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Level 6 – 28th September, 2019

Wasabi gives woman broken-heart syndrome

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<https://breakingnewsenglish.com/1909/190928-wasabi.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

A woman ended up in hospital after eating a large amount of the spicy condiment wasabi by mistake. The 60-year-old woman was attending a wedding reception in Israel. She mistakenly ate around a teaspoon of the spicy green paste, believing it to be an avocado-based dip. Her taste buds got the shock of their lives when the spices in the wasabi started working on her tongue and nose. The woman said that within minutes she felt pressure in her chest and tingling all over her arms. She went to hospital the following day, where she was diagnosed with "broken-heart syndrome". This is a term for symptoms that are similar to a heart attack following physical or emotional distress.

Doctors said the woman was struck with a condition known as *takotsubo* cardiomyopathy, which typically affects older women. It is also called "broken-heart syndrome". The heart's main pumping chamber weakens and suffers a "temporary disruption" so that it cannot pump blood properly. It is usually brought on by life-altering and shocking events such as financial troubles, serious traffic accidents or bad news. The syndrome is not as serious as a real heart attack. Most patients fully recover within a month. Doctors said: "To the best of our knowledge, this is the first report of *takotsubo* cardiomyopathy triggered by wasabi consumption." They reassured sushi lovers that wasabi is not dangerous.

Sources: <https://www.foxnews.com/health/wasabi-avocado-broken-heart-syndrome>
<https://www.livescience.com/wasabi-triggers-broken-heart-syndrome.html>
<https://www.aol.com/article/news/2019/09/25/broken-heart-syndrome-woman-hospitalized-wasabi-avocado-bmj-case/23820053/>

WARM-UPS

1. WASABI: Students walk around the class and talk to other students about wasabi. 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?

hospital / spicy / condiment / wedding / avocado / dip / taste buds / pressure / distress condition / broken heart / blood / pump / traffic accident / recover / sushi / wasabi

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

3. CONDIMENT: Students A **strongly** believe wasabi is the best condiment; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. TASTE BUDS: How important are these tastes to you? What are the best foods for each one Complete this table with your partner(s). Change partners often and share what you wrote.

	How important?	Best Foods
Sweet		
Sour		
Bitter		
Spicy		
Umami		
Salty		

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

6. CONDIMENTS: Rank these with your partner. Put the best condiments at the top. Change partners often and share your rankings.

- wasabi
- salt
- garlic sauce
- ketchup
- mustard
- salsa
- sour cream
- vinegar

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|--|
| 1. condiment | a. A thick sauce in which pieces of food are dunked before eating. |
| 2. paste | b. Identified the nature of an illness or other problem by examination of the symptoms. |
| 3. dip | c. A substance such as salt or ketchup that is used to add flavor to food. |
| 4. taste buds | d. A thick, soft, moist substance or sauce. |
| 5. tingling | e. The nerve endings on the tongue that tell us if food is salty, sweet, sour, tasty, etc. |
| 6. diagnosed | f. A slight prickling, electricity or stinging sensation. |
| 7. distress | g. Extreme anxiety, sorrow, or pain. |

Paragraph 2

- | | |
|-----------------|---|
| 8. condition | h. Caused by a particular action, process, or situation. |
| 9. typically | i. An illness or other medical problem. |
| 10. syndrome | j. Lasting for only a limited period of time; not permanent. |
| 11. temporary | k. The eating, drinking, or ingesting of something. |
| 12. triggered | l. In most cases; usually. |
| 13. consumption | m. Said or did something to remove the doubts and fears of someone. |
| 14. reassured | n. A group of symptoms which consistently occur together, or a condition characterized by a set of associated symptoms. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

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

- a. A woman ate a large amount of wasabi as a joke. **T / F**
- b. The woman ate around a teaspoon of wasabi. **T / F**
- c. The woman felt pressure in her legs and her chest tingled. **T / F**
- d. The woman was rushed to hospital five minutes after eating the wasabi. **T / F**
- e. The woman's condition usually affects women in their twenties. **T / F**
- f. Broken-heart syndrome affects the way the heart pumps the blood. **T / F**
- g. Broken-heart syndrome patients usually get better within a month. **T / F**
- h. Doctors told people who love sushi that wasabi is not dangerous. **T / F**

