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Level 6

'Sexist' poll says women moody 10 days a year

24th September, 2014

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

Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Bad-Mood Triggers	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
While Reading / Listening	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash (/) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

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

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THE ARTICLE

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

Researchers who claim women are grumpy for the equivalent of ten days a year have been called sexist by the London newspaper 'Metro'. A vitamin company called Healthspan conducted the survey, which involved interviewing 1,000 women and 1,000 men about what affects their mood. The study said in a typical week, the average woman reckons she spends around five hours in a bad mood. 'Metro' issued an article attacking the study for being "incredibly" and "extraordinarily" sexist. It reported that the study was, "carried out by scientists who could have been spending their time doing something useful". It added the study reinforced sexist stereotypes of women being over-emotional.

Psychotherapist Sally Brown, a spokeswoman for Healthspan, said: "Moods are a barometer of our overall well being. The research shows both men and women are susceptible to being in a bad mood from time to time." She added that: "Women crave 'me time' and men tend to rely on their partners to help lift them out of their moods." Ms Brown commented on causes for women becoming moody, saying: "Everyday challenges from bad traffic to failing technology can tip women into a bad mood." Other bad-mood triggers the survey highlighted include feeling fat, worrying about money, breaking a nail, fearing their partners were 'not listening' and bad weather.

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>

WARM-UPS

1. MOODINESS: Students walk around the class and talk to other students about moodiness. 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?

grumpy / equivalent / vitamin / mood / a typical week / sexist / stereotypes / psychotherapist / barometer / susceptible / crave / everyday challenges / triggers

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

3. BAD MOOD TRIGGERS: Do these affect you? How do you deal with them? Complete this table and share what you wrote with your partner(s). Change partners often.

Trigger	How does it affect you?	How do you deal with it?
Being overweight		
Not having enough money		
Failing technology		
Facebook comments		
Traffic		
Having a bad-hair day		

4. MOODIER: Students A **strongly** believe men are moodier than women; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

5. BAD MOOD: Rank these with your partner. Put the best things to get out of a bad mood at the top. Change partners often and share your rankings.

- chocolate
- a walk
- Facebook
- shopping
- exercise
- music
- a movie
- sleep

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

BAD-MOOD TRIGGERS

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

BEFORE READING / LISTENING

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

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

- | | |
|---|-------|
| a. Researchers say women get grumpy for ten days in a row. | T / F |
| b. Research on bad moods was conducted by a vitamin company. | T / F |
| c. The study found women are in a bad mood for 5 hours a week. | T / F |
| d. A newspaper said the study reinforced sexist stereotypes of women. | T / F |
| e. A psychotherapist said moods are a thermometer of our well being. | T / F |
| f. A spokeswoman said men really craved 'me time'. | T / F |
| g. The woman said bad traffic and technology make women moody. | T / F |
| h. The study said bad moods were triggered in women by highlights. | T / F |

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

- | | |
|-----------------|-----------------|
| 1. grumpy | a. prompts |
| 2. conducted | b. strengthened |
| 3. affects | c. moody |
| 4. reckons | d. health |
| 5. reinforced | e. believes |
| 6. well being | f. long for |
| 7. susceptible | g. carried out |
| 8. crave | h. focused on |
| 9. triggers | i. influences |
| 10. highlighted | j. prone to |

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

- | | |
|---------------------------------------|---------------------------|
| 1. grumpy for the equivalent | a. sexist |
| 2. around five hours | b. of their moods |
| 3. "incredibly" and "extraordinarily" | c. stereotypes of women |
| 4. spending their time | d. our overall well being |
| 5. reinforced sexist | e. in a bad mood |
| 6. Moods are a barometer of | f. 'me time' |
| 7. susceptible to | g. of ten days a year |
| 8. Women crave | h. the survey highlighted |
| 9. lift them out | i. being in a bad mood |
| 10. Other bad-mood triggers | j. doing something useful |

