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Level 3

Cut music to an hour a day

2nd March, 2015

<http://www.breakingnewsenglish.com/1503/150302-loud-music.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

The World Health Organisation (WHO) is worried that 1.1 billion teenagers and people in their twenties and early thirties are damaging their hearing by listening to loud music. It says nearly half the young people in middle- and high-income countries risk hearing loss because of the "unsafe use" of personal music players, including smartphones. Loud music in nightclubs, bars and at sporting events also increases the risk. The WHO recommends a safe limit of listening to music for just one hour a day. The WHO director for injury prevention, Dr Etienne Krug, told the BBC that: "What we're trying to do is raise awareness of an issue that is not talked about enough." He said hearing loss is easily preventable.

Dr Krug said keeping the volume down and limiting the use of personal audio devices to less than one hour a day would save a lot of people's hearing. However, he also said that, "even an hour can be too much if the volume is too loud". Ralph Holme, a biomedical researcher, explained how loud noise can damage ears. He said: "Loud sounds damage your hearing by killing off thousands of little hair cells in the inner ear. The cells detect different pitches of sound through vibration...but they are very fragile and if they vibrate too much due to loud sounds for too long, they get damaged and die." He warned that: "The problem is they don't grow back and the ear can no longer detect sound."

Sources: <http://www.bbc.com/news/health-31661789>
<http://www.independent.co.uk/life-style/health-and-families/health-news/children-warned-to-not-listen-to-music-for-more-than-one-hour-a-day-10076200.html>
<http://www.mirror.co.uk/news/uk-news/music-health-warning-listening-more-5244982>

WARM-UPS

1. LOUD MUSIC: Students walk around the class and talk to other students about loud music. 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?

WHO / teenagers / hearing / loud music / high-income countries / injury / awareness / volume / audio devices / damage / vibration / fragile / inner ear / damaged / sound

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

3. EASY LISTENING: What kind of music is best in these situations? Complete this table with your partner(s). Change partners often and share what you wrote.

	Type?	Why?	Volume?	Why?
Studying				
In bed				
In a gym				
In a restaurant				
Hiking				
While cooking				

4. VOLUME: Students A **strongly** believe there should be a limit on the volume of music players; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

5. MUSIC: Rank these with your partner. Put the best music at the top. Change partners often and share your rankings.

- rock
- hip hop
- classical
- pop
- jazz
- folk
- soul
- punk

6. TEENAGER: Spend one minute writing down all of the different words you associate with the word "teenager". 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/1503/150302-loud-music.html>

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

- | | |
|--|-------|
| a. Over 1.1 billion teenagers risk hearing loss because of loud music. | T / F |
| b. Half the young people in poorer countries risk hearing loss. | T / F |
| c. Loud music at sporting events increases the risk of hearing loss. | T / F |
| d. The WHO said too many people are talking about hearing loss. | T / F |
| e. A doctor said an hour of music a day is OK even at high volumes. | T / F |
| f. Loud noise kills tiny hair cells inside our ears. | T / F |
| g. The hair cells in our ears can break very easily. | T / F |
| h. Once a hair cell dies, it can never grow back. | T / F |

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

- | | |
|--------------|------------------|
| 1. worried | a. knowledge |
| 2. damaging | b. heightens |
| 3. increases | c. ceiling |
| 4. limit | d. identify |
| 5. awareness | e. described |
| 6. limiting | f. concerned |
| 7. explained | g. easily broken |
| 8. little | h. restricting |
| 9. fragile | i. ruining |
| 10. detect | j. tiny |

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

- | | |
|-----------------------------------|---------------------|
| 1. people in their twenties and | a. awareness |
| 2. nearly half | b. events |
| 3. middle- and high- | c. fragile |
| 4. sporting | d. the young people |
| 5. raise | e. is too loud |
| 6. keeping the volume | f. sound |
| 7. too much if the volume | g. early thirties |
| 8. thousands of little hair cells | h. down |
| 9. they are very | i. in the inner ear |
| 10. detect | j. income countries |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