2. SYNONYM MATCH:

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

- | | |
|----------------------|-----------------|
| 1. amount | a. complex |
| 2. shock | b. set off |
| 3. syndrome | c. anguish |
| 4. term | d. normally |
| 5. distress | e. ventricle |
| 6. typically | f. volume |
| 7. chamber | g. recuperate |
| 8. troubles | h. phrase |
| 9. recover | i. difficulties |
| 10. triggered | j. surprise |

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

- | | |
|--------------------------------------|----------------------------|
| 1. A woman ended | a. accidents |
| 2. She mistakenly ate around | b. in her chest |
| 3. taste | c. distress |
| 4. she felt pressure | d. of our knowledge |
| 5. physical or emotional | e. wasabi is not dangerous |
| 6. it cannot pump | f. buds |
| 7. traffic | g. up in hospital |
| 8. Most patients fully recover | h. blood properly |
| 9. To the best | i. within a month |
| 10. They reassured sushi lovers that | j. a teaspoon |

GAP FILL

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

A woman (1) _____ up in hospital after eating a large amount of the spicy condiment wasabi by (2) _____. The 60-year-old woman was attending a wedding reception in Israel. She mistakenly ate around a teaspoon of the spicy green (3) _____, believing it to be an avocado-based dip. Her taste buds got the shock of their lives when the spices in the wasabi started working on her (4) _____ and nose. The woman said that within minutes she felt (5) _____ in her chest and tingling all over her arms. She went to hospital the (6) _____ day, where she was diagnosed with "broken-heart syndrome". This is a (7) _____ for symptoms that are similar to a heart attack following physical or emotional (8) _____.

paste
following
ended
distress
mistake
pressure
term
tongue

Doctors said the woman was struck with a (9) _____ known as *takotsubo* cardiomyopathy, which (10) _____ affects older women. It is also called "broken-heart syndrome". The heart's main pumping chamber (11) _____ and suffers a "temporary disruption" so that it cannot pump blood (12) _____. It is usually brought on by life-altering and shocking events such as financial (13) _____, serious traffic accidents or bad news. The syndrome is not as serious as a real heart attack. Most patients fully (14) _____ within a month. Doctors said: "To the best of our (15) _____, this is the first report of *takotsubo* cardiomyopathy triggered by wasabi consumption." They reassured sushi (16) _____ that wasabi is not dangerous.

recover
weakens
condition
lovers
typically
knowledge
troubles
properly

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

- 1) A woman ended up in hospital after eating a large amount of _____ wasabi...
 - a. the spice condiment
 - b. the spicy condiment
 - c. the spiced condiment
 - d. the spices condiment
- 2) around a teaspoon of the spicy green paste, believing it to be an _____
 - a. avocado-based dip
 - b. avocado-based clip
 - c. avocado-based blip
 - d. avocado-based drip
- 3) The woman said that within minutes she felt pressure in her _____
 - a. chest and tingling
 - b. chest and mingling
 - c. chest and tinkling
 - d. chest and sprinkling
- 4) She went to hospital the following day, where she _____
 - a. was diagnose
 - b. was diagnosis
 - c. was diagnoses
 - d. was diagnosed
- 5) that are similar to a heart attack following physical or _____
 - a. emotionally distress
 - b. emotional this stress
 - c. emotion all distress
 - d. emotional distress
- 6) a condition known as *takotsubo* cardiomyopathy, which typically _____ women
 - a. affects older
 - b. effects older
 - c. infects older
 - d. reflects older
- 7) The heart's main pumping chamber weakens and suffers a _____
 - a. temporary distraction
 - b. temporary this eruption
 - c. temporary eruption
 - d. temporary disruption
- 8) It is usually brought on by life-altering and shocking events such as _____
 - a. financial travels
 - b. financial rubbles
 - c. financial trebles
 - d. financial troubles
- 9) The syndrome is not as serious as a real heart attack. Most patients _____
 - a. fully recovered
 - b. fully recover
 - c. fully recovers
 - d. fully recoverable
- 10) Doctors said: To the best of our knowledge, this is _____
 - a. the first reported
 - b. the first reports
 - c. the first report
 - d. the first reporter

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

A woman (1) _____ hospital after eating a large amount of the spicy condiment wasabi by mistake. The 60-year-old woman was (2) _____ reception in Israel. She mistakenly ate around a teaspoon of the (3) _____, believing it to be an avocado-based dip. Her taste buds got the shock of their lives when the spices in the wasabi started working on her (4) _____. The woman said that within minutes she felt pressure in her chest and tingling all over her arms. She went to hospital (5) _____, where she was diagnosed with "broken-heart syndrome". This is a term for symptoms that are similar to a heart (6) _____ or emotional distress.

