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Level 3 – 21st April, 2022

Half the world's population get headaches

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<https://breakingnewsenglish.com/2204/220421-headaches.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

If you get regular headaches, you are not alone. A new report says half of us suffer from them. Researchers from the Norwegian University of Science and Technology looked at 357 different studies on headaches from 1961 to 2020. The report was published in "The Journal of Headache and Pain". The studies were mainly from rich countries. They included information on general headaches, migraines, and headaches from tension. The researchers said that 52 per cent of people in the study suffered from some form of headache every year. The lead researcher, Lars Jacob Stovner, was surprised that the numbers were so big and that so many people got headaches.

The researchers found that women are more likely to get headaches than men. They said 17 per cent of women get migraines, compared to 9 per cent of men. Six per cent of women get headaches on 15 or more days a month, while the number is three per cent for men. Mr Stovner said: "What is clear is that overall, headache disorders are highly prevalent worldwide and can be a [great pain]." He said more people are getting headaches, saying: "The data does suggest that headaches and migraine rates may be increasing." Stovner added that more research was needed. He said it was important, "to analyze the different causes of headaches...to target prevention and treatment more effectively".

Sources: <https://www.sciencealert.com/over-50-of-world-s-population-is-likely-affected-by-this-health-disorder-every-year>
https://www.upi.com/Health_News/2022/04/12/headaches-half-world/2751649783764/
<https://www.washingtonpost.com/health/2022/04/17/headache-disorders-migraines/>

WARM-UPS

1. HEADACHES: Students walk around the class and talk to other students about headaches. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

headaches / alone / suffer / science / technology / information / tension / numbers / researchers / clear / worldwide / pain / data / prevention / treatment / effectively

Have a chat about the topics you liked. Change topics and partners frequently.

3. LIFESTYLE: Students A **strongly** believe we should change our lifestyle to stop getting headaches; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. CAUSES: How bad are these headaches? What can we do about this? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Bad	What We Can Do
No sleep		
Stress		
Overworking		
Eyesight problems		
Dehydration		
Covid-19		

5. SCIENCE: Spend one minute writing down all of the different words you associate with the word "science". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. NO HEADACHE: Rank these with your partner. Put the best things to make a headache go away at the top. Change partners often and share your rankings.

- Sleep
- Water
- Medicine
- Meditation
- A walk
- Exercise
- Chocolate
- Relax

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|---|
| 1. regular | a. The way something looks or is. |
| 2. suffer | b. Feel or experience bad or unpleasant things. |
| 3. published | c. More than anything else. |
| 4. mainly | d. Happening at the same or similar times or frequency. |
| 5. migraine | e. Most important, head. |
| 6. form | f. Prepare and issued a book, journal, or piece of music to sell to people. |
| 7. lead | g. A very, very, very, very bad headache. |

Paragraph 2

- | | |
|-----------------|--|
| 8. likely | h. Happening or is everywhere at a particular time. |
| 9. clear | i. Taking everything as a whole. |
| 10. overall | j. Medical care given to a patient for an illness or injury. |
| 11. prevalent | k. Such as well might happen or be true; probable. |
| 12. suggest | l. Easy to see or understand. |
| 13. treatment | m. In such a way as to get a good result. |
| 14. effectively | n. Say something for people to think about. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says people who are alone get headaches. **T / F**
2. Researchers looked at 357 studies that gave them headaches. **T / F**
3. Researchers said 52% of people in the study got headaches each year. **T / F**
4. A researcher was surprised that so many people got headaches. **T / F**
5. Women get more headaches than men. **T / F**
6. Men get more migraines than women. **T / F**
7. The number of people who get headaches is going down. **T / F**
8. A researcher wants to find ways to stop people from getting headaches. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. regular | a. easy to see |
| 2. published | b. shocked |
| 3. mainly | c. probable |
| 4. tension | d. widespread |
| 5. surprised | e. primarily |
| 6. likely | f. therapy |
| 7. clear | g. frequent |
| 8. prevalent | h. reasons |
| 9. causes | i. issued |
| 10. treatment | j. stress |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---------------------------------------|------------------------|
| 1. If you get regular headaches, | a. to get headaches |
| 2. A new report says half of us | b. so big |
| 3. The studies were mainly from | c. causes of headaches |
| 4. suffered from some form | d. rich countries |
| 5. surprised that the numbers were | e. be increasing |
| 6. women are more likely | f. suffer from them |
| 7. They said 17 per cent of women get | g. you are not alone |
| 8. headaches and migraine rates may | h. more effectively |
| 9. analyze the different | i. of headache |
| 10. target prevention and treatment | j. migraines |

