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Level 5 – 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-5.html>

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

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THE READING

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry-5.html>

The word "hanger" was first used in 1918. It's rarely used today, but it may be making a comeback and become used more frequently. The word is a portmanteau (combination) of the words "hungry" and "angry". It means to be bad tempered as a result of hunger. Its increased use is because of research that says "hanger" is a real feeling. Researchers say "hangriness" could be a genuine medical condition. Scientists looked at how hunger affects our daily emotions. A professor said the research showed a strong link between hunger and feelings of anger or low pleasure.

The researchers analysed data from 64 volunteers. Participants completed surveys on a smartphone app five times a day for 21 days. Researchers received real-time information on feelings at the time of hunger. The professor said there was a "meaningful" link between hunger and emotions. He said: "The experience of being hangry is real." He added: "We show, for the first time in a non-laboratory setting, that feeling hungry is associated with greater anger...and lower levels of pleasure." He said if people knew they were 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-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------|------------------------|
| 1. It's rarely | a. portmanteau |
| 2. it may be making | b. used today |
| 3. The word is a | c. hunger and feelings |
| 4. It means to be bad | d. of hunger |
| 5. as a result | e. our daily emotions |
| 6. a genuine medical | f. tempered |
| 7. how hunger affects | g. condition |
| 8. a strong link between | h. a comeback |

PARAGRAPH TWO:

- | | |
|---------------------------------|-----------------------|
| 1. researchers analysed data | a. laboratory setting |
| 2. Researchers received real- | b. their anger |
| 3. The experience of being | c. from 64 volunteers |
| 4. in a non- | d. were hangry |
| 5. feeling hungry is associated | e. time information |
| 6. lower levels | f. with greater anger |
| 7. if people knew they | g. hangry is real |
| 8. they could control | h. of pleasure |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry-5.html>

The word "hanger" was (1) _____ 1918. It's rarely used today, but it may be (2) _____ and become used more frequently. The word is a portmanteau (combination) of the words "hungry" and "angry". It means to (3) _____ as a result of hunger. Its increased use is because of research that says "hanger" is a real feeling. Researchers say "hangriness" could (4) _____ medical condition. Scientists looked at how hunger affects (5) _____. A professor said the research showed a strong link between hunger and feelings of anger (6) _____.

The researchers (7) _____ 64 volunteers. Participants completed surveys on a smartphone app five times a day for 21 days. Researchers (8) _____ information on feelings at the time of hunger. The professor said there was (9) _____ between hunger and emotions. He said: "The experience of being hangry is real." He added: "We show, for the first time in a (10) _____, that feeling hungry is associated with greater anger...and (11) _____ pleasure." He said if people knew they were hangry, they could (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry-5.html>

The word "hanger" was first used in 1918. It's rarely used today, but it may be making a comeback and become used more frequently. The word is a portmanteau (combination) of the words "hungry" and "angry". It means to be bad tempered as a result of hunger. Its increased use is because of research that says "hanger" is a real feeling. Researchers say "hangriness" could be a genuine medical condition. Scientists looked at how hunger affects our daily emotions. A professor said the research showed a strong link between hunger and feelings of anger or low pleasure. The researchers analysed data from 64 volunteers. Participants completed surveys on a smartphone app five times a day for 21 days. Researchers received real-time information on feelings at the time of hunger. The professor said there was a "meaningful" link between hunger and emotions. He said: "The experience of being hangry is real." He added: "We show, for the first time in a non-laboratory setting, that feeling hungry is associated with greater anger... and lower levels of pleasure." He said if people knew they were 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) _____

