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## **Level 4**

### **'Sexist' poll says women moody 10 days a year**

**24th September, 2014**

<http://www.breakingnewsenglish.com/1409/140924-moodiness-4.html>

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**Please try the harder Level 5 and the 26-page Level 6 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1409/140924-moodiness-4.html>

'Metro' newspaper has said researchers who said women are grumpy for ten days a year are sexist. A vitamin company carried out a survey of the moods of 1,000 women and 1,000 men. It said the average woman is in a bad mood for five hours a week. 'Metro' called the study "incredibly" and "extraordinarily" sexist, and that it strengthened stereotypes of over-emotional women. It said the researchers should spend their time "doing something useful".

The vitamin company, said: "Moods are a barometer of our overall well being...both men and women are susceptible to being in a bad mood." It added that: "Women crave 'me time' and men tend to rely on their partners." The study listed reasons for women's moods. These include "everyday challenges from bad traffic to failing technology". Other "triggers" were feeling fat, money worries, breaking a nail, and fearing their partners never listened.

Sources: <http://metro.co.uk/2014/09/21/incredibly-sexist-study-finds-women-are-all-really-moody-and-breaking-a-nail-ruins-their-day-4876723/>  
<http://www.telegraph.co.uk/women/womens-life/11112652/Women-spend-10-days-every-year-grumpy-survey-finds.html>

# BAD-MOOD TRIGGERS

From <http://www.breakingnewsenglish.com/1409/140924-moodiness-4.html>

## 28 Triggers for a bad mood, according to the study.

Complete the table and talk to your partner(s) about it.

| Trigger                            | Is this you? | How to get over it? |
|------------------------------------|--------------|---------------------|
| 1. Partner not listening           |              |                     |
| 2. Feeling under the weather       |              |                     |
| 3. Weather/ bad weather            |              |                     |
| 4. Not having enough money         |              |                     |
| 5. Technology                      |              |                     |
| 6. Feeling undervalued             |              |                     |
| 7. No one helping with anything    |              |                     |
| 8. Having nothing to wear          |              |                     |
| 9. Having a bad hair day           |              |                     |
| 10. Keeping on top of housework    |              |                     |
| 11. A boring life                  |              |                     |
| 12. Heavy workload                 |              |                     |
| 13. The traffic                    |              |                     |
| 14. Colleagues not helping         |              |                     |
| 15. Being hungry                   |              |                     |
| 16. Children not listening         |              |                     |
| 17. Public transport being late    |              |                     |
| 18. Hating your job                |              |                     |
| 19. Waking up with a spot          |              |                     |
| 20. Knowing what to cook           |              |                     |
| 21. Pressure from your boss        |              |                     |
| 22. Rubbish on TV                  |              |                     |
| 23. Ungrateful children            |              |                     |
| 24. Your friends' Facebook         |              |                     |
| 25. Colleagues being late for work |              |                     |
| 26. No one making you a drink      |              |                     |
| 27. Breaking a nail                |              |                     |
| 28. Being overweight               |              |                     |

# MATCHING

From <http://www.breakingnewsenglish.com/1409/140924-moodiness-4.html>

## PARAGRAPH ONE:

- |                                       |                           |
|---------------------------------------|---------------------------|
| 1. researchers who said               | a. emotional women        |
| 2. carried out                        | b. stereotypes            |
| 3. "incredibly" and "extraordinarily" | c. doing something useful |
| 4. it strengthened                    | d. women are grumpy       |
| 5. over-                              | e. sexist                 |
| 6. spend their time                   | f. a survey               |

## PARAGRAPH TWO:

- |                             |                           |
|-----------------------------|---------------------------|
| 1. Moods are a barometer of | a. challenges             |
| 2. susceptible              | b. 'me time'              |
| 3. Women crave              | c. on their partners      |
| 4. men tend to rely         | d. a nail                 |
| 5. everyday                 | e. our overall well being |
| 6. breaking                 | f. to being in a bad mood |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1409/140924-moodiness-4.html>

'Metro' newspaper has said researchers who said (1) \_\_\_\_\_  
ten days a year are sexist. A vitamin company (2) \_\_\_\_\_  
of the moods of 1,000 women and 1,000 men. It said  
(3) \_\_\_\_\_ is in a bad mood for five hours a week. 'Metro'  
called the study "incredibly" and (4) \_\_\_\_\_, and that it  
strengthened (5) \_\_\_\_\_-emotional women. It said the  
researchers should (6) \_\_\_\_\_ "doing something useful".

The vitamin company, said: "Moods are (7) \_\_\_\_\_ overall  
well being...both men and women (8) \_\_\_\_\_ being in a bad  
mood." It added that: "Women (9) \_\_\_\_\_ and men tend to  
rely on their partners." The study listed reasons for women's moods. These  
include "(10) \_\_\_\_\_ from bad traffic to failing technology".  
Other "triggers" were feeling fat, (11) \_\_\_\_\_, breaking a  
nail, and fearing their (12) \_\_\_\_\_.

# MOODINESS SURVEY

From <http://www.breakingnewsenglish.com/1409/140924-moodiness-4.html>

Write five GOOD questions about moodiness 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

*'Sexist' poll says women moody 10 days a year – 24th September, 2014*  
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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

