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Ready-to-Use English Lessons by Sean Banville

Level 3 – 5th November, 2020

Stress baking helped during U.S. election

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https://breakingnewsenglish.com/2011/201105-stress-baking.html

Contents

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

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THE ARTICLE

The 2020 U.S. presidential election was a stressful event for many people. A poll conducted by the marketing research company OnePoll found that the election was a main cause of stress in 49 per cent of people. Only COVID-19 caused greater stress. The poll found that 55 per cent of the 2,000 adults in the survey believed that November the 3rd, 2020 would be the tensest day yet this year. In addition, 59 per cent said they couldn't imagine being more stressed than they already were. Furthermore, 67 per cent wanted 2020 to be over. Naomi Hirabayashi, cofounder of the self-care app Shine, said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times."

The months of non-stop news coverage caused many people to get stressed out. One thing many people did to relieve stress was to bake. Stress baking rose in popularity in 2020. More cakes and bread have been going into ovens in the run-up to the election. Stress baking is now in the top five most effective self-care practices of 2020. The poll found that 27 per cent of people used baking as a stress reliever. Unfortunately, 41 per cent of people said the stress of 2020 caused them to gain weight. One American woman said stress baking reduced her election stress. She said: "I'm prepared and have a post-election plan. In reality, we probably won't have a clear winner for weeks after election day."

WARM-UPS

1. BAKING: Students walk around the class and talk to other students about baking. 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?

   presidential / election / stress / research / adults / imagine / app / marathon / normal coverage / bake / popularity / cakes / bread / oven / stress / weight / plan / winner

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

3. STRESS RELIEF: Students A **strongly** believe baking is great for stress relief; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. ELECTION: What are the issues regarding these things in an election? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	What?	**Why?**
Jobs		
COVID-19		
Education		
Immigration		
Foreign policy		
Economy		

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

6. STRESS: Rank these with your partner. Put the best things for stress at the top. Change partners often and share your rankings.

- Baking
- Laughter
- Sleep
- Studying English

- Exercise
- Eating
- Music
- Being with friends

VOCABULARY MATCHING

Paragraph 1

1.	event	a.	A thing that happens, especially one that is planned or important.
2.	conducted	b.	One of the people who started a company, website, organization, etc. with another person or other people.
3.	cause	c.	Done; carried out.
4.	survey	d.	Causing or showing the most stress and nervousness.
5.	tensest	e.	Make something happen.
6.	cofounder	f.	A study of the opinions or experiences of a group of people, based on a number of questions.
7.	anxiety	g.	A feeling of worry, nervousness, or unease, about something that will happen soon.

Paragraph 2

8.	coverage	h.	Increase the amount or rate of something (like weight or speed).
9.	relieve	i.	Successful in giving the result you wanted.
10.	popularity	j.	The amount of news reporting by TV and radio stations, newspapers and the Internet.
11.	effective	k.	Ready for something to happen.
12.	gain	l.	Make pain, stress, or difficulty to become less serious.
13.	prepared	m.	Easy to see or understand.
14.	clear	n.	Being liked, admired, or supported by many people.

BEFORE READING / LISTENING

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

a. The article said the U.S. election was stressful for everyone.   **T / F**

b. Over half of people in a poll said the election was a main cause of stress. **T / F**

c. Over half of people polled said election day was the tensest day this year. **T / F**

d. An app cofounder said we should run marathons to reduce stress.   **T / F**

e. Looking at non-stop news stressed many people out.   **T / F**

f. There were many cakes and bread in ovens before the election.   **T / F**

g. Over half of people polled gained weight in 2020.   **T / F**

h. A woman said there may not be an election winner for weeks.   **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

1.	**stressful**	a.	round-the-clock
2.	**poll**	b.	furthermore
3.	**cause**	c.	obvious
4.	**in addition**	d.	survey
5.	**normal**	e.	successful
6.	**non-stop**	f.	ordinary
7.	**rose**	g.	put on
8.	**effective**	h.	demanding
9.	**gain**	i.	increased
10.	**clear**	j.	source

