to reduce the spread (12) \_\_\_\_\_.

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

1. Why do people fist bump besides using it for greetings?

---

2. When do basketball players fist bump?

---

3. What did the article say fist bumping was similar to?

---

4. What shape does the hand make in a fist bump?

---

5. How many fewer germs does fist bumping spread than handshaking?

---

6. When did fist bumping first start?

---

7. When did Barack and Michelle Obama fist bump on television?

---

8. What kind of contact is less prevalent with fist bumping?

---

9. What does the article say people rarely think about with handshakes?

---

10. What could fist bumps reduce the spread of?

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# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

1. Why do people fist bump besides using it for greetings?
  - a) to show respect
  - b) to say goodbye
  - c) to express doubt
  - d) to disagree
2. When do basketball players fist bump?
  - a) in the mornings
  - b) at half time
  - c) after a teammate scores
  - d) before they shoot for goal
3. What did the article say fist bumping was similar to?
  - a) punching
  - b) high fives
  - c) political protests
  - d) arm wrestling
4. What shape does the hand make in a fist bump?
  - a) a hexagon
  - b) a heart
  - c) an apple
  - d) a ball
5. How many fewer germs does fist bumping spread than handshaking?
  - a) one-twentieth
  - b) nineteen-twentieths
  - c) half
  - d) twice
6. When did fist bumping first start?
  - a) after a basketball final
  - b) a few months ago
  - c) 1768
  - d) in the 1940s
7. When did Barack and Michelle Obama fist bump on television?
  - a) 2009
  - b) 2008
  - c) 2012
  - d) 2010
8. What kind of contact is less prevalent with fist bumping?
  - a) knuckle to knuckle
  - b) face to face
  - c) mouth to mouth
  - d) skin to skin contact
9. What does the article say people rarely think about with handshakes?
  - a) if they washed their hands
  - b) eating
  - c) health implications
  - d) hand injuries
10. What could fist bumps reduce the spread of?
  - a) respect
  - b) infectious diseases
  - c) love
  - d) skin problems

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

## **Role A – Handshakes**

You think handshakes are the best way to greet someone. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least desirable of these (and why): fist bumps, cheek kissing or bowing.

## **Role B – Fist bumps**

You think fist bumps are the best way to greet someone. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least desirable of these (and why): handshakes, cheek kissing or bowing.

## **Role C – Cheek kissing**

You think cheek kissing is the best way to greet someone. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least desirable of these (and why): fist bumps, handshakes or bowing.

## **Role D – Bowing**

You think bowing is the best way to greet someone. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least desirable of these (and why): fist bumps, cheek kissing or handshakes.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

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

<b>fist</b>	<b>bump</b>
-------------	-------------

- 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"><li>• form</li><li>• scores</li><li>• awards</li><li>• ball</li><li>• traditional</li><li>• tenth</li></ul>	<ul style="list-style-type: none"><li>• article</li><li>• rider</li><li>• 70</li><li>• skin</li><li>• rarely</li><li>• reduce</li></ul>
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# SHAKING HANDS SURVEY

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

Write five GOOD questions about shaking hands 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.

# SHAKING HANDS DISCUSSION

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'handshake'?
- c) How important is a handshake in your culture?
- d) What are the best forms of greeting that you know of?
- e) What do you think of the high five?
- f) What do you think of fist bumping?
- g) Will you now fist bump to lower the risk of spreading germs?
- h) Do you think fist bumping is cool?
- i) Is bowing the best way of greeting without spreading germs?
- j) Do you have to be young to fist bump?

*Fist bumps more hygienic than handshakes – 30th July, 2014*  
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# SHAKING HANDS DISCUSSION

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

- a) Did you like reading this article? Why/not?
- b) How did fist bumping first start?
- c) How did fist bumping become better known around the world?
- d) Do you have to be young to fist bump?
- e) What do you think of the fact that Barack Obama fist bumps?
- f) Should hospitals and schools encourage more fist bumping?
- g) Do you worry about germs when shaking hands?
- h) Is fist bumping more of a men's or women's thing?
- i) What do you do every day to stop germs spreading?
- j) 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/1407/140730-fist-bumps.html>

A new(ish) and (1) \_\_\_\_\_ form of greeting and showing respect has been found to be more hygienic than shaking hands. We have all seen it on TV. Basketball and baseball players do it after a teammate (2) \_\_\_\_\_. Rock stars and actors do it onstage at awards (3) \_\_\_\_\_. Even U.S. President Barack Obama does it. What is it? Well, it's fist bumping. It's kind of like a high five, except the hand is (4) \_\_\_\_\_ into a ball and the other person's fist is given a gentle (5) \_\_\_\_\_, knuckles to knuckles. Researchers at the University of Aberystwyth in Wales have discovered that this twenty-first-century greeting spreads one-twentieth (6) \_\_\_\_\_ the germs than a traditional handshake does and around one-tenth of the germs in a high five.

