

# www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

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

**Thousands more free lessons  
from Sean's other websites**

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

## **Level 2**

### **Cut music to an hour a day**

**2nd March, 2015**

<http://www.breakingnewsenglish.com/1503/150302-loud-music-2.html>

### **Contents**

The Reading	2
Matching	3
Listening Gap Fill	4
No Spaces	5
Discussion	6
Writing	7

**Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).**

**Twitter**



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

**Facebook**



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

**Google +**



<https://plus.google.com/+SeanBanville>

# THE READING

From <http://www.breakingnewsenglish.com/1503/150302-loud-music-2.html>

The World Health Organisation (WHO) warns that a billion teenagers and people in their twenties and thirties are damaging their hearing with loud music. It says nearly half the young people in richer countries risk hearing loss because of listening to music at "unsafe" levels. Loud music in nightclubs, bars and at sporting events increases the risk. The WHO says a safe limit is to listen to music for an hour a day. The WHO director for injury prevention said: "What we're trying to do is raise awareness of an issue that is not talked about enough." He said people can prevent hearing loss.

Turning the volume down and listening to music for less than one hour a day could save many people's hearing. However, the WHO director also said that, "even an hour can be too much if the volume is too loud". A biomedical researcher explained how noise can damage ears. He said: "Loud sounds damage your hearing by killing off thousands of little hair cells in the inner ear. The cells detect different...sounds through vibration...but they are very fragile and if they vibrate too much due to loud sounds for too long, they get damaged and die." He warned that if they die, they never regrow.

Sources: <http://www.bbc.com/news/health-31661789>  
<http://www.independent.co.uk/life-style/health-and-families/health-news/children-warned-to-not-listen-to-music-for-more-than-one-hour-a-day-10076200.html>  
<http://www.mirror.co.uk/news/uk-news/music-health-warning-listening-more-5244982>

# MATCHING

From <http://www.breakingnewsenglish.com/1503/150302-loud-music-2.html>

## PARAGRAPH ONE:

- |                                |                    |
|--------------------------------|--------------------|
| 1. people in their             | a. prevention      |
| 2. damaging their hearing      | b. awareness       |
| 3. half the young              | c. with loud music |
| 4. a safe                      | d. hearing loss    |
| 5. injury                      | e. twenties        |
| 6. raise                       | f. about enough    |
| 7. an issue that is not talked | g. people          |
| 8. He said people can prevent  | h. limit           |

## PARAGRAPH TWO:

- |                                      |                       |
|--------------------------------------|-----------------------|
| 1. Turning the volume                | a. researcher         |
| 2. even an hour can                  | b. due to loud sounds |
| 3. A biomedical                      | c. be too much        |
| 4. Loud sounds damage                | d. fragile            |
| 5. The cells detect different sounds | e. never regrow       |
| 6. they are very                     | f. down               |
| 7. if they vibrate too much          | g. through vibration  |
| 8. if they die, they                 | h. your hearing       |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1503/150302-loud-music-2.html>

The World Health Organisation (WHO) (1) \_\_\_\_\_ teenagers and people in their (2) \_\_\_\_\_ are damaging (3) \_\_\_\_\_ loud music. It says nearly half the young people in richer countries (4) \_\_\_\_\_ because of listening to music at "unsafe" levels. Loud music in nightclubs, bars and at sporting events increases the risk. The WHO (5) \_\_\_\_\_ is to listen to music for an hour a day. The WHO director for injury prevention said: "What we're trying to do is raise awareness (6) \_\_\_\_\_ is not talked about enough." He said people can prevent hearing loss.

Turning (7) \_\_\_\_\_ and listening to music for less than one hour a day (8) \_\_\_\_\_ people's hearing. However, the WHO director also said that, "even an hour can be too much if the volume (9) \_\_\_\_\_". A biomedical researcher explained how noise can damage ears. He said: "Loud (10) \_\_\_\_\_ hearing by killing off thousands of little hair cells in the inner ear. The cells detect different...sounds through vibration...but they (11) \_\_\_\_\_ and if they vibrate too much due to loud sounds for too long, they get damaged and die." He warned that if they die, (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1503/150302-loud-music-2.html>

TheWorldHealthOrganisation(WHO)warnsthatabillionteenagersand peopleintheirtwentiesandthirtiesaredamagingtheirhearingwithloud music.Itsaysnearlyhalftheyoungpeopleinrichercountriesriskhearing lossbecauseoflisteningtomusicat"unsafe"levels.Loudmusicinnightclubs, barsandatsportingeventsincreasestherisk.TheWHOsaysasafelimitistolistentomusicforanhouraday.TheWHOdirectorforinjurypreventionsaid:"Whatwe'retryingtodoisraiseawarenessofanissuethatisnottalkedaboutenough."Hesaidpeoplecanpreventhearingloss.Turning thevolumedownandlisteningtomusicforlessthanonehouradaycouldsave manypeople'shearing.However,theWHOdirectoralsosaidthat,"evenanhourcanbetoomuchifthevolumeistooloud".A biomedicalresearcherexplainedhownoisecandamageears.Hesaid:"Loudsoundsdamage yourhearingbykillingoffthousandsoflittlehaircellsintheinnerear.The cellsdetectdifferent...soundsthroughvibration...buttheyareveryfragileandiftheyvibratetoomuchduetoloudsoundsfortoolong,theygetdamagedanddie."Hewarnedthatiftheydie,theyneverregrow.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a)

---

b)

---

c)

---

d)

---

e)

---

f)

---

g)

---

h)

---

*Cut music to an hour a day – 2nd March, 2015*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.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)

---

g)

---

h)

---

# WRITING

From <http://www.breakingnewsenglish.com/1503/150302-loud-music-2.html>

Write about **loud music** for 10 minutes. Comment on your partner's paper.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---