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

1.	conducted by the marketing	a.	up to the election
2.	November the 3rd, 2020 would be the tensest	b.	of stress
3.	they couldn't imagine being	c.	winner for weeks
4.	this year has been a marathon	d.	more stressed
5.	These are not normal	e.	research company
6.	The months of non-	f.	popularity in 2020
7.	Stress baking rose in	g.	reliever
8.	in the run-	h.	times
9.	people used baking as a stress	i.	stop news coverage
10.	we probably won't have a clear	j.	day yet this year

GAP FILL

The 2020 U.S. presidential election was a stressful (1) _____ for many people. A poll conducted by the marketing research company OnePoll found that the election was a main (2) _____ of stress in 49 per cent of people. Only COVID-19 caused greater stress. The (3) _____ found that 55 per cent of the 2,000 adults in the survey believed that November the 3rd, 2020 would be the tensest day (4) _____ this year. In addition, 59 per cent said they couldn't (5) _____ being more stressed than they already were. Furthermore, 67 per cent wanted 2020 to be over. Naomi Hirabayashi, cofounder of the self-care (6) _____ Shine, said: "It's not just the election anxiety - this year has been a (7) _____ of stress. These are not (8) _____ times."

yet

app

cause

normal

event

marathon

poll

imagine

The months of non-stop news (9) _____ caused many people to get stressed out. One thing many people did to relieve stress was to bake. Stress baking rose in (10) _____ in 2020. More cakes and bread have been going into ovens in the (11) _____ to the election. Stress baking is now in the top five most (12) _____ self-care practices of 2020. The poll found that 27 per cent of people used baking as a stress reliever. Unfortunately, 41 per cent of people said the stress of 2020 caused them to (13) _____ weight. One American woman said stress baking (14) _____ her election stress. She said: "I'm prepared and have a post-election (15) _____. In reality, we probably won't have a clear (16) _____ for weeks after election day."

run-up

gain

popularity

plan

effective

coverage

winner

reduced

LISTENING – Guess the answers. Listen to check.

1) The 2020 U.S. presidential election was a stressful event _____
   a. four many people
   b. fore many people
   c. form many people
   d. for many people

2) the marketing research company OnePoll found that the election was a main _____
   a. causes of stress
   b. cause of stress
   c. caused of stress
   d. causal of stress

3) The poll found that 55 per cent of _____
   a. the 2,000 adults
   b. the 3,000 adults
   c. the 12,000 adults
   d. the 20,000 adults

4) the survey believed that November the 3rd, 2020 would be the _____
   a. tensest date yet
   b. tensest diet
   c. tense stay diet
   d. tensest day yet

5) this year has been a marathon of stress. These are _____
   a. not normally times
   b. not normal time
   c. not normal times
   d. not norm all times

6) The months of non-stop news coverage caused many people to _____
   a. get stress out
   b. get stress tout
   c. get stressed tout
   d. get stressed out

7) More cakes and bread have been going into ovens _____
   a. in the ran-up
   b. in the rune-up
   c. in the runner-up
   d. in the run-up

8) Stress baking is now in the top five most effective _____
   a. self-care practice is
   b. self-care practicals
   c. self-care practices
   d. self-care practice

9) Unfortunately, 41 per cent of people said the stress of 2020 caused them _____
   a. to again weight
   b. to gain weight
   c. to grain weight
   d. to against weight

10) prepared and have a post-election plan. In reality, we probably won't have _____
   a. a clear winner
   b. a clear winer
   c. a clear wiener
   d. a clear winter

LISTENING – Listen and fill in the gaps

The 2020 U.S. presidential election was (1) _____ for many people. A poll conducted by the marketing research company OnePoll found that the election was a (2) _____ stress in 49 per cent of people. Only COVID-19 caused greater stress. The poll found that 55 per cent of the 2,000 adults (3) _____ believed that November the 3rd, 2020 would be the (4) _____ this year. In addition, 59 per cent said they couldn't imagine being more stressed than they already were. Furthermore, 67 per cent wanted 2020 to be over. Naomi Hirabayashi, (5) _____ self-care app Shine, said: "It's not just the election anxiety - this year has (6) _____ of stress. These are not normal times."