The World Health Organisation (WHO) is (1) _____ that 1.1 billion teenagers and people in their twenties and (2) _____ thirties are damaging their hearing by listening to loud music. It says nearly half the young people in middle- and high-(3) _____ countries risk hearing loss because of the "(4) _____ use" of personal music players, including smartphones. Loud music in nightclubs, bars and at sporting events also increases the (5) _____. The WHO recommends a safe limit of listening to music for just one hour a day. The WHO director for (6) _____ prevention, Dr Etienne Krug, told the BBC that: "What we're trying to do is (7) _____ awareness of an issue that is not talked about enough." He said hearing loss is easily (8) _____.

unsafe
worried
injury
income
preventable
early
risk
raise

Dr Krug said keeping the volume (9) _____ and limiting the use of personal audio devices to less than one hour a day would (10) _____ a lot of people's hearing. However, he also said that, "even an hour can be too much if the volume is too (11) _____ ". Ralph Holme, a biomedical researcher, explained how loud noise can damage ears. He said: "Loud sounds damage your hearing by (12) _____ off thousands of little hair cells in the inner ear. The cells (13) _____ different pitches of sound through (14) _____ ...but they are very fragile and if they vibrate too much (15) _____ to loud sounds for too long, they get damaged and die." He (16) _____ that: "The problem is they don't grow back and the ear can no longer detect sound."

detect
down
due
loud
warned
save
vibration
killing

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

- 1) 1.1 billion teenagers and people in their twenties _____
 - a. and early-bird thirties
 - b. and earliest thirties
 - c. and early thirties
 - d. and earlier thirties
- 2) nearly half the young people in middle- and high-income countries _____
 - a. risk hearing lost
 - b. risk hearing loss
 - c. risk hearing lose
 - d. risk hearing lots
- 3) Loud music in nightclubs, bars and at sporting events also _____
 - a. increases the risky
 - b. increases the risks
 - c. increases the risked
 - d. increases the risk
- 4) What we're trying to do is raise awareness of an issue that is not _____
 - a. talked around enough
 - b. talked about enough
 - c. talked abut enough
 - d. talked a boot enough
- 5) He said hearing loss is _____
 - a. easily preventable
 - b. easy preventable
 - c. ease a lea preventable
 - d. easy lea preventable
- 6) keeping the volume down and limiting the use of _____
 - a. personal audio device
 - b. personal audio devices
 - c. personal audio devises
 - d. personal audio devise
- 7) even an hour can be too much if the volume _____
 - a. is too loudly
 - b. is too louder
 - c. is too loudest
 - d. is too loud
- 8) Loud sounds damage your hearing by killing off thousands of little hair cells _____
 - a. in the in a ear
 - b. in the in a rear
 - c. in the inner ear
 - d. in the inner rear
- 9) The cells detect different pitches of sound _____
 - a. through vibration
 - b. though vibration
 - c. threw vibration
 - d. throw vibration
- 10) they don't grow back and the ear can no longer _____
 - a. detest sound
 - b. deject sound
 - c. detect sound
 - d. deflect sound

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

The World Health Organisation (WHO) (1) _____ 1.1 billion teenagers and people in their twenties and early thirties are damaging their hearing (2) _____ loud music. It says nearly half the young people in middle- and high-income countries (3) _____ because of the "unsafe use" of personal music players, including smartphones. Loud music in nightclubs, (4) _____ sporting events also increases the risk. The WHO recommends a safe limit of listening to music for (5) _____ day. The WHO director for injury prevention, Dr Etienne Krug, told the BBC that: "What we're trying to do is raise awareness (6) _____ is not talked about enough." He said hearing loss is easily preventable.