An article on Wikipedia explains that the fist bump originated (7) \_\_\_\_\_ American motorcycle gangs in the 1940s. It was easier and safer to fist bump another rider than to shake hands when two bikes were (8) \_\_\_\_\_ by side at traffic lights. It achieved global exposure 70 years later (9) \_\_\_\_\_ in 2008, President Obama and his wife Michelle fist bumped (10) \_\_\_\_\_ a televised presidential campaign speech. There is less skin-to-skin contact during a fist bump so the (11) \_\_\_\_\_ of spreading germs is lower. A researcher said: "People rarely think about the health implications of shaking hands, but if the general public could be encouraged to fist bump, there is a (12) \_\_\_\_\_ potential to reduce the spread of infectious diseases.

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

- |     |                 |                |                   |                 |
|-----|-----------------|----------------|-------------------|-----------------|
| 1.  | (a) alternator  | (b) alternate  | (c) alternatively | (d) alternative |
| 2.  | (a) scorer      | (b) scorers    | (c) scoring       | (d) scores      |
| 3.  | (a) ceremonials | (b) ceremonies | (c) ceremony      | (d) ceremonial  |
| 4.  | (a) crunched    | (b) clinched   | (c) clenched      | (d) crinkled    |
| 5.  | (a) heave       | (b) slap       | (c) nudge         | (d) whack       |
| 6.  | (a) of          | (b) for        | (c) on            | (d) as          |
| 7.  | (a) by          | (b) with       | (c) as            | (d) on          |
| 8.  | (a) side        | (b) next       | (c) near          | (d) level       |
| 9.  | (a) where       | (b) when       | (c) which         | (d) while       |
| 10. | (a) while       | (b) inside     | (c) during        | (d) within      |
| 11. | (a) chances     | (b) chancing   | (c) chance        | (d) chanced     |
| 12. | (a) original    | (b) lawful     | (c) authentic     | (d) genuine     |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

## Paragraph 1

1. ttvelaniare form of greeting
2. at awards neireceoms
3. neclehdc into a fist
4. knuckles to knlceuks
5. spreads one-itewtnteh of the germs
6. a tilitdnaaro handshake

## Paragraph 2

7. idgtnaioer with American motorcycle gangs
8. It achieved global xrepeosu
9. presidential cgnpimaa speech
10. the chance of ipegrasnd germs
11. health pticsliainmo
12. eoifntusci diseases



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

**Number these lines in the correct order.**

- ( ) spreads one-twentieth of the germs than a traditional handshake does and around one-tenth of the germs in a high five.
- ( ) the University of Aberystwyth in Wales have discovered that this twenty-first-century greeting
- ( ) think about the health implications of shaking hands, but if the general public could be
- ( ) a ball and the other person's fist is given a gentle nudge, knuckles to knuckles. Researchers at
- ( ) does it. What is it? Well, it's fist bumping. It's kind of like a high five, except the hand is clenched into
- ( ) wife Michelle fist bumped during a televised presidential campaign speech. There is less skin-to-
- ( ) gangs in the 1940s. It was easier and safer to fist bump another rider than to shake hands when two bikes were side
- ( ) than shaking hands. We have all seen it on TV. Basketball and baseball players do it after a teammate
- ( ) encouraged to fist bump, there is a genuine potential to reduce the spread of infectious diseases.
- ( ) by side at traffic lights. It achieved global exposure 70 years later when in 2008, President Obama and his
- ( **1** ) A new(ish) and alternative form of greeting and showing respect has been found to be more hygienic
- ( ) skin contact during a fist bump so the chance of spreading germs is lower. A researcher said: "People rarely
- ( ) scores. Rock stars and actors do it onstage at awards ceremonies. Even U.S. President Barack Obama
- ( ) An article on Wikipedia explains that the fist bump originated with American motorcycle

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

1. shaking to than Found hygienic more hands be.

---

2. after Baseball a players teammate do scores it.

---

3. actors onstage ceremonies and it awards Stars do at.

---

4. other is gentle The fist a person's given nudge.

---

5. five high a in germs the of tenth - one Around.

---

6. with The American fist motorcycle bump gangs originated.

---

7. bikes by Shake two side when were side hands.

---

8. contact skin bump skin less fist - is a to There during -.

---

9. hands health implications Think of about shaking the.