The months of non-stop (7) _____ many people to get stressed out. One thing many people did to relieve stress was to bake. Stress baking (8) _____ in 2020. More cakes and bread have been going into ovens in the run-up to the election. Stress baking is now in the top (9) _____ self-care practices of 2020. The poll found that 27 per cent of people used baking as (10) _____. Unfortunately, 41 per cent of people said the stress of 2020 caused them (11) _____. One American woman said stress baking reduced her election stress. She said: "I'm prepared and have a post-election plan. In reality, we probably won't have a (12) _____ weeks after election day."

COMPREHENSION QUESTIONS

1. What is the name of the polling company mentioned in the article?

2. What was more stressful than the U.S. election?

3. How many adults took part in the election?

4. What did 67% of people polled want to be over?

5. What kind of marathon did a woman say this year was?

6. What non-stop thing did the article say stressed people out?

7. Where did many cakes and bread go in the run-up to the election?

8. What percentage of people baked to relieve stress?

9. What did 41% of people gain in 2020?

10. What did a woman say we might not have for weeks?

MULTIPLE CHOICE - QUIZ

1) What is the name of the polling company mentioned in the article?
a) PollOne
b) OnePoll
c) Interpol
d) OncePoll

2) What was more stressful than the U.S. election?
a) global warming
b) money problems
c) family
d) COVID-19

3) How many adults took part in the election?
a) 3,000
b) 15,000
c) 2,000
d) 128,000

4) What did 67% of people polled want to be over?
a) 2020
b) the election
c) war
d) climate change

5) What kind of marathon did a woman say this year was?
a) a long marathon
b) a marathon of stress
c) a news marathon
d) a marathon of lies

6) What non-stop thing did the article say stressed people out?
a) news coverage
b) life
c) campaign adverts
d) tax

7) Where did many cakes and bread go in the run-up to the election?
a) in people's stomachs
b) on supermarket shelves
c) in ovens
d) missing

8) What percentage of people baked to relieve stress?
a) 27%
b) 41%
c) 59%
d) 67%

9) What did 41% of people gain in 2020?
a) a new oven
b) new friends
c) hope
d) weight

10) What did a woman say we might not have for weeks?
a) calm
b) a vaccine
c) a clear winner
d) cakes

ROLE PLAY

Role A – Baking

You think baking is the best thing to relieve stress. 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): laughter, studying English or eating.

Role B – Laughter

You think laughter is the best thing to relieve stress. 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): baking, studying English or eating.

Role C – Studying English

You think studying English is the best thing to relieve stress. 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): laughter, baking or eating.

Role D – Eating

You think eating is the best thing to relieve stress. 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): laughter, studying English or baking.

AFTER READING / LISTENING

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

bake	stress

- 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:

• event	• news
• main	• thing
• 2,000	• cakes
• yet	• 27
• addition	• gain
• over	• reality

BAKING SURVEY

From   https://breakingnewsenglish.com/2011/201105-stress-baking.html

Write five GOOD questions about baking 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.

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 'baking'?

3. What do you think of the US presidential election?

4. What did you think of the candidates in the election?

5. What do you think of elections in your country?

6. What do you think of 2020?

7. How stressful is election time?

8. How stressful has 2020 been?

9. What was your tensest day of 2020?

10. How can we cope with a 'marathon of stress'?

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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 'election'?

13. What do you think about what you read?

14. What do you think of baking?

15. What do you think of freshly-baked cakes and bread?

16. Do you think baking relieves stress?

17. What do you think is the best way to relieve stress?

18. Who did you want to win the US election, and why?

19. What do you think the next few weeks will be like in the USA?

20. What questions would you like to ask a baker?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

The 2020 U.S. presidential election was a (1) _____ event for many people. A poll conducted by the marketing research company OnePoll found that the election was a main (2) _____ of stress in 49 per cent of people. Only COVID-19 caused greater stress. The poll found that 55 per cent of the 2,000 adults (3) _____ the survey believed that November the 3rd, 2020 would be the tensest day (4) _____ this year. In addition, 59 per cent said they couldn't (5) _____ being more stressed than they already were. Furthermore, 67 per cent wanted 2020 to be over. Naomi Hirabayashi, cofounder of the self-care app Shine, said: "It's not (6) _____ the election anxiety - this year has been a marathon of stress. These are not normal times."