Dr Krug said keeping the volume down and (7) _____ of personal audio devices to less than one hour a day (8) _____ people's hearing. However, he also said that, "even an hour can be too much if the volume is too loud". Ralph Holme, a biomedical researcher, explained (9) _____ damage ears. He said: "Loud sounds damage your hearing (10) _____ thousands of little hair cells in the inner ear. The cells detect different pitches of sound through vibration...but they (11) _____ and if they vibrate too much due to loud sounds for too long, they get damaged and die." He warned that: "The problem is they don't grow back and the ear can no (12) _____."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

1. How many people are at risk of hearing loss due to loud music?

2. What proportion of people in richer countries are at risk?

3. At what kind of events could people damage their hearing?

4. What is Etienne Krug the director of at the WHO?

5. What did Dr Krug say he is trying to raise?

6. What would be saved by limiting loud music to an hour a day?

7. What is Ralph Holme's job?

8. Where in the body are the hair cells mentioned in the article?

9. What can happen to the hair cells if they vibrate for too long?

10. What can the cells no longer do if they die?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

1. How many people are at risk of hearing loss due to loud music?
 - a) 1.1 billion
 - b) 1,100,000
 - c) 1.1 million
 - d) 11,000,000,000
2. What proportion of people in richer countries are at risk?
 - a) two-fifths
 - b) a third
 - c) half
 - d) a quarter
3. At what kind of events could people damage their hearing?
 - a) work events
 - b) social events
 - c) weddings
 - d) sporting events
4. What is Etienne Krug the director of at the WHO?
 - a) volume control
 - b) injury prevention
 - c) operations
 - d) loud music
5. What did Dr Krug say he is trying to raise?
 - a) awareness
 - b) the volume
 - c) money
 - d) the roof
6. What would be saved by limiting loud music to an hour a day?
 - a) music
 - b) the jobs of rock guitarists
 - c) money
 - d) people's hearing
7. What is Ralph Holme's job?
 - a) a volume measurer
 - b) a rock guitarist
 - c) a biomedical researcher
 - d) CEO of a headphone company
8. Where in the body are the hair cells mentioned in the article?
 - a) the fingertips
 - b) the inner ear
 - c) the brain
 - d) the eyebrows
9. What can happen to the hair cells if they vibrate for too long?
 - a) the dance
 - b) they can explode
 - c) they can die
 - d) they vibrate even faster
10. What can the cells no longer do if they die?
 - a) play music
 - b) detect sound
 - c) balance
 - d) die

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

Role A – Rock

You think rock is the best form of music. Tell the others three reasons why. Tell them why their forms of music aren't so good. Also, tell the others which is the worst of these (and why): hip-hop, jazz or classical.

Role B – Hip-Hop

You think hip-hop is the best form of music. Tell the others three reasons why. Tell them why their forms of music aren't so good. Also, tell the others which is the worst of these (and why): rock, jazz or classical.

Role C – Jazz

You think jazz is the best form of music. Tell the others three reasons why. Tell them why their forms of music aren't so good. Also, tell the others which is the worst of these (and why): hip-hop, rock or classical.

Role D – Classical

You think classical is the best form of music. Tell the others three reasons why. Tell them why their forms of music aren't so good. Also, tell the others which is the worst of these (and why): hip-hop, jazz or rock.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

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

loud	music
-------------	--------------

- 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">• early• half• events• safe• injury• easily	<ul style="list-style-type: none">• use• even• much• killing• long• longer
--	---

LOUD MUSIC SURVEY

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

Write five GOOD questions about loud music 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.

LOUD MUSIC 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 'hearing'?
- 3) How is your hearing?
- 4) What are your favourite sounds?
- 5) What do you think about what you read?
- 6) Do you worry about loud music?
- 7) Do you think young people will listen to the WHO advice?
- 8) How important is your hearing to you?
- 9) How important is it for music to be loud?
- 10) How good is listening to music through headphones?

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LOUD MUSIC DISCUSSION

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

- 11) Did you like reading this article? Why/not?
- 12) What kind of music is best to listen to loud?
- 13) What kind of music should you never listen to at a high volume?
- 14) How many hours a day do you need to listen to music?
- 15) What loud sounds do you hate?
- 16) What problems does noise pollution cause?
- 17) What do you think of people who listen to loud music in public?
- 18) Do you think scientists will be able to regrow the hair cells in the future?
- 19) Will you change your listening habits after reading this?
- 20) What questions would you like to ask the WHO director?

