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Level 3

Maori haka and language may keep dementia away

14th May, 2017

<http://www.breakingnewsenglish.com/1705/170514-maori-haka.html>

Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
Gap Fill	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash (/) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

The world-famous Maori war dance (the haka) and being bilingual may help Maori people keep dementia away. Researchers from the University of Auckland in New Zealand say performing the haka and speaking two languages (Maori and English) might help Maoris avoid getting dementia. A study by New Zealand's Ministry of Health compared rates of dementia among citizens in their 80s and 90s. They expected to find higher rates of dementia among Maoris. This is because Maoris generally have less access to health care, less income, and more heart diseases than non-Maoris. However, researchers found no differences in rates of dementia between Maoris and non-Maoris.

The haka is a traditional war cry or challenge. It is done by a group of people who all chant and repeat the same energetic movements and stamping of the feet. It was originally performed by warriors before a battle. They wanted to show their strength and frighten their enemy. The New Zealand Native football team started using it in 1888. The New Zealand rugby team (the famous All Blacks) then started using it before their matches in 1905. It is now a key part of the pre-match preparations for the All Blacks rugby team. The haka is also used to welcome important guests at ceremonies. A Maori professor said that skill, eye co-ordination and the complex dance routines of the haka help to keep the brain healthy.

Sources: <http://www.bbc.com/news/blogs-news-from-elsewhere-39881974>
<https://www.maoritelevision.com/news/national/kapa-haka-and-te-reo-maori-may-help-maori-avoid-dementia>
http://www.nzherald.co.nz/health/news/article.cfm?c_id=204&objectid=11853969

WARM-UPS

1. DEMENTIA: Students walk around the class and talk to other students about dementia. 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?

world famous / war dance / bilingual / languages / citizens / health care / income / traditional / energetic / movements / warriors / football team / rugby / healthy / brain

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

3. SCHOOL: Students A **strongly** believe we should go back to school when we are in our 80s; Students B **strongly** believe not. Change partners again and talk about your conversations.

4. HEALTHY BRAIN: How can these things keep our brain healthy when we are old? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good things	Bad things
Studying		
Television		
Exercise		
Travel		
Internet		
Food		

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

6. STAYING YOUNG: Rank these with your partner. Put the best ways to stay young at the top. Change partners often and share your rankings.

- learn another language
- wear young fashion
- plastic surgery
- have many friends
- exercise
- the Internet
- sleep
- travel

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

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

- a. The article says being bilingual may help Maoris keep dementia away. **T / F**
- b. Researchers looked at people in their 60s and 70s for dementia. **T / F**
- c. Maoris generally have worse access to health care than non-Maoris. **T / F**
- d. Researchers found no differences in dementia in Maoris and non-Maoris. **T / F**
- e. The haka is a traditional war dance. **T / F**
- f. A New Zealand rugby team started the haka in the 19th century. **T / F**
- g. The haka is never performed to welcome important guests. **T / F**
- h. A professor said the haka does not have any complex movements. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-----------------------|-------------------|
| 1. away | a. greet |
| 2. performing | b. stay away from |
| 3. evade | c. scare |
| 4. generally | d. important |
| 5. income | e. doing |
| 6. traditional | f. difficult |
| 7. frighten | g. salary |
| 8. key | h. at a distance |
| 9. welcome | i. customary |
| 10. complex | j. normally |

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

- | | |
|---|---------------------------|
| 1. The world- | a. their 80s and 90s |
| 2. citizens in | b. frighten their enemy |
| 3. health | c. in rates of dementia |
| 4. less | d. co-ordination |
| 5. researchers found no differences | e. movements |
| 6. The haka is a traditional war | f. famous Maori war dance |
| 7. repeat the same energetic | g. preparations |
| 8. They wanted to show their strength and | h. care |
| 9. a key part of the pre-match | i. income |
| 10. eye | j. cry |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

The world-(1) _____ Maori war dance (the haka) and being bilingual may help Maori people keep dementia away. Researchers from the University of Auckland in New Zealand say (2) _____ the haka and speaking two languages (Maori and English) might help Maoris (3) _____ getting dementia. A study by New Zealand's Ministry of Health compared (4) _____ of dementia among citizens in their 80s and 90s. They (5) _____ to find higher rates of dementia among Maoris. This is because Maoris generally have less (6) _____ to health (7) _____, less income, and more heart diseases than non-Maoris. However, researchers found no (8) _____ in rates of dementia between Maoris and non-Maoris.