---

10. spread Potential of to infectious reduce diseases the.

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

A new(ish) and *alternative / alternatively* form of greeting and showing respect has been *finding / found* to be more hygienic than shaking hands. We have all seen it on TV. Basketball and baseball players do it *before / after* a teammate scores. Rock stars and actors do it *upstage / onstage* at awards ceremonies. *Even / Ever* U.S. President Barack Obama does it. What is it? Well, it's fist bumping. It's kind of *like / liking* a high five, except the hand is clenched *onto / into* a ball and the other person's fist is given a gentle nudge, *knuckles / chuckles* to knuckles. Researchers at the University of Aberystwyth in Wales have discovered that this twenty-first-century greeting *spreads / spread* one-twentieth of the germs than a traditional handshake does and around one-tenth *for / of* the germs in a high five.

An article on Wikipedia explains that the fist bump *origins / originated* with American motorcycle gangs *in / on* the 1940s. It was easier and safer to fist bump *another / others* rider than to shake hands when two bikes were side by side *at / in* traffic lights. It achieved *global / globally* exposure 70 years later *when / where* in 2008, President Obama and his wife Michelle fist bumped during a televised *presidential / president* campaign speech. There is less skin-to-skin contact during a fist bump so the *chance / change* of spreading germs is lower. A researcher said: "People rarely think about the health *implications / complications* of shaking hands, but if the general public could be encouraged to fist bump, there is a genuine potential to *reduce / deduce* the spread of infectious diseases.

**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)

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\_ n\_w(\_sh) \_nd \_lt\_rn\_t\_v\_ f\_rm \_f gr\_\_t\_ng \_nd  
sh\_w\_ng r\_sp\_ct h\_s b\_\_n f\_\_nd t\_ b\_ m\_r\_ hyg\_\_n\_c  
th\_n sh\_k\_ng h\_nds. W\_ h\_v\_ \_ll s\_\_n \_t \_n TV.  
B\_sk\_tb\_ll \_nd b\_s\_b\_ll pl\_y\_rs d\_ \_t \_ft\_r \_  
t\_\_mm\_t\_ sc\_r\_s. R\_ck st\_rs \_nd \_ct\_rs d\_ \_t \_nst\_g\_  
\_t \_w\_rds c\_r\_m\_n\_\_s. \_v\_n \_\_.S. Pr\_s\_d\_nt B\_r\_ck  
\_b\_m\_ d\_\_s \_t. Wh\_t \_s \_t? W\_ll, \_t's f\_st b\_mp\_ng.  
\_t's k\_nd \_f l\_k\_ \_ h\_gh f\_v\_, \_xc\_pt th\_ h\_nd \_s  
cl\_nch\_d \_nt\_ \_\_ b\_ll \_nd th\_ \_th\_r p\_rs\_n's f\_st \_s  
g\_v\_n \_ g\_ntl\_ n\_dg\_, kn\_ckl\_s t\_ kn\_ckl\_s.  
R\_s\_\_rch\_rs \_t th\_ \_n\_v\_rs\_ty \_f b\_rystwyth \_n W\_l\_s  
h\_v\_ \_d\_sc\_v\_r\_d th\_t th\_s tw\_nty-f\_rst-c\_nt\_ry  
gr\_\_t\_ng spr\_\_ds \_n -tw\_nt\_th \_f th\_ g\_rms th\_n \_  
tr\_d\_t\_\_n\_l h\_ndsh\_k\_ d\_\_s \_nd \_r\_\_nd \_n -t\_nth \_f  
th\_ g\_rms \_n \_ h\_gh f\_v\_.