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/1503/150302-loud-music.html>

The World Health Organisation (WHO) is (1) _____ that 1.1 billion teenagers and people in their twenties and (2) _____ thirties are damaging their hearing by listening to loud music. It says nearly half the young people in middle- and high-income countries risk hearing (3) _____ because of the "unsafe use" of personal music players, including smartphones. Loud music in nightclubs, bars and at sporting events also increases the risk. The WHO recommends a safe (4) _____ of listening to music for just one hour a day. The WHO director for injury (5) _____, Dr Etienne Krug, told the BBC that: "What we're trying to do is raise awareness (6) _____ an issue that is not talked about enough." He said hearing loss is easily preventable.

Dr Krug said keeping the volume down and limiting the (7) _____ of personal audio devices to less than one hour a day would save a lot of people's hearing. However, he also said that, "(8) _____ an hour can be too much if the volume is too loud". Ralph Holme, a biomedical researcher, explained how loud noise can damage ears. He said: "Loud sounds damage your hearing (9) _____ killing off thousands of little hair cells in the inner ear. The cells (10) _____ different pitches of sound through vibration...but they are very (11) _____ and if they vibrate too much due to loud sounds for too long, they get damaged and die." He warned that: "The problem is they don't grow back and the ear can (12) _____ longer detect sound."

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

- | | | | | |
|-----|----------------|----------------|----------------|----------------|
| 1. | (a) worries | (b) worrier | (c) worry | (d) worried |
| 2. | (a) fast | (b) early | (c) small | (d) few |
| 3. | (a) lost | (b) losing | (c) loss | (d) lose |
| 4. | (a) limit | (b) bar | (c) sound | (d) noise |
| 5. | (a) perversion | (b) pretension | (c) prevention | (d) pretention |
| 6. | (a) by | (b) of | (c) for | (d) at |
| 7. | (a) hour | (b) listen | (c) play | (d) use |
| 8. | (a) even | (b) such | (c) though | (d) usual |
| 9. | (a) to | (b) of | (c) by | (d) as |
| 10. | (a) defect | (b) detect | (c) detest | (d) detract |
| 11. | (a) fragile | (b) fragility | (c) fragrantly | (d) fragilely |
| 12. | (a) non | (b) not | (c) now | (d) no |

SPELLING

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

Paragraph 1

1. people in their tswtenei
2. high-nimoce countries
3. inlnugcdi smartphones
4. juniry prevention
5. raise nsaeaewsr
6. hearing loss is easily peatreelnbv

Paragraph 2

7. keeping the movelu down
8. personal audio deisvec
9. loud noise can maaedg ears
10. different ihscpet
11. if they ebvirta too much
12. the ear can no longer eedtt sound

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

Number these lines in the correct order.

- () Dr Krug said keeping the volume down and limiting the use of personal audio
- () can be too much if the volume is too loud". Ralph Holme, a biomedical researcher, explained how loud
- () smartphones. Loud music in nightclubs, bars and at sporting events also increases the
- () risk. The WHO recommends a safe limit of listening to music for just one hour a day. The WHO director for injury
- () income countries risk hearing loss because of the "unsafe use" of personal music players, including
- () they vibrate too much due to loud sounds for too long, they get damaged
- () devices to less than one hour a day would save a lot of people's hearing. However, he also said that, "even an hour
- () in the inner ear. The cells detect different pitches of sound through vibration...but they are very fragile and if
- (**1**) The World Health Organisation (WHO) is worried that 1.1 billion teenagers and people in their twenties and early
- () an issue that is not talked about enough." He said hearing loss is easily preventable.
- () and die." He warned that: "The problem is they don't grow back and the ear can no longer detect sound."
- () noise can damage ears. He said: "Loud sounds damage your hearing by killing off thousands of little hair cells
- () prevention, Dr Etienne Krug, told the BBC that: "What we're trying to do is raise awareness of
- () thirties are damaging their hearing by listening to loud music. It says nearly half the young people in middle- and high-

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

1. to their loud hearing music by listening Damaging .

2. one day to just a Listening for hour music .

3. is we're raise trying awareness to do What .