performing
access
famous
differences
rates
care
avoid
expected

The haka is a (9) _____ war cry or challenge. It is done by a group of people who all (10) _____ and repeat the same energetic movements and (11) _____ of the feet. It was originally performed by warriors before a battle. They wanted to show their strength and (12) _____ their enemy. The New Zealand Native football team started using it in 1888. The New Zealand rugby team (the famous All Blacks) then started using it before their (13) _____ in 1905. It is now a (14) _____ of the pre-match preparations for the All Blacks rugby team. The haka is also used to (15) _____ important guests at ceremonies. A Maori professor said that skill, eye co-ordination and the complex dance (16) _____ part of the haka help to keep the brain healthy.

stamping
matches
welcome
chant
traditional
routines
frighten
key

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

- 1) The world-famous Maori war dance (the haka) and _____
 - a. been bilingualism
 - b. being bilingually
 - c. been bilingual
 - d. being bilingual
- 2) performing the haka and speaking _____
 - a. them languages
 - b. those languages
 - c. these languages
 - d. two languages
- 3) Ministry of Health compared rates of dementia among citizens in their 80s _____
 - a. and 19s
 - b. in 19s
 - c. in 90s
 - d. and 90s
- 4) This is because Maoris generally have less access _____
 - a. to health care
 - b. to health cares
 - c. to health cared
 - d. to health caring
- 5) However, researchers found no differences in _____
 - a. ratio of dementia
 - b. rates of dementia
 - c. rate of dementia
 - d. rates off dementia
- 6) a group of people who all chant and repeat the same _____
 - a. energetically movements
 - b. energetic movements
 - c. energetic moments
 - d. energetically moments
- 7) It was originally performed by warriors _____
 - a. before a battles
 - b. before a battle
 - c. before a battled
 - d. before a battling
- 8) They wanted to show their strength and frighten _____
 - a. their enemy
 - b. there enemy
 - c. them enemy
 - d. they enemy
- 9) It is now a key part of the pre- _____
 - a. match reparations
 - b. match coronations
 - c. match preparations
 - d. match palpitations
- 10) skill, eye co-ordination and the complex _____
 - a. dances routines
 - b. dancing routines
 - c. dances routines
 - d. dance routines

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

The world-famous Maori war dance, the haka, (1) _____ may help Maori people keep dementia away. Researchers from the University of Auckland in New Zealand (2) _____ the haka and (3) _____ languages (Maori and English) might help Maoris avoid getting dementia. A study by New Zealand's Ministry of Health (4) _____ dementia among citizens in their 80s and 90s. They expected to find higher rates of dementia among Maoris. This is because Maoris generally (5) _____ to health care, less income, and more heart diseases than non-Maoris. However, researchers (6) _____ in rates of dementia between Maoris and non-Maoris.

The haka is a traditional (7) _____ challenge. It is done by a group of people who all (8) _____ the same energetic movements and stamping of the feet. It was originally performed by warriors before a battle. They wanted to show their (9) _____ their enemy. The New Zealand Native football team started using it in 1888. The New Zealand rugby team (the famous All Blacks) then started (10) _____ their matches in 1905. It is now a key part of the pre-match (11) _____ the All Blacks rugby team. The haka is also used to welcome important guests at ceremonies. A Maori professor said that skill, eye co-ordination and the complex (12) _____ the haka help to keep the brain healthy.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

1. What did the article say was world famous?
2. What two languages did the article mention?
3. What were the age groups of the people researchers looked at?
4. What did Maoris generally have less access to?
5. How many differences in rates of dementia did researchers find?
6. What do people stamp when they do the haka?
7. Who originally performed the haka?
8. When did a football team first start doing the haka?
9. For whom is the haka performed at ceremonies?
10. What did a professor say was complex about the haka?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

- 1) What did the article say was world famous?
 - a) being bilingual
 - b) Maoris
 - c) New Zealand
 - d) the haka
- 2) What two languages did the article mention?
 - a) Japanese and English
 - b) English and Maori
 - c) Maori and Italian
 - d) Italian and Japanese
- 3) What were the age groups of the people researchers looked at?
 - a) 18-90
 - b) 18-19
 - c) 80-90
 - d) 80s and 90s
- 4) What did Maoris generally have less access to?
 - a) the haka
 - b) dances
 - c) health care
 - d) language
- 5) How many differences in rates of dementia did researchers find?
 - a) 27
 - b) a few
 - c) many
 - d) none
- 6) What do people stamp when they do the haka?
 - a) an envelope
 - b) passports
 - c) their feet
 - d) note pads
- 7) Who originally performed the haka?
 - a) warriors
 - b) rugby players
 - c) football players
 - d) people in their 80s
- 8) When did a football team first start doing the haka?
 - a) 1808
 - b) 1988
 - c) 1888
 - d) 1905
- 9) For whom is the haka performed at ceremonies?
 - a) Maoris
 - b) important guests
 - c) English people
 - d) a rugby team
- 10) What did a professor say was complex about the haka?
 - a) dance routines
 - b) stamping
 - c) war cries
 - d) being in your 80s

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

Role A – Learning Languages

You think learning languages is the best way to stay young. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): wearing young fashion, plastic surgery or traveling.