\_n \_rt\_cl\_ \_n W\_k\_p\_d\_\_ \_xpl\_\_ns th\_t th\_ f\_st b\_mp  
\_r\_g\_n\_t\_d w\_th \_m\_r\_c\_n m\_t\_rcycl\_ g\_ngs \_n th\_  
1940s. \_t w\_s \_\_s\_\_r \_nd s\_f\_r\_t\_ f\_st b\_mp \_n th\_r  
r\_d\_r th\_n t\_ sh\_k\_ h\_nds wh\_n tw\_ b\_k\_s w\_r\_ s\_d\_  
by s\_d\_\_t tr\_ff\_c\_l\_ghts. \_t \_ch\_\_v\_d gl\_b\_l\_xp\_s\_r\_  
70 y\_\_rs l\_t\_r wh\_n \_n 2008, Pr\_s\_d\_nt \_b\_m\_ \_nd h\_s  
w\_f\_ M\_ch\_ll\_ f\_st b\_mp\_d\_ d\_r\_ng \_ t\_l\_v\_s\_d  
pr\_s\_d\_nt \_l\_c\_m\_p\_gn sp\_\_ch. Th\_r\_ \_s l\_ss sk\_n-t\_  
sk\_n c\_nt\_ct\_d\_r\_ng \_ f\_st b\_mp s\_ th\_ ch\_nc\_ \_f  
spr\_\_d\_ng g\_rms \_s l\_w\_r. \_r\_s\_\_rch\_r\_s\_\_d: "P\_\_pl\_  
r\_r\_ly thnk \_b\_\_t th\_ h\_\_lth \_mpl\_c\_t\_\_ns \_f sh\_k\_ng  
h\_nds, b\_t \_f th\_ g\_n\_r\_l p\_b\_l\_c\_c\_\_ld b\_ \_nc\_\_r\_g\_d  
t\_ f\_st b\_mp, th\_r\_ \_s \_g\_n\_\_n\_p\_t\_nt\_\_l\_t\_r\_d\_c\_  
th\_ spr\_\_d \_f \_nf\_ct\_\_s d\_s\_\_s\_s.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

a new(ish) and alternative form of greeting and showing respect has been found to be more hygienic than shaking hands we have all seen it on tv basketball and baseball players do it after a teammate scores rock stars and actors do it onstage at awards ceremonies even us president barack obama does it what is it well it's fist bumping it's kind of like a high five except the hand is clenched into a ball and the other person's fist is given a gentle nudge knuckles to knuckles researchers at the university of aberystwyth in wales have discovered that this twenty-first-century greeting spreads one-twentieth of the germs than a traditional handshake does and around one-tenth of the germs in a high five

an article on wikipedia explains that the fist bump originated with american motorcycle gangs in the 1940s it was easier and safer to fist bump another rider than to shake hands when two bikes were side by side at traffic lights it achieved global exposure 70 years later when in 2008 president obama and his wife michelle fist bumped during a televised presidential campaign speech there is less skin-to-skin contact during a fist bump so the chance of spreading germs is lower a researcher said "people rarely think about the health implications of shaking hands but if the general public could be encouraged to fist bump there is a genuine potential to reduce the spread of infectious diseases

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1407/140730-fist-bumps.html>

A new (ish) and alternative form of greeting and showing respect has been found to be more hygienic than shaking hands. We have all seen it on TV. Basketball and baseball players do it after a team scores. Rock stars and actors do it on stage at award ceremonies. Even U.S. President Barack Obama does it. What is it? Well, it's fist bumping. It's kind of like a high five, except the hand is clenched into a ball and the other person's fist is given a gentle nudge, knuckle to knuckle. Researchers at the University of Aberystwyth in Wales have discovered that this twenty-first-century greeting spreads one-twentieth of the germs than a traditional handshake does and around one-tenth of the germs in a high five. An article on Wikipedia explains that the fist bump originated with American motorcycle gangs in the 1940s. It was easier and safer to fist bump another rider than to shake hands when two bikes were side by side at traffic lights. It achieved global exposure 70 years later when in 2008, President Obama and his wife Michelle fist bumped during a televised presidential campaign speech. There is less skin-to-skin contact during a fist bump so the chance of spreading germs is lower. As researchers said: "People rarely think about the health implications of shaking hands, but if the general public could be encouraged to fist bump, there is a genuine potential to reduce the spread of infectious diseases."







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

**3. SHAKING HANDS:** Make a poster about shaking hands. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. FIST BUMPING:** Write a magazine article about fist bumping. Include imaginary interviews with people who are for and against it.

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 etiquette. Ask him/her three questions about fist bumping and shaking hands. Give him/her three of your opinions on the best and most hygienic ways to greet people. 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 F    d T    e F    f T    g F    h F

## SYNONYM MATCH (p.4)

- |                 |                   |
|-----------------|-------------------|
| 1. alternative  | a. different      |
| 2. respect      | b. admiration     |
| 3. clenched     | c. closed tightly |
| 4. nudge        | d. prod           |
| 5. traditional  | e. conventional   |
| 6. originated   | f. began          |
| 7. achieved     | g. acquired       |
| 8. implications | h. consequences   |
| 9. encouraged   | i. persuaded      |
| 10. infectious  | j. transmittable  |

## COMPREHENSION QUESTIONS (p.8)

1. To show respect
2. After a teammate scores
3. A high five
4. A ball
5. One-twentieth
6. In the 1940s
7. 2008
8. Skin to skin contact
9. Health implications
10. Infectious diseases

## MULTIPLE CHOICE - QUIZ (p.9)

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

## ALL OTHER EXERCISES

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