

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

Ready-to-Use English Lessons by Sean Banville

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

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

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

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

## **Level 4**

### **Spicy food linked to high testosterone levels**

**17th December, 2014**

<http://www.breakingnewsenglish.com/1412/141217-spicy-food-4.html>

### **Contents**

The Reading	2
Matching	3
Listening Gap Fill	4
Survey	5
Discussion	6
Writing	7

Please try the harder Level 5 and the 26–page Level 6 (harder).

**Twitter**



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

**Facebook**



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

**Google +**



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

# THE READING

From <http://www.breakingnewsenglish.com/1412/141217-spicy-food-4.html>

Scientists have found a link between spicy food and testosterone in men. Testosterone is a chemical in our body that controls sexual development. Men produce up to 20 times more of it. Higher levels of testosterone usually make men more sexually active, brave and bigger risk takers. The co-author of the report said the study matched a lot of research that linked testosterone with financial, sexual and behavioural risk-taking.

The study looked at how 114 men liked spicy food. The men put a hot pepper sauce on mashed potatoes. They then evaluated its spiciness. The researchers tested the men's saliva. The men who put more hot sauce on their potatoes had higher levels of testosterone. The study is too small to prove the link between spice and testosterone. Other things could make people like spicy food. These include genetics, culture and psychology.

Sources: <http://www.independent.co.uk/life-style/health-and-families/health-news/men-who-like-spicier-foods-have-higher-levels-of-testosterone-9926423.html>  
<http://www.nhs.uk/news/2014/12December/Pages/Spicy-food-curries-favour-with-alpha-males.aspx>  
<http://en.wikipedia.org/wiki/Testosterone>

# MATCHING

From <http://www.breakingnewsenglish.com/1412/141217-spicy-food-4.html>

## PARAGRAPH ONE:

- |                               |                     |
|-------------------------------|---------------------|
| 1. a link between spicy food  | a. takers           |
| 2. Testosterone is a chemical | b. sexually active  |
| 3. sexual                     | c. and testosterone |
| 4. Men produce up to 20 times | d. risk-taking      |
| 5. make men more              | e. in our body      |
| 6. bigger risk                | f. lot of research  |
| 7. the study matched a        | g. development      |
| 8. sexual and behavioural     | h. more of it       |

## PARAGRAPH TWO:

- |  |                         |
|--|-------------------------|
| 1. The study looked at how 114         | a. psychology           |
| 2. a hot                               | b. potatoes             |
| 3. mashed                              | c. prove the link       |
| 4. They then evaluated its             | d. men liked spicy food |
| 5. The researchers tested the men's    | e. like spicy food      |
| 6. The study is too small to           | f. pepper sauce         |
| 7. Other things could make people      | g. spiciness            |
| 8. These include genetics, culture and | h. saliva               |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1412/141217-spicy-food-4.html>

Scientists (1) \_\_\_\_\_ between spicy food and testosterone in men. Testosterone is a chemical (2) \_\_\_\_\_ controls sexual development. Men produce up to 20 (3) \_\_\_\_\_. Higher levels of testosterone usually (4) \_\_\_\_\_ sexually active, brave and bigger risk takers. The (5) \_\_\_\_\_ said the study matched a lot of research that linked testosterone with financial, sexual and behavioural (6) \_\_\_\_\_.

The study looked at how 114 men (7) \_\_\_\_\_. The men put a hot pepper sauce on mashed potatoes. They (8) \_\_\_\_\_ spiciness. The researchers tested (9) \_\_\_\_\_. The men who put more hot sauce on their potatoes (10) \_\_\_\_\_ of testosterone. The study is too small (11) \_\_\_\_\_ between spice and testosterone. Other things could make people like spicy food. These include (12) \_\_\_\_\_ and psychology.

# SPICY FOOD SURVEY

From <http://www.breakingnewsenglish.com/1412/141217-spicy-food-4.html>

Write five GOOD questions about spicy food 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) \_\_\_\_\_
- g) \_\_\_\_\_
- h) \_\_\_\_\_

*Spicy food linked to high testosterone levels – 17th December, 2014*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_
- d) \_\_\_\_\_
- e) \_\_\_\_\_
- f) \_\_\_\_\_
- g) \_\_\_\_\_
- h) \_\_\_\_\_

