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Level 4 – 26th January, 2020

Stress really does turn your hair grey

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

<https://breakingnewsenglish.com/2001/200126-grey-hair-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2001/200126-grey-hair-4.html>

Scientists found that stress turns hair grey in mice. Stem cell biologists from Harvard tested mice to find how affected they were. The scientists injected the mice with the heat-giving ingredient in chili peppers. This caused a hair-colouring chemical in the mice to overwork in reaction to the stress. It used up all colour-regenerating cells. The mice's hair quickly turned white. A researcher said this was, "beyond what I imagined".

People have always believed that stress turns hair grey. France's Queen Marie Antoinette's hair supposedly turned white before she was beheaded. More recently, the hair of presidents has quickly lost colour. The strains of leadership have gone to the roots and follicles. The researcher said the loss of the colour-regenerating cells cannot be reversed. She said: "The damage is permanent." She thinks stress could also accelerate the aging process.

Sources: <https://www.thesun.co.uk/news/10800966/stress-cause-hair-to-go-grey/>
<https://www.the-scientist.com/news-opinion/stress-turns-hair-gray-by-depleting-pigment-producing-stem-cells-67004>
<https://metro.co.uk/2020/01/23/yes-stress-really-turn-hair-grey-12107764>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2001/200126-grey-hair-4.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|-----------------------|
| 1. Stem cell | a. regenerating cells |
| 2. find how stress | b. the mice |
| 3. The scientists injected | c. what I imagined |
| 4. the heat-giving ingredient | d. chemical |
| 5. a hair-colouring | e. to the stress |
| 6. in reaction | f. in chili peppers |
| 7. It used up all colour- | g. biologists |
| 8. this was beyond | h. affected them |

PARAGRAPH TWO:

- | | |
|--------------------------------|------------------------|
| 1. People have always | a. regenerating cells |
| 2. stress turns | b. beheaded |
| 3. before she was | c. process |
| 4. the hair of presidents have | d. believed that |
| 5. The strains of | e. permanent |
| 6. the loss of the colour- | f. hair grey |
| 7. The damage is | g. leadership |
| 8. accelerate the aging | h. quickly lost colour |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2001/200126-grey-hair-4.html>

Scientists found that stress turns hair grey in mice.

(1) _____ from Harvard tested mice to find

(2) _____ them. The scientists (3) _____

with the heat-giving (4) _____ peppers. This caused a hair-

colouring chemical in the mice to overwork (5) _____ the

stress. It used up all colour-regenerating cells. The mice's hair quickly

turned white. A researcher said this was, "(6) _____

imagined".

People have always (7) _____ turns hair grey. France's

Queen Marie Antoinette's (8) _____ white before she was

beheaded. More recently, the hair of presidents (9) _____

colour. The strains of leadership have gone to the

(10) _____. The researcher said the loss of the colour-

regenerating cells cannot be reversed. She said: "The

(11) _____." She thinks stress could also accelerate

(12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2001/200126-grey-hair-4.html>

Scientists found that stress turns hair grey in mice. Stem cell biologists from Harvard tested mice to find how stress affected them. The scientists injected the mice with the heat-giving ingredient in chili peppers. This caused a hair-colouring chemical in the mice to overwork in reaction to the stress. It used up all colour-regenerating cells. The mice's hair quickly turned white. A researcher said this was, "beyond what I imagined". People have always believed that stress turns hair grey. France's Queen Marie Antoinette's hair supposedly turned white before she was beheaded. More recently, the hair of presidents has quickly lost colour. The strains of leadership have gone to the roots and follicles. The researcher said the loss of the colour-regenerating cells cannot be reversed. She said: "The damage is permanent." She thinks stress could also accelerate the aging process.

GREY HAIR SURVEY

From <https://breakingnewsenglish.com/2001/200126-grey-hair-4.html>

Write five GOOD questions about grey hair 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) _____