GAP FILL

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

Researchers who (1) _____ women are grumpy for the equivalent of ten days a year have been called sexist by the London newspaper 'Metro'. A vitamin company called Healthspan (2) _____ the survey, which involved interviewing 1,000 women and 1,000 men about what (3) _____ their mood. The study said in a (4) _____ week, the average woman (5) _____ she spends around five hours in a bad mood. 'Metro' issued an article attacking the study for being "(6) _____ " and "extraordinarily" sexist. It reported that the study was, "(7) _____ out by scientists who could have been spending their time doing something useful". It added the study (8) _____ sexist stereotypes of women being over-emotional.

typical
claim
reckons
carried
affects
reinforced
conducted
incredibly

Psychotherapist Sally Brown, a spokeswoman for Healthspan, said: "Moods are a (9) _____ of our overall well being. The research shows both men and women are (10) _____ to being in a bad mood from time to time." She added that: "Women crave 'me time' and men (11) _____ to rely on their partners to help lift them out of their moods." Ms Brown commented on (12) _____ for women becoming moody, saying: "Everyday (13) _____ from bad traffic to (14) _____ technology can tip women into a bad mood." Other bad-mood (15) _____ the survey highlighted include feeling fat, worrying about money, breaking a (16) _____, fearing their partners were 'not listening' and bad weather.

tend
barometer
failing
nail
causes
susceptible
triggers
challenges

LISTENING – Guess the answers. Listen to check.

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

- 1) Researchers who claim women are grumpy for the _____ ten days a year
 - a. equivalent for
 - b. equivalents of
 - c. equivalence for
 - d. equivalent of
- 2) A vitamin company called Healthspan _____
 - a. conduct it the survey
 - b. conducted a survey
 - c. conducted the survey
 - d. conduct it a survey
- 3) the average woman reckons she spends around five hours _____
 - a. on a bad mood
 - b. in a bad mood
 - c. in the bad mood
 - d. on the bad mood
- 4) attacking the study for being "incredibly" and _____
 - a. "extraordinaire" really sexist
 - b. "extraordinary" really sexist
 - c. "extraordinarily" really sexist
 - d. "extraordinarily" sexist
- 5) It added the study reinforced _____ of women
 - a. sexist stereotypes
 - b. sexism stereotypes
 - c. sexiast stereotypes
 - d. sex is stereotypes
- 6) Moods are a barometer of our _____
 - a. overalls well being
 - b. overall well being
 - c. overawe well being
 - d. over all well being
- 7) women are susceptible to being in a bad mood from _____
 - a. time to time
 - b. time the time
 - c. time two time
 - d. time up time
- 8) She added that: "Women crave 'me time' and men tend to _____ partners"
 - a. rely in their
 - b. rely an their
 - c. rely on their
 - d. relying their
- 9) challenges from bad traffic to failing technology _____ into a bad mood
 - a. can tip women
 - b. can top women
 - c. can tap women
 - d. can tab women
- 10) Other bad-mood triggers the survey highlighted _____
 - a. includes feeling fat
 - b. included feeling fat
 - c. include feeling fat
 - d. including feeling fat

LISTENING – Listen and fill in the gaps

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

Researchers who claim women are grumpy (1) _____ of ten days a year have been called sexist by the London newspaper 'Metro'. A vitamin company called Healthspan (2) _____, which involved interviewing 1,000 women and 1,000 men (3) _____ their mood. The study said (4) _____, the average woman reckons she spends around five hours in a bad mood. 'Metro' issued an article attacking the study for being "incredibly" and (5) _____. It reported that the study was, "carried out by scientists who could have been spending their time doing something useful". It added the study reinforced sexist stereotypes of women (6) _____.

Psychotherapist Sally Brown, a spokeswoman for Healthspan, said: "Moods are a (7) _____ well being. The research shows both men and women (8) _____ being in a bad mood from time to time." She added that: "Women (9) _____ and men tend to rely on their partners to help lift them out of their moods." Ms Brown (10) _____ for women becoming moody, saying: "Everyday challenges from bad traffic to failing technology can tip women into a bad mood." Other (11) _____ the survey highlighted include feeling fat, worrying about money, (12) _____, fearing their partners were 'not listening' and bad weather.

