

Wasabi gives woman broken-heart syndrome

28th September, 2019



A woman ended up in hospital after eating a large amount of the spicy condiment wasabi by mistake. The 60-year-old woman was attending a wedding reception in Israel. She mistakenly ate around a teaspoon of the spicy green paste, believing it to be an avocado-based dip. Her taste buds

got the shock of their lives when the spices in the wasabi started working on her tongue and nose. The woman said that within minutes she felt pressure in her chest and tingling all over her arms. She went to hospital the following day, where she was diagnosed with "broken-heart syndrome". This is a term for symptoms that are similar to a heart attack following physical or emotional distress.

Doctors said the woman was struck with a condition known as *takotsubo* cardiomyopathy, which typically affects older women. It is also called "broken-heart syndrome". The heart's main pumping chamber weakens and suffers a "temporary disruption" so that it cannot pump blood properly. It is usually brought on by life-altering and shocking events such as financial troubles, serious traffic accidents or bad news. The syndrome 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 consumption." They reassured sushi lovers that wasabi is not dangerous.

Sources: foxnews.com / livescience.com / aol.com

Writing

Wasabi is the best condiment we can eat. Discuss.

Chat

Talk about these words from the article.

hospital / spicy / condiment / wedding / avocado / dip / taste buds / pressure / distress / condition / broken heart / blood / pump / traffic accident / recover / sushi / wasabi

True / False

- a) A woman ate a large amount of wasabi as a joke. T / F
- b) The woman ate around a teaspoon of wasabi. T / F
- c) The woman felt pressure in her legs and her chest tingled. T / F
- d) The woman was rushed to hospital five minutes after eating the wasabi. T / F
- e) The woman's condition usually affects women in their twenties. T / F
- f) Broken-heart syndrome affects the way the heart pumps the blood. T / F
- g) Broken-heart syndrome patients usually get better within a month. T / F
- h) Doctors told people who love sushi that wasabi is not dangerous. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|-----------------|
| 1. amount | a. complex |
| 2. shock | b. set off |
| 3. syndrome | c. anguish |
| 4. term | d. normally |
| 5. distress | e. ventricle |
| 6. typically | f. volume |
| 7. chamber | g. recuperate |
| 8. troubles | h. phrase |
| 9. recover | i. difficulties |
| 10. triggered | j. surprise |

Discussion – Student A

- a) How often have you had a broken heart?
- b) What is the best way to get over a broken heart?
- c) What do you know about wasabi?
- d) What do you think of wasabi?
- e) What is your favorite condiment?
- f) What things excite your taste buds?
- g) How can you keep your heart in good condition?
- h) What advice do you have for the woman?

Phrase Match

- | | |
|--------------------------------------|----------------------------|
| 1. A woman ended | a. accidents |
| 2. She mistakenly ate around | b. in her chest |
| 3. taste | c. distress |
| 4. she felt pressure | d. of our knowledge |
| 5. physical or emotional | e. wasabi is not dangerous |
| 6. it cannot pump | f. buds |
| 7. traffic | g. up in hospital |
| 8. Most patients fully recover | h. blood properly |
| 9. To the best | i. within a month |
| 10. They reassured sushi lovers that | j. a teaspoon |

Discussion – Student B

- What do you think about what you read?
- What food that you eat could be harmful?
- What troubles have you had in your life?
- How do you look after your heart?
- What three adjectives best describe this story?
- What can you do with wasabi?
- What do you think of sushi?
- What questions would you like to ask a wasabi expert?

Spelling

- the spicy codninemt wasabi
- attending a wedding recpntieo
- ninlggti all over her arms
- she was dasedngio
- pmtysom that are similar
- physical or emotional idssters
- tpicllay affects older women
- a temporary dnopstruii
- life-etaglirn and shocking events
- serious frcrafti accidents
- triggered by wasabi tounoismnpc
- They asresurde sushi lovers

Answers – Synonym Match

1. f	2. j	3. a	4. h	5. c
6. d	7. e	8. i	9. g	10. b

Role Play

Role A – Wasabi

You think wasabi is the best condiment. Tell the others three reasons why. Tell them what is wrong with their condiments. Also, tell the others which is the least useful of these (and why): salt, ketchup or sour cream.

Role B – Salt

You think salt is the best condiment. Tell the others three reasons why. Tell them what is wrong with their condiments. Also, tell the others which is the least useful of these (and why): wasabi, ketchup or sour cream.

Role C – Ketchup

You think ketchup is the best condiment. Tell the others three reasons why. Tell them what is wrong with their condiments. Also, tell the others which is the least useful of these (and why): salt, wasabi or sour cream.

Role D – Sour Cream

You think sour cream is the best condiment. Tell the others three reasons why. Tell them what is wrong with their condiments. Also, tell the others which is the least useful of these (and why): salt, ketchup or wasabi.

Speaking – Condiments

Rank these with your partner. Put the best condiments at the top. Change partners often and share your rankings

- | | |
|--------------|----------------|
| • mustard | • wasabi |
| • salsa | • salt |
| • sour cream | • garlic sauce |
| • vinegar | • ketchup |

Answers – True False

a	F	b	T	c	F	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.