GAP FILL

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

If you get regular headaches, you are not (1) _____.
A new report says half of us suffer from (2) _____.
Researchers from the Norwegian University of Science and
Technology looked at 357 different (3) _____ on
headaches from 1961 to 2020. The report was published in "The
Journal of Headache and Pain". The studies were
(4) _____ from rich countries. They included
information on general headaches, migraines, and headaches from
(5) _____. The researchers said that 52 per cent of
people in the study suffered from some (6) _____ of
headache every year. The lead researcher, Lars Jacob Stovner,
was (7) _____ that the numbers were so big and that
so (8) _____ people got headaches.

them
form
mainly
many
alone
surprised
studies
tension

The researchers found that women are more
(9) _____ to get headaches than men. They said 17
per cent of women get migraines, (10) _____ to 9 per
cent of men. Six per cent of women get headaches on 15 or more
days a month, while the number is three per cent for men. Mr
Stovner said: "What is (11) _____ is that overall,
headache disorders are (12) _____ prevalent
worldwide and can be a [great pain]." He said more people are
getting headaches, saying: "The (13) _____ does
suggest that headaches and migraine rates may be
(14) _____." Stovner added that more research was
needed. He said it was (15) _____, "to analyze the
different causes of headaches...to target prevention and treatment
more (16) _____".

clear
increasing
important
likely
effectively
highly
data
compared

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

- 1) If you get regular headaches, you are not alone. A new report says half of us _____
 - a. suffers from them
 - b. suffer from then
 - c. suffer from them
 - d. surfer from then
- 2) the Norwegian University of Science and Technology looked at _____
 - a. 357 different studies
 - b. 358 different studies
 - c. 356 different studies
 - d. 352 different studies
- 3) They included information on general headaches, migraines, and _____
 - a. headaches for tension
 - b. headaches from tension
 - c. headaches from tensions
 - d. headaches from tents shun
- 4) researchers said that 52 per cent of people in the study suffered from some _____
 - a. farm of headache
 - b. firm of headache
 - c. form of headache
 - d. frame of headache
- 5) Lars Jacob Stovner, was surprised that the numbers _____
 - a. were sow big
 - b. were sew big
 - c. were such big
 - d. were so big
- 6) They said 17 per cent of women get migraines, compared to 9 per _____
 - a. cent to men
 - b. cent of men
 - c. cent on men
 - d. cent by men
- 7) What is clear is that overall, headache disorders are _____
 - a. highly prevalent worldwide
 - b. highly prevalence worldwide
 - c. highly prevalently worldwide
 - d. highly preventing worldwide
- 8) The data does suggest that headaches and migraine rates _____
 - a. may have increasing
 - b. may be increasing
 - c. may do increasing
 - d. may been increasing
- 9) Stovner added that more _____
 - a. research was needed
 - b. research was needy
 - c. research was need is
 - d. research was need did
- 10) causes of headaches...to target prevention and _____
 - a. treatment much effectively
 - b. treatment some effectively
 - c. treatment most effectively
 - d. treatment more effectively

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

If (1) _____ headaches, you are not alone. A new report says half of us (2) _____. Researchers from the Norwegian University of Science and Technology looked at 357 (3) _____ headaches from 1961 to 2020. The report was published in "The Journal of Headache and Pain". The studies were (4) _____ countries. They included information on general headaches, migraines, and headaches from tension. The researchers said that 52 per cent of people in the study suffered from (5) _____ headache every year. The lead researcher, Lars Jacob Stovner, was surprised that the numbers (6) _____ and that so many people got headaches.

The researchers found that women are (7) _____ get headaches than men. They said 17 per cent of women get migraines, compared to 9 per cent of men. Six per cent of women (8) _____ 15 or more days a month, while the number is three per cent for men. Mr Stovner said: "What is clear (9) _____, headache disorders are highly prevalent worldwide and can be (10) _____." He said more people are getting headaches, saying: "The data does suggest that headaches and migraine (11) _____ increasing." Stovner added that more research was needed. He said it was important, "to analyze the different causes of headaches... (12) _____ and treatment more effectively".