COMPREHENSION QUESTIONS

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

1. What is the name of the newspaper in the article?

2. What kind of company conducted the research?

3. For how long each week is the average woman in a mood?

4. What did the newspaper suggest the researchers could be doing?

5. What did the newspaper say the study reinforced?

6. What did a psychotherapist say moods were?

7. How often did a psychotherapist say moods affected man and women?

8. What kind of challenges did Sally Brown mention?

9. What else was highlighted in the survey?

10. What did the study say women feared about their partners?

MULTIPLE CHOICE - QUIZ

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

1. What is the name of the newspaper in the article?
 - a) Tunnel
 - b) Cosmo
 - c) Metro
 - d) Subway
2. What kind of company conducted the research?
 - a) a vitamin company
 - b) a meditation company
 - c) a newspaper
 - d) a website hosting company
3. For how long each week is the average woman in a mood?
 - a) 8 hours
 - b) 7 hours
 - c) 6 hours
 - d) 5 hours
4. What did the newspaper suggest the researchers could be doing?
 - a) psychotherapy
 - b) something useful
 - c) training
 - d) research on men
5. What did the newspaper say the study reinforced?
 - a) concrete
 - b) knowledge of moods
 - c) sexist stereotypes of women
 - d) how hit-an-miss studies are
6. What did a psychotherapist say moods were?
 - a) a speedometer
 - b) a barometer
 - c) a radiator
 - d) a thermometer
7. How often did a psychotherapist say moods affected man and women?
 - a) every now and then
 - b) daily
 - c) once in a blue moon
 - d) from time to time
8. What kind of challenges did Sally Brown mention?
 - a) exciting ones
 - b) everyday challenges
 - c) insurmountable challenges
 - d) mundane ones
9. What else was highlighted in the survey?
 - a) bad-mood triggers
 - b) money
 - c) men getting angry
 - d) the power of vitamins
10. What did the study say women feared about their partners?
 - a) being bored
 - b) domestic violence
 - c) infidelity
 - d) not being listened to

ROLE PLAY

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

Role A – Being overweight

You think being overweight is the biggest trigger for bad moods. Tell the others three reasons why. Tell them why their things aren't really reasons for bad moods. Also, tell the others which of these needn't lead to bad moods (and why): not knowing what to wear, being hungry or your friends' Facebook updates.

Role B – Not knowing what to wear

You think not knowing what to wear is the biggest trigger for bad moods. Tell the others three reasons why. Tell them why their things aren't really reasons for bad moods. Also, tell the others which of these needn't lead to bad moods (and why): being overweight, being hungry or your friends' Facebook updates.

Role C – Being hungry

You think being hungry is the biggest trigger for bad moods. Tell the others three reasons why. Tell them why their things aren't really reasons for bad moods. Also, tell the others which of these needn't lead to bad moods (and why): not knowing what to wear, being overweight or your friends' Facebook updates.

Role D – Your friends' Facebook updates

You think your friends' Facebook updates are the biggest trigger for bad moods. Tell the others three reasons why. Tell them why their things aren't really reasons for bad moods. Also, tell the others which of these needn't lead to bad moods (and why): not knowing what to wear, being hungry or being overweight.

AFTER READING / LISTENING

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

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

moody	grumpy
--------------	---------------

- 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">• claim• conducted• affects• five• spending• over	<ul style="list-style-type: none">• well being• susceptible• me• traffic• triggers• listening
--	--

MOODINESS SURVEY

From <http://www.BreakingNewsEnglish.com/1409/140924-moodiness.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 _____	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.

MOODINESS 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 'moody'?
- 3) How moody are you?
- 4) What things put you in a bad mood?
- 5) Do you think 5 hours a week for women to be moody is right?
- 6) Is this a useful study?
- 7) Could the researchers have spent their time doing more useful things?
- 8) Does a study like this reinforce sexist stereotypes?
- 9) Why did the article focus on women and not men?
- 10) Are women moodier than men, or is it the other way round?

