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Level 5 – 28th September, 2019

Wasabi gives woman broken-heart syndrome

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/1909/190928-wasabi-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1909/190928-wasabi-5.html>

A 60-year-old woman went to hospital after eating a large amount of the condiment wasabi by mistake. She was at a wedding reception in Israel and mistakenly ate a teaspoon of the spicy green paste. She thought it was an avocado-based dip. Her taste buds were shocked when the spices in the wasabi moved to her tongue and nose. The woman felt pressure in her chest and her arms tingled. She went to hospital the next day. Doctors diagnosed her with "broken-heart syndrome". This has symptoms that are similar to a heart attack after physical or emotional distress.

Doctors said the woman was struck by *takotsubo* cardiomyopathy. It is also called "broken-heart syndrome". The heart weakens and suffers a "temporary disruption" so that it cannot pump blood properly. It is usually caused by life-changing and shocking events such as financial troubles, traffic accidents or bad news. It is not as serious as a real heart attack. Most patients fully recover within a month. Doctors said: "To the best of our knowledge, this is the first report of *takotsubo* cardiomyopathy triggered by wasabi." They told sushi lovers that wasabi is not dangerous.

Sources: <https://www.foxnews.com/health/wasabi-avocado-broken-heart-syndrome>
<https://www.livescience.com/wasabi-triggers-broken-heart-syndrome.html>
<https://www.aol.com/article/news/2019/09/25/broken-heart-syndrome-woman-hospitalized-wasabi-avocado-bmj-case/23820053/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1909/190928-wasabi-5.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|----------------------|
| 1. eating a | a. reception |
| 2. the condiment | b. in her chest |
| 3. She was at a wedding | c. distress |
| 4. She thought it was an avocado- | d. large amount |
| 5. taste | e. to a heart attack |
| 6. The woman felt pressure | f. buds |
| 7. symptoms that are similar | g. wasabi |
| 8. physical or emotional | h. based dip |

PARAGRAPH TWO:

- | | |
|------------------------------|----------------------|
| 1. The heart | a. by wasabi |
| 2. it cannot pump blood | b. troubles |
| 3. financial | c. lovers |
| 4. It is not as serious as a | d. properly |
| 5. Most patients fully | e. real heart attack |
| 6. To the best of | f. weakens |
| 7. triggered | g. our knowledge |
| 8. sushi | h. recover |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1909/190928-wasabi-5.html>

A 60-year-old woman went to hospital after eating a (1) _____ the condiment wasabi by mistake. She was at a wedding reception in Israel and mistakenly (2) _____ of the spicy green paste. She thought it was (3) _____. Her taste buds were shocked when the spices in the wasabi moved to her tongue and nose. The woman (4) _____ her chest and her arms tingled. She went to hospital the next day. Doctors (5) _____ "broken-heart syndrome". This has symptoms that are similar to a heart attack after physical (6) _____.

Doctors said the (7) _____ by *takotsubo* cardiomyopathy. It is also called "broken-heart syndrome". The heart (8) _____ a "temporary disruption" so that it cannot (9) _____. It is usually caused by life-changing and shocking events such as financial troubles, (10) _____ bad news. It is not as serious as a real heart attack. Most patients (11) _____ a month. Doctors said: "To the best of our knowledge, this is the first report of *takotsubo* cardiomyopathy triggered by wasabi." They (12) _____ that wasabi is not dangerous.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1909/190928-wasabi-5.html>

A 60-year-old woman went to hospital after eating a large amount of the condiment wasabi by mistake. She was at a wedding reception in Israel and mistakenly ate a spoon of the spicy green paste. She thought it was a avocado-based dip. Her taste buds were shocked when the spices in the wasabi moved to her tongue and nose. The woman felt pressure in her chest and her arm stung. She went to hospital the next day. Doctors diagnosed her with "broken-heart syndrome". This has a symptom that is similar to a heart attack after physical or emotional distress. Doctors said the woman was struck by *takotsubo* cardiomyopathy. It is also called "broken-heart syndrome". The heart weakens and suffers a "temporary disruption" so that it cannot pump blood properly. It is usually caused by life-changing and shocking events such as financial troubles, traffic accident or bad news. It is not as serious as a real heart attack. Most patients fully recover within a month. Doctors said: "To the best of our knowledge, this is the first report of *takotsubo* cardiomyopathy triggered by wasabi." They told Sushilover that wasabi is not dangerous.

WASABI SURVEY

From <https://breakingnewsenglish.com/1909/190928-wasabi-4.html>

Write five GOOD questions about wasabi 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) _____

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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) _____