The months of (7) _____-stop news coverage caused many people to get stressed out. One thing many people did to relieve stress was to bake. Stress baking (8) _____ in popularity in 2020. More cakes and bread have been going into ovens in the run-up to the election. Stress baking is now in the top five most (9) _____ self-care practices of 2020. The poll found that 27 per cent of people used baking as a stress reliever. Unfortunately, 41 per cent of people said the stress of 2020 caused them to (10) _____ weight. One American woman said stress baking reduced her election stress. She said: "I'm (11) _____ and have a post-election plan. In reality, we probably won't have a (12) _____ winner for weeks after election day."

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

1.	(a)	stress	(b)	stresses	(c)	stressful	(d)	stressed
2.	(a)	cause	(b)	causal	(c)	caused	(d)	causes
3.	(a)	in	(b)	at	(c)	as	(d)	by
4.	(a)	yet	(b)	as	(c)	by	(d)	to
5.	(a)	opinion	(b)	imagine	(c)	viewing	(d)	look
6.	(a)	lone	(b)	sole	(c)	important	(d)	just
7.	(a)	no	(b)	nope	(c)	non	(d)	not
8.	(a)	ivy	(b)	daisy	(c)	weed	(d)	rose
9.	(a)	effective	(b)	happiest	(c)	recipe	(d)	ingredients
10.	(a)	gain	(b)	grain	(c)	again	(d)	against
11.	(a)	baked	(b)	prepared	(c)	roasted	(d)	boiled
12.	(a)	cheer	(b)	see-through	(c)	clear	(d)	easy

SPELLING

Paragraph 1

1. The 2020 U.S. eisrindaeltp election

2. A poll cdeucndot by the marketing research company

3. 2,000 adults in the syvuer

4. It's not just the election xitenya

5. a otramnha of stress

6. These are not ramlno times

Paragraph 2

7. months of non-stop news geaovrce

8. rleeevi stress

9. Stress baking rose in otluyapirp

10. top five most ctfveeife self-care practices

11. baking eruddec her election stress

12. I'm aperdpre and have a post-election plan

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

(   )   this year. In addition, 59 per cent said they couldn't imagine being more stressed than they

(   )   plan. In reality, we probably won't have a clear winner for weeks after election day."

(   )   found that 27 per cent of people used baking as a stress reliever. Unfortunately,

(   )   The months of non-stop news coverage caused many people to get stressed out. One thing many people did to relieve

(   )   of stress in 49 per cent of people. Only COVID-19 caused greater stress. The poll found that 55 per cent of the

(   )   already were. Furthermore, 67 per cent wanted 2020 to be over. Naomi Hirabayashi, cofounder of the self-care

(   )   by the marketing research company OnePoll found that the election was a main cause

(*1*)   The 2020 U.S. presidential election was a stressful event for many people. A poll conducted

(   )   ovens in the run-up to the election. Stress baking is now in the top five most effective self-care practices of 2020. The poll

(   )   stress was to bake. Stress baking rose in popularity in 2020. More cakes and bread have been going into

(   )   41 per cent of people said the stress of 2020 caused them to gain weight. One American

(   )   2,000 adults in the survey believed that November the 3rd, 2020 would be the tensest day yet

(   )   woman said stress baking reduced her election stress. She said: "I'm prepared and have a post-election

(   )   app Shine, said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times."

PUT THE WORDS IN THE RIGHT ORDER

1. was   event   .   2020   a   presidential   The   stressful   election

2. by   company   .   research   the   A   marketing   conducted   poll

3. a   was   stress   .   main   of   election   The   cause

4. already   stressed   they   being   than   Imagine   more   were   .

5. marathon   stress   .   been   a   of   year   This   has

6. coverage   to   people   Non-stop   caused   news   many   stress   .

7. stress   .   to   people   relieve   thing   One   many   did

8. most   top   the   self-care   five   practices   .   effective   In

9. stress   used   a   baking   People   as   reliever   .

10. won't   have   clear   a   winner   for   We   weeks   .

