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**Level 4 – 18th July, 2022**

## Feeling hungry can make us feel "hangry"

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

<https://breakingnewsenglish.com/2207/220718-feeling-hangry-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/2207/220718-feeling-hangry-4.html>

The rarely-used word "hanger" was first used in 1918. The word is a combination of the words "hungry" and "angry". It means to be bad tempered because of hunger. It's making a comeback because of research that says "hanger" is a real feeling. "Hangriness" could be a real medical condition. Scientists looked at how hunger affects our daily feelings. A professor said there was a strong link between hunger and feelings of anger or low pleasure.

The researchers analysed surveys from 64 volunteers. Participants used a smartphone app to log their feelings five times a day for 21 days. Researchers got real-time information on feelings at the time of hunger. The professor said there was a strong link between hunger and emotions. He said: "Feeling hungry is associated with greater anger...and lower levels of pleasure." He added that if people know they are hangry, they could control their anger.

Sources: <https://www.medicalnewstoday.com/articles/is-being-hangry-a-real-thing-heres-what-the-evidence-says>  
<https://www.usatoday.com/story/news/health/2022/07/07/hangry-research-angry-hungry/7825022001/>  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0269629>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry-4.html>

## PARAGRAPH ONE:

- |                          |                        |
|--------------------------|------------------------|
| 1. The rarely-           | a. daily feelings      |
| 2. bad tempered because  | b. a comeback          |
| 3. It's making           | c. or low pleasure     |
| 4. hanger" is a real     | d. used word "hanger"  |
| 5. a real medical        | e. hunger and feelings |
| 6. hunger affects our    | f. feeling             |
| 7. a strong link between | g. condition           |
| 8. feelings of anger     | h. of hunger           |

## PARAGRAPH TWO:

- |                                 |                       |
|---------------------------------|-----------------------|
| 1. used a smartphone app to     | a. of pleasure        |
| 2. researchers got real-        | b. hunger             |
| 3. feelings at the time of      | c. their anger        |
| 4. a strong                     | d. time information   |
| 5. Feeling hungry is associated | e. link               |
| 6. lower levels                 | f. are hangry         |
| 7. if people know they          | g. log their feelings |
| 8. they could control           | h. with greater anger |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry-4.html>

The rarely-used word "hanger" (1) \_\_\_\_\_ in 1918. The word is (2) \_\_\_\_\_ the words "hungry" and "angry". It means to (3) \_\_\_\_\_ because of hunger. It's making a comeback because of research that says "hanger" is a real feeling. "Hangriness" could be a (4) \_\_\_\_\_. Scientists looked at how hunger affects (5) \_\_\_\_\_. A professor said there was a strong link between hunger and feelings of anger (6) \_\_\_\_\_.

The researchers (7) \_\_\_\_\_ 64 volunteers. Participants used a smartphone (8) \_\_\_\_\_ their feelings five times a day for 21 days. Researchers (9) \_\_\_\_\_ information on feelings at the time of hunger. The professor said there was (10) \_\_\_\_\_ between hunger and emotions. He said: "Feeling hungry is associated with greater anger...and (11) \_\_\_\_\_ pleasure." He added that if people know they are hangry, they could (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry-4.html>

The rarely-used word "hanger" was first used in 1918. The word is a combination of the words "hungry" and "angry". It means to be a bad tempered because of hunger. It's making a comeback because of research that says "hanger" is a real feeling. "Hangriness" could be a real medical condition. Scientists looked at how hunger affects our daily feelings. A professor said there was a strong link between hunger and feelings of anger or low pleasure. The researchers analysed surveys from 64 volunteers. Participants used a smartphone app to log their feelings five times a day for 21 days. Researchers got real-time information on feelings at the time of hunger. The professor said there was a strong link between hunger and emotions. He said: "Feeling hungry is associated with greater anger... and lower level of pleasure." He added that if people know they are hangry, they could control their anger.

# HUNGER AND ANGER SURVEY

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry-4.html>

Write five GOOD questions about hunger and anger 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) \_\_\_\_\_