'Sexist' poll says women moody 10 days a year – 24th September, 2014
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MOODINESS DISCUSSION

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

- 11) Did you like reading this article? Why/not?
- 12) How much are "moods are a barometer of our overall well being"?
- 12) Whose moods are worse, men's or women's?
- 14) When and why do you crave 'me time'?
- 15) Do men rely more on partners to help them out of their moods?
- 16) Are men or women more affected by triggers mentioned in the article?
- 17) What do you do when someone is in a mood?
- 18) What's the biggest bad mood you've ever had?
- 19) What do you do to come out of a bad mood?
- 20) What questions would you like to ask 'Metro' newspaper?

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/1409/140924-moodiness.html>

Researchers who claim women are grumpy for the (1) ____ of ten days a year have been called sexist by the London newspaper 'Metro'. A vitamin company called Healthspan conducted the survey, which (2) ____ interviewing 1,000 women and 1,000 men about what affects their mood. The study said in a (3) ____ week, the average woman (4) ____ she spends around five hours in a bad mood. 'Metro' issued an article attacking the study for being "incredibly" and "extraordinarily" sexist. It reported that the study was, "carried (5) ____ by scientists who could have been spending their time doing something useful". It added the study (6) ____ sexist stereotypes of women being over-emotional.

Psychotherapist Sally Brown, a spokeswoman for Healthspan, said: "Moods are a (7) ____ of our overall well being. The research shows both men and women are susceptible (8) ____ being in a bad mood from time to time." She added that: "Women crave 'me time' and men tend to rely (9) ____ their partners to help lift them out of their moods." Ms Brown commented on causes for women becoming moody, saying: "Everyday challenges from bad traffic to failing technology can (10) ____ women into a bad mood." Other bad-mood (11) ____ the survey highlighted include feeling fat, worrying about money, breaking a (12) ____, fearing their partners were 'not listening' and bad weather.

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

- | | | | | |
|-----|----------------|-----------------|-----------------|----------------|
| 1. | (a) equipment | (b) equilibrium | (c) equidistant | (d) equivalent |
| 2. | (a) repudiated | (b) mentioned | (c) carried | (d) involved |
| 3. | (a) topical | (b) typical | (c) tropical | (d) typifying |
| 4. | (a) counts | (b) regards | (c) reckons | (d) computes |
| 5. | (a) out | (b) in | (c) off | (d) over |
| 6. | (a) reinforced | (b) weathered | (c) marshaled | (d) elongated |
| 7. | (a) diameter | (b) thermometer | (c) speedometer | (d) barometer |
| 8. | (a) to | (b) at | (c) on | (d) in |
| 9. | (a) to | (b) on | (c) in | (d) at |
| 10. | (a) rip | (b) dip | (c) tip | (d) nip |
| 11. | (a) bullets | (b) sights | (c) triggers | (d) barrels |
| 12. | (a) tack | (b) nail | (c) screw | (d) pin |

SPELLING

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

Paragraph 1

1. the eeatulqvni of ten days a year
2. A nivaimt company called Healthspan
3. in a iylectap week
4. lirtaedxnrariyo sexist
5. the study reinforced sexist orsysetetpe
6. women being over-iotomlaen

Paragraph 2

7. Moods are a tbromraee
8. our ollaver well being
9. ptcilusebes to being in a bad mood
10. Women rvaec 'me time'
11. Everyday lecgسالneh
12. Other bad-mood igerstrg

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () Psychotherapist Sally Brown, a spokeswoman for Healthspan, said: "Moods are a barometer
- () a bad mood. 'Metro' issued an article attacking the study for being "incredibly" and
- (**1**) Researchers who claim women are grumpy for the equivalent of ten days a year have been called
- () doing something useful". It added the study reinforced sexist stereotypes of women being over-emotional.
- () "extraordinarily" sexist. It reported that the study was, "carried out by scientists who could have been spending their time
- () of our overall well being. The research shows both men and women are susceptible to being in a bad mood from time
- () sexist by the London newspaper 'Metro'. A vitamin company called Healthspan conducted
- () a nail, fearing their partners were 'not listening' and bad weather.
- () triggers the survey highlighted include feeling fat, worrying about money, breaking
- () challenges from bad traffic to failing technology can tip women into a bad mood." Other bad-mood
- () to time." She added that: "Women crave 'me time' and men tend to rely on their partners to help lift
- () the survey, which involved interviewing 1,000 women and 1,000 men about what affects their
- () them out of their moods." Ms Brown commented on causes for women becoming moody, saying: "Everyday
- () mood. The study said in a typical week, the average woman reckons she spends around five hours in

PUT THE WORDS IN THE RIGHT ORDER

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

1. for of grumpy equivalent days are the ten Women .