4. enough is not An talked issue about that .

5. is loss hearing said He preventable easily .

6. of use the Limiting devices audio personal .

7. if loud the volume Too is much too .

8. hair little of thousands off Killing cells .

9. sound of pitches different detect cells The .

10. back grow don't they is problem The .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

The World Health Organisation (WHO) is *worried* / *worrier* that 1.1 billion teenagers and people in their twenties and *fast* / *early* thirties are damaging their hearing *at* / *by* listening to loud music. It says nearly half the young people in middle- and *high-income* / *high-outcome* countries risk hearing loss because of the "unsafe use" of *personally* / *personal* music players, including smartphones. Loud music in nightclubs, bars and at sporting events also *increases* / *increase* the risk. The WHO recommends a safe *limit* / *limitation* of listening to music for just one *hourly* / *hour* a day. The WHO director for injury *prevent* / *prevention*, Dr Etienne Krug, told the BBC that: "What we're trying to do is raise awareness of an issue that is not talked about enough." He said hearing loss is *easily* / *easy* preventable.

Dr Krug said keeping the *volume* / *voluminous* down and limiting the use of personal audio *device* / *devices* to less than one hour a day would save a lot of people's *listening* / *hearing*. However, he also said that, "even an hour can be too *many* / *much* if the volume is too loud". Ralph Holme, a biomedical researcher, explained how loud noise can *damaging* / *damage* ears. He said: "Loud sounds damage your hearing *by* / *as* killing off thousands of little hair *sells* / *cells* in the inner ear. The cells *detect* / *detest* different pitches of sound through vibration...but they are very fragile and if they vibrate too much *due* / *dew* to loud sounds for too long, they get damaged and die." He warned that: "The problem is they don't grow back and the ear can *not* / *no* longer detect sound."

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/1503/150302-loud-music.html>

Th_ W_rld H__lth _rg_n_s_t__n (WH_) _s w_rr__d th_t
1.1 b_ll__n t__n g_rs _nd p__pl_ _n th__r tw_nt__s
_nd __rly th_rt__s _r_d m_g_ng th__r h__r_ng by
l_st_n_ng t_l__d m_s_c. _t s_ys n__rly h_lf th_y__ng
p__pl_ _n m_ddl_- _nd h_gh-_nc_m_ c__ntr__s r_sk
h__r_ng l_ss b_c__s _f th_ "ns_f__s" _f p_rs_n_l
m_s_c pl_y_rs, _ncl_d_ng sm_rtph_n_s. L__d m_s_c _n
n_gh_tcl_bs, b_rs _nd _t sp_rt_ng _v_nts _ls_ _ncr__s_s
th__r_sk. Th_ WH_ r_c_mm_nds __s_f_l_m_t _f
l_st_n_ng t_m_s_c f_r j_st _n_h__r_d_y. Th_ WH_
d_r_ct_r f_r _nj_ry pr_v_nt__n, Dr_t__nn_ Kr_g, t_ld
th_ BBC th_t: "Wh_t w_'r try_ng t_d__s r__s_
_w_r_n_ss _f _n__ss__ th_t _s_n_t t_lk_d _b_t
_n__gh." H_s__d h__r_ng l_ss_s __s_ly pr_v_nt_bl_.

Dr Kr_g s__d k__p_ng th_v_l_m_d_wn _nd l_m_t_ng
th__s__f p_rs_n_l __d__d_v_c_s t_l_ss th_n _n_
h__r_d_y w__ld s_v__l_t _f p__pl_'s h__r_ng.
H_w_v_r, h__ls_s__d th_t, "v_n_n_h__r_c_n_b_t__
m_ch _f th_v_l_m__s t__l__d". R_lph H_lm_, _
b__m_d_c_l_r_s_rch_r, _xpl__n_d h_w l__d n__s_c_n
d_m_g__rs. H_s__d: "L__d s__nds d_m_g_y__r
h__r_ng by k_ll_ng _ff th__s_nds _f lttl_h__r_c_lls _n
th__nn_r__r. Th_c_lls d_t_ct d_ff_r_nt p_tch_s _f
s__nd thr__gh v_br_t__n...b_t th_y _r_v_ry fr_g_l_
_nd _f th_y v_br_t_t__m_ch d__t_l__d s__nds f_r
t__l__ng, th_y g_t d_m_g_d _nd d__." H_w_rn_d th_t:
"Th_pr_bl_m_s th_y d_n't gr_w_b_ck _nd th__r_c_n
n_l__ng_r_d_t_ct s__nd."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