CIRCLE THE CORRECT WORD (20 PAIRS)

The 2020 U.S. presidential election was a stressful *eventual / event* for many people. A poll *waited / conducted* by the marketing research company OnePoll found that the election was a *mainly / main* cause of stress in 49 per cent of people. Only COVID-19 caused *greatly / greater* stress. The poll found that 55 per cent of the 2,000 adults in the survey *belief / believed* that November the 3rd, 2020 would be the *tensest / most* day yet this year. In addition, 59 per cent said they couldn't imagine *been / being* more stressed than they already were. Furthermore, 67 per cent wanted 2020 to be *over / cover*. Naomi Hirabayashi, cofounder of the self-care *upper / app* Shine, said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal *times / time*."

The months of non-stop news *reversal / coverage* caused many people to get stressed out. One thing many people did to *relieve / relief* stress was to bake. Stress baking *rise / rose* in popularity in 2020. More cakes and bread have been going *onto / into* ovens in the *run-up / run-down* to the election. Stress baking is now in the top five most *effective / affective* self-care practices of 2020. The poll found that 27 per cent of people used baking *was / as* a stress reliever. Unfortunately, 41 per cent of people said the stress of 2020 caused them to *gain / grain* weight. One American woman said stress baking reduced her election stress. She said: "I'm prepared and have a *post- / mail-* election plan. In reality, we probably won't have a clear winner for weeks after election *daily / day*."

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)

Th_ 2020 _.S. pr_s_d_nt__l _l_ct__n w_s _ str_ssf_l _v_nt f_r m_ny p__pl_. _ p_ll c_nd_ct_d by th_ m_rk_t_ng r_s__rch c_mp_ny _n P_ll f__nd th_t th_ _l_ct__n w_s _ m__n c__s_ _f str_ss _n 49 p_r c_nt _f p__pl_. _nly C_V_D-19 c__s_d gr__t_r str_ss. Th_ p_ll f__nd th_t 55 p_r c_nt _f th_ 2,000 _d_lts _n th_ s_rv_y b_l__v_d th_t N_v_mb_r th_ 3rd, 2020 w__ld b_ th_ t_ns_st d_y y_t th_s y__r. _n _dd_t__n, 59 p_r c_nt s__d th_y c__ldn't _m_g_n_ b__ng m_r_ str_ss_d th_n th_y _lr__dy w_r_. F_rth_rm_r_, 67 p_r c_nt w_nt_d 2020 t_ b_ _v_r. N__m_ H_r_b_y_sh_, c_f__nd_r _f th_ s_lf-c_r_ _pp Sh_n_, s__d: "_t's n_t j_st th_ _l_ct__n _nx__ty - th_s y__r h_s b__n _ m_r_th_n _f str_ss. Th_s_ _r_ n_t n_rm_l t_m_s."

Th_ m_nths _f n_n-st_p n_ws c_v_r_g_ c__s_d m_ny p__pl_ t_ g_t str_ss_d __t. _n_ th_ng m_ny p__pl_ d_d t_ r_l__v_ str_ss w_s t_ b_k_. Str_ss b_k_ng r_s_ _n p_p_l_r_ty _n 2020. M_r_ c_k_s _nd br__d h_v_ b__n g__ng _nt_ _v_ns _n th_ r_n-_p t_ th_ _l_ct__n. Str_ss b_k_ng _s n_w _n th_ t_p f_v_ m_st _ff_ct_v_ s_lf-c_r_ pr_ct_c_s _f 2020. Th_ p_ll f__nd th_t 27 p_r c_nt _f p__pl_ _s_d b_k_ng _s _ str_ss r_l__v_r. _nf_rt_n_t_ly, 41 p_r c_nt _f p__pl_ s__d th_ str_ss _f 2020 c__s_d th_m t_ g__n w__ght. _n_ _m_r_c_n w_m_n s__d str_ss b_k_ng r_d_c_d h_r _l_ct__n str_ss. Sh_ s__d: "_'m pr_p_r_d _nd h_v_ _ p_st-_l_ct__n pl_n. _n r__l_ty, w_ pr_b_bly w_n't h_v_ _ cl__r w_nn_r f_r w__ks _ft_r _l_ct__n d_y."

