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Level 5

Spicy food linked to higher testosterone levels

17th December, 2014

<http://www.breakingnewsenglish.com/1412/141217-spicy-food-5.html>

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Please try Level 4 (easier) and the 26–page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1412/141217-spicy-food-5.html>

Scientists say they have found a link between spicy food and levels of testosterone in men. Testosterone is a hormone and steroid in our bodies that is responsible for sexual development. Men produce up to 20 times more of it than women. Men with higher levels of testosterone are usually seen as being more sexually active, arrogant, brave and bigger risk takers. The co-author of the report, Laurent Begue, said the findings of his study matched a lot of research linking testosterone with financial, sexual and behavioural risk-taking.

Begue's study looked at the degree to which 114 men liked spicy food. The men added a hot pepper sauce to some mashed potatoes. They then evaluated the spiciness of what they ate. The researchers tested the men's saliva. They found that those who put more hot sauce on their potatoes had higher levels of testosterone. Britain's health service website nhs.uk said the study was too small to prove the link between spice and testosterone. It said many other things could get people to like spicy food. These include genetic, cultural and psychological factors.

Sources: <http://www.independent.co.uk/life-style/health-and-families/health-news/men-who-like-spicier-foods-have-higher-levels-of-testosterone-9926423.html>
<http://www.nhs.uk/news/2014/12December/Pages/Spicy-food-curries-favour-with-alpha-males.aspx>
<http://en.wikipedia.org/wiki/Testosterone>

MATCHING

From <http://www.breakingnewsenglish.com/1412/141217-spicy-food-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------------|---------------------------|
| 1. a link between spicy food and | a. of it than women |
| 2. Testosterone is a | b. author of the report |
| 3. Men produce up to 20 times more | c. of testosterone |
| 4. Men with higher levels | d. levels of testosterone |
| 5. being more sexually | e. a lot of research |
| 6. The co- | f. hormone |
| 7. the findings of his study matched | g. taking |
| 8. risk- | h. active |

PARAGRAPH TWO:

- | | |
|--------------------------------------|----------------------------|
| 1. the degree to which 114 men | a. to like spicy food |
| 2. mashed | b. sauce on their potatoes |
| 3. They then evaluated the spiciness | c. factors |
| 4. The researchers tested the men's | d. of what they ate |
| 5. those who put more hot | e. liked spicy food |
| 6. the study was too small | f. potatoes |
| 7. other things could get people | g. to prove the link |
| 8. cultural and psychological | h. saliva |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1412/141217-spicy-food-5.html>

Scientists say they (1) _____ between spicy food and levels of testosterone in men. Testosterone is a hormone and steroid in our bodies that (2) _____ sexual development. Men produce up to 20 times (3) _____ women. Men with higher levels of testosterone are usually (4) _____ sexually active, arrogant, brave and bigger risk takers. The (5) _____ report, Laurent Begue, said the findings of his study (6) _____ research linking testosterone with financial, sexual and behavioural risk-taking.

Begue's study looked (7) _____ which 114 men liked spicy food. The men added a hot pepper sauce to some (8) _____. They then evaluated the spiciness of what they ate. The researchers tested (9) _____. They found that those who put more hot sauce on their potatoes (10) _____ of testosterone. Britain's health service website nhs.uk said the study was too small (11) _____ between spice and testosterone. It said many other things could get people (12) _____. These include genetic, cultural and psychological factors.

SPICY FOOD SURVEY

From <http://www.breakingnewsenglish.com/1412/141217-spicy-food-5.html>

Write five GOOD questions about spicy food 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.

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)

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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)

FREE WRITING

From <http://www.breakingnewsenglish.com/1412/141217-spicy-food-5.html>

Write about **spicy food** for 10 minutes. Comment on your partner’s paper.