2. bad She five a around in mood spends hours .

3. an issued 'Metro' study the attacking article .

4. their doing useful Spending time something .

5. reinforced study The women of stereotypes sexist .

6. a our being are of well Moods barometer overall .

7. mood bad a in being to Susceptible time to time . from

8. moods out help their of lift partners Rely their them to on.

9. mood into can a tip Failing . bad women technology

10. triggers Other the bad survey - highlighted mood .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Researchers who claim women are grumpy for the *equinox / equivalent* of ten days a year have been called *sexist / sexism* by the London newspaper 'Metro'. A vitamin company called Healthspan *conducted / composed* the survey, which *involving / involved* interviewing 1,000 women and 1,000 men about what *affects / effects* their mood. The study said in a *typically / typical* week, the average woman *beckons / reckons* she spends around five hours *in / on* a bad mood. 'Metro' issued an article attacking the study for being "incredibly" and "extraordinarily" sexist. It reported that the study was, "carried *in / out* by scientists who could have been spending their time doing something useful". It added the study *reinforced / reinforcement* sexist stereotypes of women being over-emotional.

Psychotherapist Sally Brown, a spokeswoman for Healthspan, said: "Moods are a *barometer / thermometer* of our overall well *been / being*. The research shows both men and women are *susceptibility / susceptible* to being in a bad mood from time to *hour / time*." She added that: "Women crave '*me time*' / '*us*' time' and men tend to rely *on / in* their partners to help lift them out of their moods." Ms Brown commented on *cases / causes* for women becoming moody, saying: "Everyday *challenges / challenged* from bad traffic to failing technology can *tip / top* women into a bad mood." Other bad-mood triggers the survey highlighted include feeling fat, worrying about money, breaking a *hammer / nail*, fearing their partners were 'not listening' and bad weather.

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/1409/140924-moodiness.html>

R_s__rch_rs wh_ cl__m w_m_n _r_ gr_mpy f_r th_
_q__v_l_nt _f_t_n_d_ys _y__r_h_v_ b__n_c_ll_d_s_x_st
by th_ L_nd_n_n_wsp_p_r 'M_tr_'. _v_t_m_n_c_m_p_ny
c_ll_d H__lthsp_n c_nd_ct_d th_ s_rv_y, wh_ch
_nv_lv_d _nt_rv__w_ng 1,000 w_m_n _nd 1,000 m_n
_b__t wh_t _ff_cts th__r m__d. Th_ st_dy s__d _n_
typ_c_l w__k, th_ _v_r_g_ w_m_n r_ck_ns sh_ sp_nds
_r__nd f_v_ h__rs _n_ b_d m__d. 'M_tr_' _ss__d _n_
_rt_cl_ _tt_ck_ng th_ st_dy f_r b__ng "_ncr_d_bly" _nd
"_xtr__rd_n_r_ly" s_x_st. _t_r_p_rtd th_t th_ st_dy
w_s, "c_rr__d __t by sc__nt_sts wh_ c__ld h_v_ b__n
sp_nd_ng th__r t_m_ d__ng s_m_th_ng _s_f_l". _t_
_dd_d th_ st_dy r__nf_rc_d s_x_st st_r__typ_s _f
w_m_n b__ng _v_r-m_t_n_l.