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

1. Who does the article say is not alone?
2. How many different studies did the researchers look at?
3. Where were most of the studies from?
4. What percentage of people get a headache every year?
5. How did a researcher feel about the percentages in the study?
6. Who is more likely to suffer from a migraine?
7. What percentage of men get a migraine on 15 days a month or more?
8. Where does the article say headache disorders are prevalent?
9. What does the article say migraine rates might be doing?
10. What two things does a researcher want to target?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

- 1) Who does the article say is not alone?
 - a) researchers
 - b) lonely people
 - c) people who get headaches
 - d) people who never get headaches
- 2) How many different studies did the researchers look at?
 - a) 357
 - b) 537
 - c) 753
 - d) 735
- 3) Where were most of the studies from?
 - a) stressful countries
 - b) rich countries
 - c) poorer countries
 - d) all over the world
- 4) What percentage of people get a headache every year?
 - a) 42%
 - b) 48%
 - c) 50%
 - d) 52%
- 5) How did a researcher feel about the percentages in the study?
 - a) worried
 - b) sad
 - c) surprised
 - d) stressed
- 6) Who is more likely to suffer from a migraine?
 - a) old people
 - b) women
 - c) men
 - d) workers
- 7) What percentage of men get a migraine on 15 days a month or more?
 - a) 9%
 - b) 6%
 - c) 5%
 - d) 3%
- 8) Where does the article say headache disorders are prevalent?
 - a) rich countries
 - b) worldwide
 - c) in the head
 - d) in hospitals
- 9) What does the article say migraine rates might be doing?
 - a) decreasing
 - b) increasing
 - c) getting worse
 - d) becoming more stressful
- 10) What two things does a researcher want to target?
 - a) prevention and treatment
 - b) bows and arrows
 - c) heads and aches
 - d) goals and aims

ROLE PLAY

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

Role A – Sleep

You think sleeping is the best thing to make a headache go away. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): medicine, a walk or meditation.

Role B – Medicine

You think medicine is the best thing to make a headache go away. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): sleeping, a walk or meditation.

Role C – A Walk

You think a walk is the best thing to make a headache go away. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): medicine, sleeping or meditation.

Role D – Meditation

You think meditation is the best thing to make a headache go away. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): medicine, a walk or sleeping.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'headache' and 'population'.

headache	population

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• alone• 357• rich• tension• 52• big	<ul style="list-style-type: none">• likely• 9• six• pain• added• target
---	--

HEADACHES SURVEY

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

Write five GOOD questions about headaches 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.

HEADACHES DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'headache'?
3. Do you ever get headaches?
4. What's the best thing to do for a headache?
5. How do headaches affect people?
6. What do you think of half of people getting headaches?
7. What's the difference between a headache and a migraine?
8. Why do people in rich countries get so many headaches?
9. What is the biggest headache in your life?
10. What parts of your lifestyle could give you a headache?

Half the world's population get headaches – 21st April, 2022
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HEADACHES DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'population'?
13. What do you think about what you read?
14. Why do women get more headaches than men?
15. How do headaches affect people's lives?
16. What medicine is good for headaches?
17. Can lifestyle changes stop headaches?
18. Can nature affect headaches?
19. How does the Internet affect people's headaches?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

If you get (1) _____ headaches, you are not alone. A new report says half of us suffer from them. Researchers from the Norwegian University of Science and Technology looked (2) _____ 357 different studies on headaches from 1961 to 2020. The report was (3) _____ in "The Journal of Headache and Pain". The studies were mainly from rich countries. They included information on (4) _____ headaches, migraines, and headaches from tension. The researchers said that 52 per cent of people in the study suffered (5) _____ some form of headache every year. The lead researcher, Lars Jacob Stovner, was surprised that the numbers were (6) _____ big and that so many people got headaches.

The researchers found that women are more (7) _____ to get headaches than men. They said 17 per cent of women get migraines, compared (8) _____ 9 per cent of men. Six per cent of women get headaches on 15 or more days a month, while the number is three per cent for men. Mr Stovner said: "What is clear is that (9) _____, headache disorders are highly prevalent worldwide and can be a [great pain]." He said more people are getting headaches, saying: "The data does suggest that headaches and migraine (10) _____ may be increasing." Stovner added that more research was (11) _____. He said it was important, "to analyze the different causes of headaches...to target prevention and treatment more (12) _____".

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|---------------|---------------|-----------------|
| 1. | (a) regularity | (b) regulars | (c) regularly | (d) regular |
| 2. | (a) down | (b) to | (c) of | (d) at |
| 3. | (a) publisher | (b) published | (c) publish | (d) publishing |
| 4. | (a) genial | (b) genie | (c) general | (d) gentility |
| 5. | (a) of | (b) at | (c) from | (d) in |
| 6. | (a) so | (b) such | (c) more | (d) most |
| 7. | (a) likes | (b) likely | (c) liking | (d) likelihood |
| 8. | (a) to | (b) by | (c) of | (d) at |
| 9. | (a) overalls | (b) overall | (c) overtly | (d) overdone |
| 10. | (a) ratio | (b) rated | (c) rates | (d) rats |
| 11. | (a) needy | (b) needs | (c) needed | (d) need |
| 12. | (a) reflective | (b) affection | (c) affect | (d) effectively |

SPELLING

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

Paragraph 1

1. If you get laeugrr headaches
2. half of us erffus from them
3. The report was published in the oalurjn
4. information on general headaches, seinmgjar ...
5. headaches from tnsoein
6. The lead eecerharsr

Paragraph 2

7. women are more kliely to get headaches than men
8. armdocep to 9 per cent of men
9. disorders are highly rvnteeapl worldwide
10. The data does tugesgs that
11. anzelya the different causes of headaches
12. target evpnenitro and treatment

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

Number these lines in the correct order.

