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Level 2 – 5th November, 2020

Stress baking helped during U.S. election

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<https://breakingnewsenglish.com/2011/201105-stress-baking-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2011/201105-stress-baking-2.html>

The 2020 U.S. election was stressful for many people. A poll conducted by a research company found that the election was a cause of stress in 49 per cent of people. Only COVID-19 caused more stress. The poll found that 55 per cent of adults believed that November the 3rd, 2020 was the most stressful day of the year. Most people said they couldn't imagine being more stressed than they were and wanted 2020 to be over. The co-founder of a self-care app said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times."

Months of non-stop news made many people stressed. They baked to make themselves feel better. Stress baking rose in popularity. More cakes and bread went into ovens in the run-up to the election. Stress baking is now a top-five self-care practice. The poll found that 27 per cent of people baked to relieve stress. However, 41 per cent of people said the stress of 2020 caused them to gain weight. One woman said 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."

Sources: <https://www.cnet.com/news/the-psychology-of-stress-baking-why-everyone-is-making-bread-in-2020/>
<https://www.delish.com/food/a31669795/stress-baking/>
<https://www.swnsdigital.com/2020/10/more-than-half-of-americans-expect-election-day-to-be-the-most-stressful-day-of-their-lives-thus-far/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2011/201105-stress-baking-2.html>

PARAGRAPH ONE:

- | | |
|---|-----------------------|
| 1. The 2020 U.S. election was stressful | a. caused more stress |
| 2. A poll conducted by | b. anxiety |
| 3. Only COVID-19 | c. times |
| 4. November the 3rd, 2020 was the | d. more stressed |
| 5. they couldn't imagine being | e. of stress |
| 6. It's not just the election | f. most stressful day |
| 7. this year has been a marathon | g. for many people |
| 8. These are not normal | h. a research company |

PARAGRAPH TWO:

- | | |
|-----------------------------------|------------------------|
| 1. Months of non- | a. her election stress |
| 2. They baked to make themselves | b. clear winner |
| 3. More cakes and bread went | c. feel better |
| 4. the stress of 2020 caused them | d. election day |
| 5. baking reduced | e. stop news |
| 6. I'm prepared and have a post- | f. to gain weight |
| 7. we probably won't have a | g. into ovens |
| 8. for weeks after | h. election plan |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2011/201105-stress-baking-2.html>

The 2020 U.S. election (1) _____ many people. A poll conducted by a research company found (2) _____ was a cause of stress in 49 per cent of people. Only COVID-19 (3) _____. The poll found that 55 per cent of adults believed that November the 3rd, 2020 was the most (4) _____ the year. Most people said they couldn't (5) _____ stressed than they were and wanted 2020 to be over. The co-founder of a self-care app said: "It's not just the election anxiety - this year has been a marathon of stress. These are (6) _____."

(7) _____ news made many people stressed. They baked to make (8) _____. Stress baking rose in popularity. More cakes and bread went (9) _____ the run-up to the election. Stress baking is now a top-five self-care practice. The poll found that 27 per cent of people (10) _____ stress. However, 41 per cent of people said the stress of 2020 caused them (11) _____. One woman said 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 (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2011/201105-stress-baking-2.html>

The 2020 U.S. election was stressful for many people. A poll conducted by a research company found that the election was a cause of stress in 49 per cent of people. Only COVID-19 caused more stress. The poll found that 55 per cent of adults believed that November the 3rd, 2020 was the most stressful day of the year. Most people said they couldn't imagine being more stressed than they were and wanted 2020 to be over. The co-founder of a self-care app said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times." Months of non-stop news made many people stressed. They baked to make themselves feel better. Stress baking rose in popularity. More cakes and bread went into ovens in the run-up to the election. Stress baking is now a top-five self-care practice. The poll found that 27 per cent of people baked to relieve stress. However, 41 per cent of people said the stress of 2020 caused them to gain weight. One woman said 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."

BAKING SURVEY

From <https://breakingnewsenglish.com/2011/201105-stress-baking-4.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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