the world health organisation (who) is worried that 11 billion teenagers and people in their twenties and early thirties are damaging their hearing by listening to loud music it says nearly half the young people in middle- and high-income countries risk hearing loss because of the "unsafe use" of personal music players including smartphones loud music in nightclubs bars and at sporting events also increases the risk the who recommends a safe limit of listening to music for just one hour a day the who director for injury prevention dr etienne krug told the bbc that "what we're trying to do is raise awareness of an issue that is not talked about enough" he said hearing loss is easily preventable

dr krug said keeping the volume down and limiting the use of personal audio devices to less than one hour a day would save a lot of people's hearing however he also said that "even an hour can be too much if the volume is too loud" ralph holme a biomedical researcher explained how loud noise can damage ears he said "loud sounds damage your hearing by killing off thousands of little hair cells in the inner ear the cells detect different pitches of sound through vibration...but they are very fragile and if they vibrate too much due to loud sounds for too long they get damaged and die" he warned that "the problem is they don't grow back and the ear can no longer detect sound"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

The World Health Organisation (WHO) is worried that 1.1 billion teenagers and people in their twenties and early thirties are damaging their hearing by listening to loud music. It says nearly half the young people in middle- and high-income countries risk hearing loss because of the "unsafe use" of personal music players, including smartphones. Loud music in night clubs, bars and at sporting events also increases the risk. The WHO recommends a safe limit of listening to music for just one hour a day. The WHO director for injury prevention, Dr Etienne Krug, told the BBC that: "What we're trying to do is raise awareness of an issue that is not talked about enough." He said hearing loss is easily preventable. Dr Krug said keeping the volume down and limiting the use of personal audio devices to less than one hour a day would save a lot of people's hearing. However, he also said that, "even an hour can be too much if the volume is too loud". Ralph Holme, a bio-medical researcher, explained how loud noise can damage ears. He said: "Loud sounds damage your hearing by killing off thousands of little hair cells in the inner ear. The cells detect different pitches of sound through vibration... but they are very fragile and if they vibrate too much due to loud sounds for too long, they get damaged and die." He warned that: "The problem is they don't grow back and the ear can no longer detect sound."

FREE WRITING

From <http://www.BreakingNewsEnglish.com/1503/150302-loud-music.html>

Write about **loud music** for 10 minutes. Comment on your partner’s paper.

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

3. LOUD MUSIC: Make a poster about loud music. Show your work to your classmates in the next lesson. Did you all have similar things?

4. HEARING LOSS: Write a magazine article about listening to loud music for just one hour a day. Include imaginary interviews with people who are for and against this.

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 loud music and hearing. Ask him/her three questions about loud music. Give him/her three of your ideas on how to encourage people to turn down the volume or listen to loud music less. 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 F c T d F e F f T g T h T

SYNONYM MATCH (p.4)

- | | |
|--------------|------------------|
| 1. worried | a. concerned |
| 2. damaging | b. ruining |
| 3. increases | c. heightens |
| 4. limit | d. ceiling |
| 5. awareness | e. knowledge |
| 6. limiting | f. restricting |
| 7. explained | g. described |
| 8. little | h. tiny |
| 9. fragile | i. easily broken |
| 10. detect | j. identify |

COMPREHENSION QUESTIONS (p.8)

- 1.1 billion
- Half
- Sporting events
- Injury prevention
- Awareness
- People's hearing
- Biomedical researcher
- The inner ear
- They can die
- Detect sound

MULTIPLE CHOICE - QUIZ (p.9)

1. a 2. c 3. d 4. b 5. a 6. d 7. c 8. b 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 ;-)