- (**1**) If you get regular headaches, you are not alone. A new report says half of us suffer from
- () migraines, compared to 9 per cent of men. Six per cent of women get headaches on 15 or more days a
- () added that more research was needed. He said it was important, "to analyze the different
- () The researchers found that women are more likely to get headaches than men. They said 17 per cent of women get
- () them. Researchers from the Norwegian University of Science and Technology looked at 357 different studies on headaches from
- () year. The lead researcher, Lars Jacob Stovner, was surprised that the numbers
- () month, while the number is three per cent for men. Mr Stovner said: "What is clear is that overall, headache disorders are highly
- () were so big and that so many people got headaches.
- () said that 52 per cent of people in the study suffered from some form of headache every
- () 1961 to 2020. The report was published in "The Journal of Headache and Pain". The studies were mainly from rich
- () countries. They included information on general headaches, migraines, and headaches from tension. The researchers
- () prevalent worldwide and can be a [great pain]." He said more people are getting headaches, saying:
- () causes of headaches...to target prevention and treatment more effectively".
- () "The data does suggest that headaches and migraine rates may be increasing." Stovner

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

1. headaches, alone . If you regular get you're not
2. half new A us suffer . report of says
3. headaches They general migraines . and information on included
4. form suffered People from of headache . some
5. surprised big . were numbers He was so the
6. likely more headaches . Women to get are
7. disorders worldwide . are Overall, headache prevalent highly
8. people He getting more headaches . said are
9. be increasing . may and migraine Headaches rates
10. the analyze important causes . was different It to

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

If you get *regular / regularly* headaches, you are not alone. A new report says half of *them / us* suffer from them. Researchers from the Norwegian University of Science and Technology looked *on / at* 357 different studies on headaches from 1961 to 2020. The report was *published / publishing* in "The Journal of Headache and Pain". The studies were *mainly / manly* from rich countries. They included information *on / in* general headaches, migraines, and headaches from *tense / tension*. The researchers said that 52 per cent of people in the study suffered *from / for* some form of headache every year. The *leader / lead* researcher, Lars Jacob Stovner, was surprised that the numbers were so big and that *so / such* many people got headaches.

The researchers found that women are more *likely / liked* to get headaches than men. They said 17 per cent of women get migraines, compared *at / to* 9 per cent of men. Six per cent of women get headaches *in / on* 15 or more days a month, while the *numeral / number* is three per cent for men. Mr Stovner said: "What is *clear / clarity* is that overall, headache disorders are *highly / high* prevalent worldwide and can be a [great pain]." He said more people are *get / getting* headaches, saying: "The data does suggest that headaches and migraine rates may be *increase / increasing*." Stovner added that more research was *needy / needed*. He said it was important, "to analyze the different causes of headaches...to target prevention and *treat / treatment* more effectively".

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

_f y__ g_t r_g_l_r h__d_ch_s, y__ _r_ n_t _l_n_. _
n_w r_p_rt s_ys h_lf _f _s s_ff_r fr_m th_m.
R_s__rch_rs fr_m th_ N_rw_g__n _n_v_rs_ty _f Sc__nc_
_nd T_chn_l_gy l__k_d _t 357 d_ff_r_nt st_d__s _n
h__d_ch_s fr_m 1961 t_ 2020. Th_ r_p_rt w_s
p_bl_sh_d _n "Th_ J__rn_l _f H__d_ch_ _nd P__n". Th_
st_d__s w_r_ m__nly fr_m r_ch c__ntr__s. Th_y
_ncl_d_d _nf_rm_t__n _n g_n_r_l h__d_ch_s, m_gr__n_s,
_nd h__d_ch_s fr_m t_ns__n. Th_ r_s__rch_rs s__d th_t
52 p_r c_nt _f p__pl_ _n th_ st_dy s_ff_r_d fr_m
s_m_ f_rm _f h__d_ch_ _v_ry y__r. Th_ l__d
r_s__rch_r, L_rs J_c_b St_vn_r, w_s s_rpr_s_d th_t th_
n_mb_rs w_r_ s_ b_g _nd th_t s_ m_ny p__pl_ g_t
h__d_ch_s.

