

# Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"

[breakingnewsenglish.com/book.html](http://breakingnewsenglish.com/book.html)

Thousands more free lessons  
from Sean's other websites

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

**Level 5** – 26th January, 2019

## 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-5.html>

### Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

Twitter



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

Facebook



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

# THE READING

From <https://breakingnewsenglish.com/2001/200126-grey-hair-5.html>

Scientists have found that stress turns our hair grey, white or silver in mice. Stem cell biologists from Harvard University did a series of tests on mice to find the effects of stress on them. The scientists injected the mice with the ingredient in chili peppers that gives them their heat. This made the mice stressed. It caused a hair-colouring pigment in the mice to overwork as a reaction to the stress. It used up all colour-regenerating stem cells and the mice's hair rapidly turned white. A researcher said: "The detrimental impact of stress that we discovered was beyond what I imagined."

For centuries, people have believed that stress turns hair grey. France's Queen Marie Antoinette's hair supposedly turned white the night before she was beheaded during the French Revolution. More recently, the hair of presidents and other world leaders have quickly lost colour. The strains of leadership have gone to the roots of things, especially hair follicles. The researcher said the loss of the pigment-regenerating stem cells cannot be reversed. She said: "You can't regenerate pigment any more. The damage is permanent." She thinks stress could 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-5.html>

## PARAGRAPH ONE:

- |                            |                           |
|----------------------------|---------------------------|
| 1. a series                | a. turned white           |
| 2. The scientists injected | b. pigment                |
| 3. the ingredient          | c. of stress              |
| 4. a hair-colouring        | d. the mice               |
| 5. overwork as a           | e. imagined               |
| 6. the mice's hair rapidly | f. in chili peppers       |
| 7. The detrimental impact  | g. reaction to the stress |
| 8. beyond what I           | h. of tests               |

## PARAGRAPH TWO:

- |                                 |                      |
|---------------------------------|----------------------|
| 1. For centuries, people have   | a. any more          |
| 2. the night before she was     | b. leadership        |
| 3. The strains of               | c. the aging process |
| 4. gone to the roots            | d. beheaded          |
| 5. especially hair              | e. permanent         |
| 6. You can't regenerate pigment | f. of things         |
| 7. The damage is                | g. follicles         |
| 8. stress could accelerate      | h. believed that     |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2001/200126-grey-hair-5.html>

Scientists have found that stress turns our hair grey, white or silver in mice.

(1) \_\_\_\_\_ from Harvard University did a series of tests on mice to find the (2) \_\_\_\_\_ on them. The scientists injected the mice with (3) \_\_\_\_\_ chili peppers that gives them their heat. This made the mice stressed. It caused a hair-colouring pigment in the mice to overwork (4) \_\_\_\_\_ to the stress. It used up all colour-regenerating stem cells and the mice's (5) \_\_\_\_\_ white. A researcher said: "The (6) \_\_\_\_\_ stress that we discovered was beyond what I imagined."

For (7) \_\_\_\_\_ believed that stress turns hair grey. France's Queen Marie Antoinette's hair supposedly turned white (8) \_\_\_\_\_ she was beheaded during the French Revolution. More recently, the hair of presidents and other world leaders have quickly lost colour. The (9) \_\_\_\_\_ have gone to the roots of things, (10) \_\_\_\_\_. The researcher said the loss of the pigment-regenerating stem cells cannot be reversed. She said: "You can't regenerate pigment any more. The (11) \_\_\_\_\_." She thinks stress could accelerate (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2001/200126-grey-hair-5.html>

Scientists have found that stress turns our hair grey, white or silver in mice. Stem cell biologists from Harvard University did a series of tests on mice to find the effects of stress on them. The scientists injected the mice with the ingredient in chili pepper that gives them their heat. This made the mice stressed. It caused a hair-colouring pigment in the mice to overwork as a reaction to the stress. It used up all colour-regenerating stem cells and the mice's hair rapidly turned white. A researcher said: "The detrimental impact of stress that we discovered was beyond what I imagined." For centuries, people have believed that stress turns hair grey. France's Queen Marie Antoinette's hair supposedly turned white the night before she was beheaded during the French Revolution. More recently, the hair of presidents and other world leaders has quickly lost colour. The strains of leadership have gone to the root of things, especially hair follicles. The researcher said the loss of the pigment-regenerating stem cells cannot be reversed. She said: "You can't regenerate pigment anymore. The damage is permanent." She thinks stress could accelerate the ageing 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) \_\_\_\_\_

*Stress really does turn your hair grey – 26th January, 2019*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