Role B – Wearing Young Fashion

You think wearing young fashion is the best way to stay young. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): learning languages, plastic surgery or traveling.

Role C – Plastic Surgery

You think plastic surgery is the best way to stay young. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): wearing young fashion, learning languages or traveling.

Role D – Traveling

You think traveling is the best way to stay young. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): wearing young fashion, plastic surgery or learning languages.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

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

war	dance
------------	--------------

- 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">• being• say• among• 90s• access• differences	<ul style="list-style-type: none">• group• feet• frighten• 1888• 1905• skill
--	---

DEMENTIA SURVEY

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

Write five GOOD questions about dementia 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.

DEMENTIA 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 'dementia'?
3. What do you know about the Maori people?
4. How useful is it to be bilingual?
5. How does dementia affect people?
6. What do you think you'll be like in your 90s?
7. How is the health care you get?
8. How beneficial is dancing?
9. How can we keep dementia away?
10. Who is the most active old person you know?

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DEMENTIA 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 'bilingual'?
13. What do you think about what you read?
14. When do you stamp your feet?
15. What do you know about the All Blacks?
16. How does your country welcome important guests?
17. How good are you at dancing?
18. What do you do to keep your brain healthy?
19. How worried are you about getting old?
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 <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

The world-famous Maori war dance (the haka) and (1) _____ bilingual may help Maori people (2) _____ dementia away. Researchers from the University of Auckland in New Zealand say performing the haka and speaking two languages (Maori and English) might help Maoris avoid (3) _____ dementia. A study by New Zealand's Ministry of Health compared rates of dementia among citizens in (4) _____ 80s and 90s. They expected to find higher rates of dementia among Maoris. This is because Maoris (5) _____ have less access to health care, less income, and more heart diseases than non-Maoris. However, researchers found no differences (6) _____ rates of dementia between Maoris and non-Maoris.

The haka is a traditional war cry (7) _____ challenge. It is done by a group of people who all chant and repeat the same (8) _____ movements and stamping of the feet. It was originally performed by warriors before a battle. They wanted to show their strength and (9) _____ their enemy. The New Zealand Native football team started using it in 1888. The New Zealand rugby team (the famous All Blacks) then started using (10) _____ before their matches in 1905. It is now a key part of the pre-match preparations for the All Blacks rugby team. The haka is also used to (11) _____ important guests at ceremonies. A Maori professor said that skill, eye co-ordination and the complex dance routines of the haka help to keep the brain (12) _____.

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

- | | | | | |
|-----|----------------|-------------------|---------------|----------------|
| 1. | (a) been | (b) being | (c) be | (d) be in |
| 2. | (a) keeping | (b) keep | (c) keeps | (d) kept |
| 3. | (a) gotten | (b) got | (c) gets | (d) getting |
| 4. | (a) they | (b) their | (c) they're | (d) there |
| 5. | (a) general | (b) generally | (c) generals | (d) generalize |
| 6. | (a) on | (b) at | (c) in | (d) to |
| 7. | (a) of | (b) on | (c) or | (d) at |
| 8. | (a) energy | (b) energetically | (c) energetic | (d) energize |
| 9. | (a) frightened | (b) frightening | (c) frightens | (d) frighten |
| 10. | (a) from | (b) all | (c) them | (d) it |
| 11. | (a) welcome | (b) hello | (c) speak | (d) say |
| 12. | (a) health | (b) healthily | (c) healthy | (d) hearty |

SPELLING

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

Paragraph 1

1. The world-aosufm Maori war dance
2. being luinbgila
3. speaking two uenasalgg
4. rates of dementia among iizcetns
5. Maoris gleeynalr have less access to health care
6. more heart dasseie

Paragraph 2

7. a otlniatiard war cry
8. It was nyailgroi performed by warriors
9. show their tegnshtr
10. pre-match niapresotrpa
11. welcome important guests at recensomie
12. complex dance rntoesui

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

Number these lines in the correct order.