Doctors said the woman was struck with (7) _____ as *takotsubo* cardiomyopathy, which typically affects older women. It is also called "broken-heart syndrome". The heart's main pumping chamber (8) _____ a "temporary disruption" so that it cannot pump blood properly. It is usually brought on by life-(9) _____ events such as financial troubles, serious traffic accidents or bad news. The (10) _____ as serious as a real heart attack. Most patients fully recover within a month. Doctors said: "To the best (11) _____, this is the first report of *takotsubo* cardiomyopathy triggered by wasabi consumption." They reassured (12) _____ wasabi is not dangerous.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

1. Where did the article say a woman ended up?
2. How old was the woman?
3. What did the article say got the shock of their lives?
4. Where did the woman feel pressure?
5. When did the woman go to hospital?
6. Who does broken-heart syndrome usually affect?
7. What part of the heart does broken-heart syndrome affect?
8. How long does it usually take to recover from broken-heart syndrome?
9. How many times before did doctors say wasabi caused this syndrome?
10. Who did doctors reassure about wasabi not being dangerous?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

- 1) Where did the article say a woman ended up?
 - a) at the end
 - b) in another city
 - c) in hospital
 - d) in a panic
- 2) How old was the woman?
 - a) 60
 - b) 62
 - c) 58
 - d) 52
- 3) What did the article say got the shock of their lives?
 - a) the doctors
 - b) the woman's taste buds
 - c) waiters at a Japanese restaurant
 - d) the woman's nostrils
- 4) Where did the woman feel pressure?
 - a) on her tongue
 - b) at work
 - c) in bed
 - d) in her chest
- 5) When did the woman go to hospital?
 - a) immediately
 - b) five minutes later
 - c) the day after eating the wasabi
 - d) after an hour
- 6) Who does broken-heart syndrome usually affect?
 - a) Japanese people
 - b) older women
 - c) younger men
 - d) sushi lovers
- 7) What part of the heart does broken-heart syndrome affect?
 - a) the part where the blood comes out
 - b) the top part
 - c) the part where the blood goes in
 - d) the main pumping chamber
- 8) How long does it usually take to recover from broken-heart syndrome?
 - a) three days
 - b) a month or less
 - c) years
 - d) a lifetime
- 9) How many times before did doctors say wasabi caused this syndrome?
 - a) once
 - b) none
 - c) three times
 - d) twice
- 10) Who did doctors reassure about wasabi not being dangerous?
 - a) sushi lovers
 - b) wasabi farmers
 - c) wedding guests
 - d) Japanese people

ROLE PLAY

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

Role A – Wasabi

You think wasabi is the best condiment. Tell the others three reasons why. Tell them what is wrong with their condiments. Also, tell the others which is the least useful of these (and why): salt, ketchup or sour cream.

Role B – Salt

You think salt is the best condiment. Tell the others three reasons why. Tell them what is wrong with their condiments. Also, tell the others which is the least useful of these (and why): wasabi, ketchup or sour cream.

Role C – Ketchup

You think ketchup is the best condiment. Tell the others three reasons why. Tell them what is wrong with their condiments. Also, tell the others which is the least useful of these (and why): salt, wasabi or sour cream.

Role D – Sour Cream

You think sour cream is the best condiment. Tell the others three reasons why. Tell them what is wrong with their condiments. Also, tell the others which is the least useful of these (and why): salt, ketchup or wasabi.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

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

broken	heart
---------------	--------------

- 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">• ended• reception• dip• nose• following• similar	<ul style="list-style-type: none">• affects• main• brought• serious• fully• lovers
--	---

WASABI SURVEY

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

Write five GOOD questions about wasabi 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.

WASABI 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 phrase 'broken heart'?
3. How often have you had a broken heart?
4. What is the best way to get over a broken heart?
5. What do you know about wasabi?
6. What do you think of wasabi?
7. What is your favorite condiment?
8. What things excite your taste buds?
9. How can you keep your heart in good condition?
10. What advice do you have for the woman?

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WASABI 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 'wasabi'?
13. What do you think about what you read?
14. What food that you eat could be harmful?
15. What troubles have you had in your life?
16. How do you look after your heart?
17. What three adjectives best describe this story?
18. What can you do with wasabi?
19. What do you think of sushi?
20. What questions would you like to ask a wasabi expert?