Th_ r_s__rch_rs f__nd th_t w_m_n _r_ m_r_ l_k_ly t_
g_t h__d_ch_s th_n m_n. Th_y s__d 17 p_r c_nt _f
w_m_n g_t m_gr__n_s, c_mpr_d t_ 9 p_r c_nt _f
m_n. S_x p_r c_nt _f w_m_n g_t h__d_ch_s _n 15 _r
m_r_ d_ys _ m_nth, wh_l_ th_ n_mb_r_s thr__ p_r
c_nt f_r m_n. Mr St_vn_r s__d: "Wh_t _s cl__r _s
th_t _v_r_ll, h__d_ch_ d_s_rdrs _r_ h_ghly pr_v_l_nt
w_rldw_d_ _nd c_n b_ _ [gr__t p__n]." H_ s__d m_r_
p__pl_ _r_ g_tt_ng h__d_ch_s, s_y_ng: "Th_ d_t_ d__s
s_gg_st th_t h__d_ch_s _nd m_gr__n_ r_t_s m_y b_
_ncr__s_ng." St_vn_r _dd_d th_t m_r_ r_s__rch w_s
n__d_d. H_ s__d _t w_s _mp_rt_nt, "t_ _n_lyz_ th_
d_ff_r_nt c__s_s _f h__d_ch_s...t_ t_rg_t pr_v_nt__n
_nd tr__tm_nt m_r_ _ff_ct_v_ly".

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

if you get regular headaches you are not alone a new report says half of us suffer from them researchers from the norwegian university of science and technology looked at 357 different studies on headaches from 1961 to 2020 the report was published in the journal of headache and pain the studies were mainly from rich countries they included information on general headaches migraines and headaches from tension the researchers said that 52 per cent of people in the study suffered from some form of headache every year the lead researcher lars jacob stovner was surprised that the numbers were so big and that so many people got headaches

the researchers found that women are more likely to get headaches than men they said 17 per cent of women get migraines compared to 9 per cent of men six per cent of women get headaches on 15 or more days a month while the number is three per cent for men mr stovner said what is clear is that overall headache disorders are highly prevalent worldwide and can be a great pain he said more people are getting headaches saying the data does suggest that headaches and migraine rates may be increasing stovner added that more research was needed he said it was important to analyze the different causes of headache to target prevention and treatment more effectively

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2204/220421-headaches.html>

If you get regular headaches, you are not alone. A new report says half of us suffer from them. Researchers from the Norwegian University of Science and Technology looked at 357 different studies on headaches from 1961 to 2020. The report was published in "The Journal of Headache and Pain". The studies were mainly from rich countries. They included information on general headaches, migraines, and headaches from tension. The researchers said that 52 percent of people in the study suffered from some form of headache every year. The lead researcher, Lars Jacob Stovner, was surprised that the numbers were so big and that so many people get headaches. The researchers found that women are more likely to get headaches than men. They said 17 percent of women get migraines, compared to 9 percent of men. Six percent of women get headaches on 15 or more days a month, while the number is three percent for men. Mr Stovner said: "What is clear is that overall, headache disorders are highly prevalent worldwide and can be a [great pain]". He said more people are getting headaches, saying: "The data does suggest that headache and migraine rates may be increasing." Stovner added that more research was needed. He said it was important, "to analyze the different causes of headaches... to target prevention and treatment more effectively".

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. HEADACHES: Make a poster about headaches. Show your work to your classmates in the next lesson. Did you all have similar things?

4. DAYS OFF: Write a magazine article about making it OK to take days off school and work for headaches. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on headaches. Ask him/her three questions about them. Give him/her three of your ideas on what to ake a headache go away. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. d 2. b 3. f 4. c 5. g 6. a 7. e
8. k 9. l 10. i 11. h 12. n 13. j 14. m

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 T 5 T 6 F 7 F 8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. People who get headaches
2. 357
3. Rich countries
4. 52%
5. Surprised
6. Women
7. 3%
8. Worldwide
9. Increasing
10. Prevention and treatment

WORDS IN THE RIGHT ORDER (p.19)

1. If you get regular headaches, you're not alone.
2. A new report says half of us suffer.
3. They included information on general headaches and migraines.
4. People suffered from some form of headache.
5. He was surprised the numbers were so big.
6. Women are more likely to get headaches.
7. Overall, headache disorders are highly prevalent worldwide.
8. He said more people are getting headaches.
9. Headaches and migraine rates may be increasing.
10. It was important to analyze the different causes.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)