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Level 4

Marriage makes you less stressed

17th February, 2017

<http://www.breakingnewsenglish.com/1702/170217-married-people-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1702/170217-married-people-4.html>

A new study says marriage is good for our health. Researchers said being married lowers levels of a stress hormone called cortisol. Researchers tested for cortisol in 572 adults on three different days. They found that the married people had less cortisol than people who were single, separated, divorced or widowed. The researchers said: "Married people tend to be healthier...but the mechanisms through which this occurs remain unclear."

Cortisol has different bodily functions. It regulates blood sugar, immune responses and inflammation. It increases the risk of heart disease and the chances of surviving cancer. High levels of cortisol are linked to conditions like anxiety and depression. A doctor said the research provided, "important insights into the way...our intimate social relationships can...influence our health". A researcher was excited to see how relationships influence health and disease.

Sources: <http://www.thehealthsite.com/news/did-you-hear-that-marriage-makes-you-happier-ag0217/>
<http://www.medicaldaily.com/married-people-have-lower-levels-stress-hormones-study-says-411108>
<http://www.dailymail.co.uk/health/article-4221046/Marriage-makes-stressed-study-claims.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1702/170217-married-people-4.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|----------------------|
| 1. marriage is good | a. to be healthier |
| 2. levels of a stress | b. cortisol |
| 3. on three | c. unclear |
| 4. married people had less | d. different days |
| 5. single, separated, divorced or | e. which this occurs |
| 6. Married people tend | f. for our health |
| 7. the mechanisms through | g. hormone |
| 8. remain | h. widowed |

PARAGRAPH TWO:

- | | |
|--------------------------------------|---------------------|
| 1. Cortisol has different bodily | a. influence health |
| 2. It regulates blood | b. and depression |
| 3. It increases the risk | c. sugar |
| 4. the chances of surviving | d. relationships |
| 5. linked to conditions like anxiety | e. functions |
| 6. the research provided important | f. of heart disease |
| 7. our intimate social | g. insights |
| 8. how relationships | h. cancer |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1702/170217-married-people-4.html>

A new study says marriage is (1) _____ health.

Researchers said being married lowers (2) _____ stress

hormone called cortisol. Researchers tested for cortisol in 572

(3) _____ different days. They found that the married

people had less cortisol than people who were single, separated,

(4) _____. The researchers said: "Married people

(5) _____ healthier...but the mechanisms through which

this occurs (6) _____."

Cortisol has different (7) _____. It regulates blood sugar,

immune responses and inflammation. It increases (8) _____

heart disease and the (9) _____ cancer. High levels of

cortisol are linked to conditions (10) _____ depression. A

doctor said the research provided, "(11) _____ into the

way...our intimate social relationships can...influence our health". A

researcher was excited (12) _____ relationships influence

health and disease.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1702/170217-married-people-4.html>

A new study says marriage is good for our health. Researchers said being married lowers levels of a stress hormone called cortisol. Researchers tested for cortisol in 572 adults on three different days. They found that the married people had less cortisol than people who were single, separated, divorced or widowed. The researchers said: "Married people tend to be healthier... but the mechanisms through which this occurs remain unclear." Cortisol has different bodily functions. It regulates blood sugar, immune responses and inflammation. It increases the risk of heart disease and the chances of surviving cancer. High levels of cortisol are linked to conditions like anxiety and depression. A doctor said the research provided, "important insights into the way... our intimate social relationships can... influence our health". A researcher was excited to see how relationships influence health and disease.

MARRIED PEOPLE SURVEY

From <http://www.breakingnewsenglish.com/1702/170217-married-people-4.html>

Write five GOOD questions about married people 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) _____