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 <https://breakingnewsenglish.com/1909/190928-wasabi.html>

A woman ended (1) _____ in hospital after eating a large amount of the spicy condiment wasabi (2) _____ mistake. The 60-year-old woman was attending a wedding reception in Israel. She mistakenly ate around a teaspoon of the spicy green (3) _____, believing it to be an avocado-based dip. Her taste (4) _____ got the shock of their lives when the spices in the wasabi started working on her tongue and nose. The woman said that within minutes she felt pressure in her chest and (5) _____ all over her arms. She went to hospital the following day, where she was diagnosed with "broken-heart syndrome". This is a (6) _____ for symptoms that are similar to a heart attack following physical or emotional distress.

Doctors said the woman was struck with a condition known (7) _____ *takotsubo* cardiomyopathy, which typically affects older women. It is also called "broken-heart syndrome". The heart's main (8) _____ chamber weakens and suffers a "temporary disruption" so that it cannot pump blood properly. It is usually brought (9) _____ by life-altering and shocking events such as financial troubles, serious traffic accidents or bad news. The syndrome is not as serious as a (10) _____ heart attack. Most patients fully recover within a month. Doctors said: "To the (11) _____ of our knowledge, this is the first report of *takotsubo* cardiomyopathy triggered by wasabi consumption." They reassured sushi (12) _____ that wasabi is not dangerous.

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

- | | | | | |
|-----|--------------|---------------|--------------|--------------|
| 1. | (a) up | (b) down | (c) over | (d) across |
| 2. | (a) on | (b) at | (c) by | (d) of |
| 3. | (a) bust | (b) baste | (c) piste | (d) paste |
| 4. | (a) bids | (b) buds | (c) bods | (d) beds |
| 5. | (a) mingling | (b) shirking | (c) dangling | (d) tingling |
| 6. | (a) semester | (b) trimester | (c) term | (d) period |
| 7. | (a) has | (b) as | (c) was | (d) ease |
| 8. | (a) pumping | (b) sampling | (c) crimping | (d) ramming |
| 9. | (a) on | (b) in | (c) at | (d) to |
| 10. | (a) really | (b) realistic | (c) real | (d) reality |
| 11. | (a) vast | (b) all | (c) real | (d) best |
| 12. | (a) love-ins | (b) lovers | (c) lovelies | (d) loves |

SPELLING

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

Paragraph 1

1. the spicy codninemt wasabi
2. attending a wedding recpntieo
3. ninlggti all over her arms
4. she was dasedngio
5. pmtyssom that are similar
6. physical or emotional idssters

Paragraph 2

7. tpicllyay affects older women
8. a temporary dnopstruii
9. life-etaglirn and shocking events
10. serious frcafti accidents
11. triggered by wasabi tounoismnpc
12. They asresurde sushi lovers

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

Number these lines in the correct order.

- () our knowledge, this is the first report of *takotsubo* cardiomyopathy triggered
- () heart attack. Most patients fully recover within a month. Doctors said: "To the best of
- () affects older women. It is also called "broken-heart syndrome". The heart's main pumping chamber weakens and suffers a "temporary
- () to hospital the following day, where she was diagnosed with "broken-heart syndrome". This is a term
- () nose. The woman said that within minutes she felt pressure in her chest and tingling all over her arms. She went
- () buds got the shock of their lives when the spices in the wasabi started working on her tongue and
- () events such as financial troubles, serious traffic accidents or bad news. The syndrome is not as serious as a real
- () Doctors said the woman was struck with a condition known as *takotsubo* cardiomyopathy, which typically
- () teaspoon of the spicy green paste, believing it to be an avocado-based dip. Her taste
- () mistake. The 60-year-old woman was attending a wedding reception in Israel. She mistakenly ate around a
- () disruption" so that it cannot pump blood properly. It is usually brought on by life-altering and shocking
- () by wasabi consumption." They reassured sushi lovers that wasabi is not dangerous.
- () for symptoms that are similar to a heart attack following physical or emotional distress.
- (**1**) A woman ended up in hospital after eating a large amount of the spicy condiment wasabi by