PUNCTUATE THE TEXT AND ADD CAPITALS

The 2020 US presidential election was a stressful event for many people. A poll conducted by the marketing research company OnePoll found that the election was a main cause of stress in 49 per cent of people. Only COVID19 caused greater stress. The poll found that 55 per cent of the 2000 adults in the survey believed that November the 3rd 2020 would be the tensest day yet this year. In addition, 59 per cent said they couldn't imagine being more stressed than they already were. Furthermore, 67 per cent wanted 2020 to be over. Naomi Hirabayashi, cofounder of the selfcare app Shine, said it's not just the election anxiety. This year has been a marathon of stress. These are not normal times.

The months of nonstop news coverage caused many people to get stressed out. One thing many people did to relieve stress was to bake. Stress baking rose in popularity in 2020. More cakes and bread have been going into ovens in the runup to the election. Stress baking is now in the top five most effective selfcare practices of 2020. The poll found that 27 per cent of people used baking as a stress reliever. Unfortunately, 41 per cent of people said the stress of 2020 caused them to gain weight. One American woman said stress baking reduced her election stress. She said I'm prepared and have a postelection plan. In reality, we probably won't have a clear winner for weeks after election day.

PUT A SLASH (/) WHERE THE SPACES ARE

The2020U.S.presidentialelectionwasastressfuleventformanypeople .ApollconductedbythemarketingresearchcompanyOnePollfoundtha ttheelectionwasamaincauseofstressin49percentofpeople.OnlyCOVI D-19causedgreaterstress.Thepollfoundthat55percentofthe2,000ad ultsinthesurveybelievedthatNovemberthe3rd,2020wouldbethetens estdayyetthisyear.Inaddition,59percentsaidtheycouldn'timaginebe ingmorestressedthantheyalreadywere.Furthermore,67percentwan ted2020tobeover.NaomiHirabayashi,cofounderoftheself-careappS hine,said:"It'snotjusttheelectionanxiety-thisyearhasbeenamarat honofstress.Thesearenotnormaltimes."Themonthsofnon-stopne wscoveragecausedmanypeopletogetstressedout.Onethingmanype opledidtorelievestresswastobake.Stressbakingroseinpopularityin2 020.Morecakesandbreadhavebeengoingintoovensintherun-uptoth eelection.Stressbakingisnowinthetopfivemosteffectiveself-carepra cticesof2020.Thepollfoundthat27percentofpeopleusedbakingasastr essreliever.Unfortunately,41percentofpeoplesaidthestressof2020c ausedthemtogainweight.OneAmericanwomansaidstressbakingredu cedherelectionstress.Shesaid:"I'mpreparedandhaveapost-electio nplan.Inreality,weprobablywon'thaveaclearwinnerforweeksafterele ctionday."

FREE WRITING

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

ACADEMIC WRITING

Baking is a great way to relieve stress. Discuss.

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 this news story. Share what you discover with your partner(s) in the next lesson.

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

4. BAKING LESSONS: Write a magazine article about all schools teaching children how to bake to relieve stress. 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 baking. Ask him/her three questions about it. Give him/her three of your ideas on how baking can relieve stress. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. a 2. c 3. e 4. f 5. d 6. b 7. g
8. j 9. l 10. n 11. i 12. h 13. k 14. m

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

1. h	2. d	3. j	4. b	5. f
6. a	7. i	8. e	9. g	10. c

COMPREHENSION QUESTIONS (p.9)

1. OnePoll
2. COVID-19
3. 2,000
4. 2020
5. A marathon of stress
6. News coverage
7. In ovens
8. 27%
9. Weight
10. A clear winner

WORDS IN THE RIGHT ORDER (p.20)

1. The 2020 presidential election was a stressful event.
2. A poll conducted by the marketing research company.
3. The election was a main cause of stress.
4. Imagine being more stressed than they already were.
5. This year has been a marathon of stress.
6. Non-stop news coverage caused many people to stress.
7. One thing many people did to relieve stress.
8. In the top five most effective self-care practices.
9. People used baking as a stress reliever.
10. We won't have a clear winner for weeks.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)