- () a battle. They wanted to show their strength and frighten their enemy. The New Zealand Native football
- () using it before their matches in 1905. It is now a key part of the pre-match preparations for the All Blacks rugby
- () team started using it in 1888. The New Zealand rugby team (the famous All Blacks) then started
- () the same energetic movements and stamping of the feet. It was originally performed by warriors before
- () income, and more heart diseases than non-Maoris. However, researchers found no
- () The haka is a traditional war cry or challenge. It is done by a group of people who all chant and repeat
- () team. The haka is also used to welcome important guests at ceremonies. A Maori professor said that
- () among Maoris. This is because Maoris generally have less access to health care, less
- (**1**) The world-famous Maori war dance (the haka) and being bilingual may help Maori people keep dementia
- () away. Researchers from the University of Auckland in New Zealand say performing the haka and speaking two
- () differences in rates of dementia between Maoris and non-Maoris.
- () languages (Maori and English) might help Maoris avoid getting dementia. A study by New Zealand's Ministry of
- () Health compared rates of dementia among citizens in their 80s and 90s. They expected to find higher rates of dementia
- () skill, eye co-ordination and the complex dance routines of the haka help to keep the brain healthy.

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

1. bilingual keep may dementia help away Maori Being people .
2. two Performing haka speaking languages the and .
3. of Ministry Zealand's New by study A Health .
4. in and of citizens 80s Rates among their 90s dementia .
5. of , no rates However found in dementia researchers differences .
6. group of people who all chant It is done by a .
7. was before originally a performed battle by It warriors .
8. is It preparations match - pre the of part key a now .
9. The to haka welcome is important also guests used .
10. - dance ordination routines and Eye the co complex .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

The world-famous Maori war dance (the haka) and *been / being* bilingual may help Maori people *keep / keeping* dementia away. Researchers from the University of Auckland in New Zealand *says / say* performing the haka and speaking two *language / languages* (Maori and English) might help Maoris avoid getting dementia. A study by New Zealand's Ministry of Health compared *rates / ratio* of dementia among citizens *in / on* their 80s and 90s. They expected to *find / fund* higher rates of dementia among Maoris. This is because Maoris *general / generally* have less access to health care, less income, and more *heart / hearty* diseases than non-Maoris. However, researchers found *not / no* differences in rates of dementia between Maoris and non-Maoris.

The haka is a *traditional / traditionally* war cry or challenge. It is *done / doing* by a group of people who all *chat / chant* and repeat the same energetic movements and stamping *of / for* the feet. It was originally performed by warriors before a battle. They wanted to *showing / show* their strength and frighten their enemy. The New Zealand Native football team started using it in 1888. The New Zealand rugby team (the famous All Blacks) *then / that* started using it before *them / their* matches in 1905. It is now a *key / lock* part of the pre-match preparations for the All Blacks rugby team. The haka is also used to welcome *importance / important* guests at ceremonies. A Maori professor said that *skill / skull*, eye co-ordination and the complex dance routines of the haka help to keep the brain healthy.

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 <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

Th_ w_rld-f_m__s M__r_ w_r d_nc_ (th_ h_k_) _nd
b__ng b_l_ng__l m_y h_lp M__r_ p__pl_ k__p
d_m_nt__ _w_y. R_s__rch_rs fr_m th_ _n_v_rs_ty _f
__ckl_nd _n N_w Z__l_nd s_y p_rf_rm_ng th_ h_k_ _nd
sp__k_ng tw_ l_ng__g_s (M__r_ _nd _ngl_sh) m_gh_t
h_lp M__r_s _v__d g_tt_ng d_m_nt__. _st_dy by N_w
Z__l_nd's M_n_stry _f H__lth c_m_p_r_d_r_t_s _f
d_m_nt__ _m_ng c_t_z_ns _n th__r 80s _nd 90s. Th_y
_xp_ct_d t_ f_nd h_gh_r_r_t_s _f d_m_nt__ _m_ng
M__r_s. Th_s _s b_c__s M__r_s g_n_r_lly h_v_ l_ss
_cc_ss t_ h__lth c_r_, l_ss _nc_m_, _nd m_r_ h__rt
d_s__s_s th_n n_n-M__r_s. H_w_v_r, r_s__rch_rs
f__nd n_d_ff_r_nc_s _n r_t_s _f d_m_nt__ b_tw__n
M__r_s _nd n_n-M__r_s.