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

1. the wasabi . condiment A spicy amount large of
2. spicy the of Around green teaspoon paste . a
3. the their lives . Taste buds shock got of
4. her chest . in felt pressure minutes Within she
5. are that attack . similar Symptoms a to heart
6. blood cannot that it So pump properly .
7. troubles . events financial such shocking and Life-altering as
8. as as Not heart attack . a real serious
9. fully within recover Most month . a patients
10. dangerous . that They lovers reassured wasabi isn't sushi

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

A woman ended *down / up* in hospital after eating a large amount of the spicy condiment wasabi by *mistaken / mistake*. The 60-year-old woman was attending a wedding *reception / receiving* in Israel. She mistakenly ate around *a / the* teaspoon of the spicy green *paste / baste*, believing it to be an avocado-based dip. Her taste *bids / buds* got the shock of their lives when the spices in the wasabi started working on her tongue and nose. The woman said that *wither / within* minutes she felt pressure in her chest and tingling *every / all* over her arms. She went to hospital the following day, where she was diagnosed with "broken-heart syndrome". This is a *term / semester* for symptoms that are similar to a heart attack *follows / following* physical or emotional distress.

Doctors said the woman was *struck / stick* with a condition known as *takotsubo* cardiomyopathy, which *typical / typically* affects older women. It is also called "broken-heart syndrome". The heart's *mainly / main* pumping chamber weakens and suffers a "temporary *distraction / disruption*" so that it cannot pump blood *properly / proper*. It is usually brought on by life-altering and shocking events such *has / as* financial troubles, serious traffic accidents or bad news. The syndrome is not as serious as a *real / really* heart attack. Most patients fully recover within a month. Doctors said: "To the best of our *knowledgeable / knowledge*, this is the first report of *takotsubo* cardiomyopathy triggered *by / at* wasabi consumption." They reassured sushi *lovers / loves* that wasabi is not dangerous.

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 <https://breakingnewsenglish.com/1909/190928-wasabi.html>

A w_m_n _n d_d _p _n h_s p_t_l _f t_r __ t_n g _
l_r g_ _m__ n t _f t h_ s p_c y c_n d_m_n t w_s_b_ b
y m_s t_k_. Th_ 60 - y__ r -_l d w_m_n w_s _t t_n
d_n g _ w_d d_n g r_c p t__ n _n I s r__ l. Sh_
m_s t_k_n l y _t_ r__ n d _ t__ s p__ n _f t h_ s p_c y
g r__ n p_s t_, b_l__ v_n g _t t_ b_ _n _v_c_d_
b_s_d d_p. H_r t_s t_ b_d s g_t t h_ s h_c k _f t
h__ r l_v_s w h_n t h_ s p_c_s _n t h_ w_s_b_ s t_r
t_d w_r k_n g _n h_r t_n g__ _n d _n_s_. Th_
w_m_n s__ d t h_t w_t h_n m_n t_s s h_ f_l t p_r s
s_r_ _n h_r c h_s t _n d t_n g_l_n g _l l _v_r h_r _r
m_s. Sh_ w_n t t_ h_s p_t_l t h_ f_l l_w_n g d_y ,
w h_r_ s h_ w_s d__ g_n_s_d w_t h " b_r_k_n - h__ r t
s_y_n_d_r_m_". Th_s _s _t_r m_f_r s_y_m_p_t_m_s t
h_t _r_ s_m_l_r t__ h__ r t _t t_c k f_l l_w_n g p h
y_s_c_l _r _m_t__ n_l d_s_t_r_s_s.

D_c_t_r_s s__ d t h_ w_m_n w_s s t_r_c k w_t h _
c_n d_t__ n k_n_w_n _s t_k_t_s_b_ c_r d__ m_y_p_t_h_y ,
w h_c h t_y_p_c_l_l_y _f f_c t_s _l d_r w_m_n. It _s
l s c_l l_d " b_r_k_n - h__ r t s_y_n_d_r_m_". Th_
h__ r t's m__ n p_m_p_n g c_h_m_b_r w__ k_n_s _n d
s_f_f_r_s _ " t_m_p_r_r_y d_s_r_p_t__ n " s_ t h_t _t
c_n n_t p_m_p b_l__ d p_r_p_r_l_y. It _s _s__ l_l_y
b_r__ g_h_t _n b_y l_f_-l_t_r_n g _n d s_h_c_k_n g
_v_n t_s s_c h _s f_n_n_c__ l t_r__ b_l_s, s_r__s t
r_f_f_c _c_c_d_n t_s _r b_d _n_w_s. Th_ s_y_n_d_r_m_
_s _n_t _s s_r__s _s _r__ l h__ r t _t t_c k. M_s
t p_t__ n t_s f_l l_y r_c_v_r w_t h_n _ m_n t_h. D_c
t_r_s s__ d: " T_ t h_ b_s t _f __ r k_n_w_l_d_g_, t
h_s _s t h_ f_r s t r_p_r_t _f t_k_t_s_b_ c_r d__ m
y_p_t_h_y t_r_g_g_r_d b_y w_s_b_ c_n s_m_p_t__ n. "
Th_y r__ s_s_r_d s_s h_ l_v_r_s t h_t w_s_b_ _s _n_t
d_n g_r__ s.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