Psych_th_r_p_st S_lly Br_wn, _ sp_k_sw_m_n f_r
H__lthsp_n, s__d: "M__ds _r_ _ b_r_m_t_r _f __r
_v_r_ll w_ll b__ng. Th_ r_s__rch sh_ws b_th m_n _nd
w_m_n _r_ s_sc_pt_bl_ t_ b__ng _n_ b_d m__d fr_m
t_m_ t_ t_m_." Sh_ _dd_d th_t: "W_m_n cr_v_ 'm_
t_m_' _nd m_n t_nd t_r_ly _n th__r p_rtn_rs t_h_lp
l_ft th_m __t _f th__r m__ds." Ms Br_wn c_m_m_nt_d _n_
c__s_s_f_r w_m_n b_c_m_ng m__dy, s_y_ng: "_v_ryd_y
ch_ll_ng_s fr_m b_d tr_ff_c_t _f__l_ng t_chn_l_gy c_n
t_p w_m_n _nt_ _ b_d m__d." _th_r b_d-m__d tr_gg_rs
th_ s_rv_y h_ghl_ght_d _ncl_d _f__l_ng f_t, w_rry_ng
_b__t m_n_y, br__k_ng _n__l, f__r_ng th__r p_rtn_rs
w_r_ 'n_t_l_st_n_ng' _nd b_d w__th_r.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

researchers who claim women are grumpy for the equivalent of ten days a year have been called sexist by the London newspaper 'metro' a vitamin company called healthspan conducted the survey which involved interviewing 1000 women and 1000 men about what affects their mood the study said in a typical week the average woman reckons she spends around five hours in a bad mood 'metro' issued an article attacking the study for being "incredibly" and "extraordinarily" sexist it reported that the study was "carried out by scientists who could have been spending their time doing something useful" it added the study reinforced sexist stereotypes of women being over-emotional

psychotherapist sally brown a spokeswoman for healthspan said "moods are a barometer of our overall well being the research shows both men and women are susceptible to being in a bad mood from time to time" she added that "women crave 'me time' and men tend to rely on their partners to help lift them out of their moods" ms brown commented on causes for women becoming moody saying "everyday challenges from bad traffic to failing technology can tip women into a bad mood" other bad-mood triggers the survey highlighted include feeling fat worrying about money breaking a nail fearing their partners were 'not listening' and bad weather

PUT A SLASH (/) WHERE THE SPACES ARE

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

Researchers who claim women are grumpy for the equivalent of ten days a year have been called sexist by the London newspaper 'Metro'. A vitamin company called Healthspan conducted the survey, which involved interviewing 1,000 women and 1,000 men about what affects their mood. The study said in a typical week, the average woman reckons she spends around five hours in a bad mood. 'Metro' issued an article attacking the study for being "incredibly" and "extraordinarily" sexist. It reported that the study was, "carried out by scientists who could have been spending their time doing something useful". It added the study reinforced sexist stereotypes of women being over-emotional. Psychotherapist Sally Brown, a spokeswoman for Healthspan, said: "Moods are a barometer of our overall wellbeing. The research shows both men and women are susceptible to being in a bad mood from time to time." She added that: "Women crave 'me time' and tend to rely on their partners to help lift them out of their moods." Ms Brown commented on causes for women becoming moody, saying: "Everyday challenges from bad traffic to failing technology can tip women into a bad mood." Other bad-mood triggers the survey highlighted include feeling fat, worrying about money, breaking a nail, fearing their partners were 'not listening' and bad weather.

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 moodiness in men and women. Share what you discover with your partner(s) in the next lesson.

3. MOODINESS: Make a poster about moodiness and how to overcome it. Show your work to your classmates in the next lesson. Did you all have similar things?

4. GRUMPY: Write a magazine article about men and women being grumpy. Include imaginary interviews with people who think men are grumpier, and with people who think women are grumpier.

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 moods. Ask him/her three questions about moodiness. Give him/her three of your ideas on how to get out of a bad mood. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|-----------------|-----------------|
| 1. grumpy | a. moody |
| 2. conducted | b. carried out |
| 3. affects | c. influences |
| 4. reckons | d. believes |
| 5. reinforced | e. strengthened |
| 6. well being | f. health |
| 7. susceptible | g. prone to |
| 8. crave | h. long for |
| 9. triggers | i. prompts |
| 10. highlighted | j. focused on |

COMPREHENSION QUESTIONS (p.8)

1. Metro
2. A vitamin company
3. 5 hours
4. Something useful
5. Sexist stereotypes of women
6. A barometer of our well being
7. From time to time
8. Everyday challenges
9. Bad-mood triggers
10. Not being listened to

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 ;-)