Th_ h_k_ _s _tr_d_t__n_l w_r cry _r ch_ll_ng_. _t _s
d_n_ by _gr__p _f p__pl_ wh_ _ll ch_nt _nd r_p__t
th_s_m_ _n_rg_t_c m_v_m_nts _nd st_m_p_ng _f th_
f__t. _t w_s _r_g_n_lly p_rf_rm_d by w_rr__rs b_f_r_
_b_ttl_. Th_y w_nt_d t_ sh_w th__r str_ngh_t _nd
fr_gh_t_n th__r _n_my. Th_ N_w Z__l_nd N_t_v_
f__tb_ll t__m st_rt_d _s_ng _t _n 1888. Th_ N_w
Z__l_nd r_gby t__m (th_ f_m__s _ll Bl_cks) th_n
st_rt_d _s_ng _t b_f_r_ th__r m_tch_s _n 1905. _t _s
n_w _k_y p_rt _f th_ pr__m_tch pr_p_r_t__ns f_r th_
_ll Bl_cks r_gby t__m. Th_ h_k_ _s _ls_ _s_d t_
w_lc_m_ _mp_r_t_nt g__sts _t c_r_m_n__s. _ M__r_
pr_f_ss_r s__d th_t sk_ll, _y_ c_-rd_n_t__n _nd th_
c_mpl_x d_nc_ r__t_n_s _f th_ h_k_ h_lp t_ k__p th_
br__n h__lthy.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

the world-famous maori war dance the haka and being bilingual may help maori people keep dementia away researchers from the university of auckland in new zealand say performing the haka and speaking two languages (maori and english) might help maoris avoid getting dementia a study by new zealand's ministry of health compared rates of dementia among citizens in their 80s and 90s they expected to find higher rates of dementia among maoris this is because maoris generally have less access to health care less income and more heart diseases than non-maoris however researchers found no differences in rates of dementia between maoris and non-maoris

the haka is a traditional war cry or challenge it is done by a group of people who all chant and repeat the same energetic movements and stamping of the feet it was originally performed by warriors before a battle they wanted to show their strength and frighten their enemy the new zealand native football team started using it in 1888 the new zealand rugby team (the famous all blacks) then started using it before their matches in 1905 it is now a key part of the pre-match preparations for the all blacks rugby team the haka is also used to welcome important guests at ceremonies a maori professor said that skill eye co-ordination and the complex dance routines of the haka help to keep the brain healthy

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1705/170514-maori-haka.html>

The world-famous Maori wārdance (the haka) and being bilingual may help Maori people keep dementia away. Researchers from the University of Auckland in New Zealand say performing the haka and speaking two languages (Maori and English) might help Maori avoid getting dementia. A study by New Zealand's Ministry of Health compared rates of dementia among citizens in their 80s and 90s. They expected to find high rates of dementia among Maori. This is because Maori generally have less access to healthcare, less income, and more heart disease than non-Maori. However, researchers found no differences in rates of dementia between Maori and non-Maori. The haka is a traditional war cry or challenge. It is done by a group of people who all chant and repeat the same energetic movements and stamping of the feet. It was originally performed by warriors before a battle. They wanted to show their strength and frighten their enemy. The New Zealand Native football team started using it in 1888. The New Zealand rugby team (the famous All Blacks) then started using it before their matches in 1905. It is now a key part of the pre-match preparations for the All Blacks rugby team. The haka is also used to welcome important guests at ceremonies. A Maori professor said that skill, eye-co-ordination and the complex dancer routines of the haka help to keep the brain healthy.

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 dementia. Share what you discover with your partner(s) in the next lesson.

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

4. BILINGUAL: Write a magazine article about everyone having to be bilingual. 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 being bilingual. Ask him/her three questions about it. Give him/her three of your ideas on how to make everyone in the world bilingual. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b F c T d T e T f F g F h F

SYNONYM MATCH (p.4)

- | | |
|----------------|-------------------|
| 1. away | a. at a distance |
| 2. performing | b. doing |
| 3. evade | c. stay away from |
| 4. generally | d. normally |
| 5. income | e. salary |
| 6. traditional | f. customary |
| 7. frighten | g. scare |
| 8. key | h. important |
| 9. welcome | i. greet |
| 10. complex | j. difficult |

COMPREHENSION QUESTIONS (p.8)

1. The haka
2. English and Maori
3. 80s and 90s
4. Health care
5. None
6. Their feet
7. Warriors
8. 1888
9. Important guests
10. Dance routines

MULTIPLE CHOICE - QUIZ (p.9)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 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 ;-)