a woman ended up in hospital after eating a large amount of the spicy condiment wasabi by mistake the 60yearold woman was attending a wedding reception in israel she mistakenly ate around a teaspoon of the spicy green paste believing it to be an avocadobased dip her taste buds got the shock of their lives when the spices in the wasabi started working on her tongue and nose the woman said that within minutes she felt pressure in her chest and tingling all over her arms she went to hospital the following day where she was diagnosed with brokenheart syndrome this is a term for symptoms that are similar to a heart attack following physical or emotional distress

doctors said the woman was struck with a condition known as *takotsubo* cardiomyopathy which typically affects older women it is also called brokenheart syndrome the hearts main pumping chamber weakens and suffers a temporary disruption so that it cannot pump blood properly it is usually brought on by lifealtering and shocking events such as financial troubles serious traffic accidents or bad news the syndrome is not as serious as a real heart attack most patients fully recover within a month doctors said to the best of our knowledge this is the first report of *takotsubo* cardiomyopathy triggered by wasabi consumption they reassured sushi lovers that wasabi is not dangerous

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1909/190928-wasabi.html>

A woman ended up in hospital after eating a large amount of the spicy condiment wasabi by mistake. The 60-year-old woman was attending a wedding reception in Israel. She mistakenly ate around a teaspoon of the spicy green paste, believing it to be an avocado-based dip. Her taste buds got the shock of their lives when the spices in the wasabi started working on her tongue and nose. The woman said that within minutes she felt pressure in her chest and tingling all over her arms. She went to hospital the following day, where she was diagnosed with "broken-heart syndrome". This is a term for symptoms that are similar to a heart attack following physical or emotional distress. Doctors said the woman was struck with a condition known as *takotsubo* cardiomyopathy, which typically affects older women. It is also called "broken-heart syndrome". The heart's main pumping chamber weakens and suffers a "temporary disruption" so that it cannot pump blood properly. It is usually brought on by life-altering and shocking events such as financial troubles, serious traffic accidents or bad news. The syndrome is not as serious as a real heart attack. Most patients fully recover within a month. Doctors said: "To the best of our knowledge, this is the first report of *takotsubo* cardiomyopathy triggered by wasabi consumption." They reassured sushi lovers that wasabi is not dangerous.

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

4. BROKEN HEART: Write a magazine article about schools teaching us how to mend a broken heart. 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 wasabi. Ask him/her three questions about it. Give him/her three of your opinions on wasabi. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

- | | |
|---------------|-----------------|
| 1. amount | a. volume |
| 2. shock | b. surprise |
| 3. syndrome | c. complex |
| 4. term | d. phrase |
| 5. distress | e. anguish |
| 6. typically | f. normally |
| 7. chamber | g. ventricle |
| 8. troubles | h. difficulties |
| 9. recover | i. recuperate |
| 10. triggered | j. set off |

COMPREHENSION QUESTIONS (p.9)

1. In hospital
2. 60
3. The woman's taste buds
4. In her chest
5. The day after she ate the wasabi
6. Older women
7. The main pumping chamber
8. A month of less
9. None
10. Sushi lovers

WORDS IN THE RIGHT ORDER (p.20)

1. A large amount of the spicy condiment wasabi.
2. Around a teaspoon of the spicy green paste.
3. Taste buds got the shock of their lives.
4. Within minutes she felt pressure in her chest.
5. Symptoms that are similar to a heart attack.
6. So that it cannot pump blood properly.
7. Life-altering and shocking events such as financial troubles.
8. Not as serious as a real heart attack.
9. Most patients fully recover within a month.
10. They reassured sushi lovers that wasabi isn't dangerous.

MULTIPLE CHOICE - QUIZ (p.10)

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