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Level 0 – 5th November, 2020

Stress baking helped during U.S. election

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<https://breakingnewsenglish.com/2011/201105-stress-baking-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2011/201105-stress-baking-0.html>

The US election was stressful. A company said it caused stress in 49% of people. Only COVID-19 was more stressful. Around 55% of adults said November the 3rd was the most stressful day of this year. They wanted 2020 to be over. A woman said: "It's not just the election - this year has been a marathon of stress."

Months of non-stop news made people stressed. They baked cakes and bread to feel better, especially before the election. About 27% of people baked to help their stress, but 41% put on weight. One woman said baking lowered her election stress. She said: "We probably won't have a clear winner for weeks after election day."

Sources: <https://www.cnet.com/news/the-psychology-of-stress-baking-why-everyone-is-making-bread-in-2020/>
<https://www.delish.com/food/a31669795/stress-baking/>
<https://www.swnsdigital.com/2020/10/more-than-half-of-americans-expect-election-day-to-be-the-most-stressful-day-of-their-lives-thus-far/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2011/201105-stress-baking-0.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|-------------------|
| 1. The US election | a. to be over |
| 2. it caused stress in 49% | b. more stressful |
| 3. Only COVID-19 was | c. of stress |
| 4. Around | d. was stressful |
| 5. the most stressful day of | e. election |
| 6. They wanted 2020 | f. of people |
| 7. It's not just the | g. this year |
| 8. this year has been a marathon | h. 55% of adults |

PARAGRAPH TWO:

- | | |
|-----------------------------------|------------------------|
| 1. Months of non- | a. election |
| 2. They baked | b. winner |
| 3. before the | c. help their stress |
| 4. people baked to | d. day |
| 5. 41% put on | e. stop news |
| 6. One woman said baking lowered | f. weight |
| 7. We probably won't have a clear | g. cakes and bread |
| 8. for weeks after election | h. her election stress |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2011/201105-stress-baking-0.html>

The US (1) _____. A company said it caused stress in 49% of people. Only COVID-19 was more stressful.

Around 55% (2) _____ November the 3rd was the most stressful (3) _____ year. They wanted

2020 (4) _____. A woman said: "It's

(5) _____ election - this year has been a

(6) _____."

Months (7) _____ made people stressed. They

baked (8) _____ to feel better, especially

(9) _____. About 27% of people baked

(10) _____ stress, but 41% put on weight. One

woman said baking lowered (11) _____. She

said: "We probably won't have (12) _____ for

weeks after election day."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2011/201105-stress-baking-0.html>

The US election was stressful. A company said it caused stress in 49% of people. Only COVID-19 was more stressful. Around 55% of adults said November the 3rd was the most stressful day of this year. They wanted 2020 to be over. A woman said: "It's not just the election - this year has been a marathon of stress." Months of non-stop news made people stressed. They baked cakes and bread to feel better, especially before the election. About 27% of people baked to help their stress, but 41% put on weight. One woman said baking lowered her election stress. She said: "We probably won't have a clear winner for weeks after election day."

BAKING SURVEY

From <https://breakingnewsenglish.com/2011/201105-stress-baking-0.html>

Write five GOOD questions about baking 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) _____

