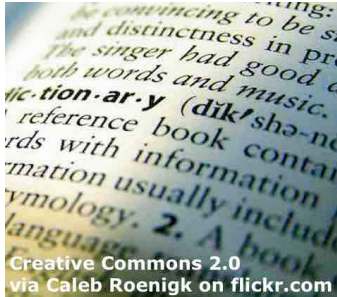


Feeling hungry can make us feel "hangry"

18th July, 2022



A word first coined in 1918, but rarely used today, may become a more frequently used part of the English lexicon. That word is "hangry," which is a portmanteau of the words "hungry" and "angry". It means to be

bad tempered or irritable as a result of hunger. The word is making a comeback because of research that suggests "hanger" is a diagnosable feeling. Researchers believe "hangriness" could be a genuine medical phenomenon. Scientists from the UK's Anglia Ruskin University examined how hunger affects emotions during our daily lives. Lead author Professor Viren Swami said the research indicated a strong link between hunger and feelings of anger, irritability, or low pleasure.

The researchers analysed data from 64 volunteers aged between 18 and 60. The participants had to complete surveys on a smartphone app five times a day for 21 days. The app helped people to give researchers real-time information on their feelings when they were hungry. Dr Swami explained this provided a "meaningful" link between hunger and emotions. He said: "The results of the...study suggest that the experience of being hangry is real." He added: "We show, for the first time in a non-laboratory setting, that feeling hungry is associated with greater anger, irritability and lower levels of pleasure." He suggested that if people knew they were hangry, they could control their anger better.

Sources: [medicalnewstoday.com](https://www.medicalnewstoday.com) / [usatoday.com](https://www.usatoday.com) / [plos.org](https://www.plos.org)

Writing

We should all take anger management lessons to make the world a nicer place Discuss.

Chat

Talk about these words from the article.

word / English lexicon / hungry / angry / feeling / phenomenon / daily / pleasure / researchers / participants / smartphone / information / meaningful / experience

True / False

- 1) A coin with the word "hangry" was made in 1918. T / F
- 2) The word "hangry" is made up of the words "hungry" and "angry". T / F
- 3) Hangry is reentering the English lexicon because of research on feelings. T / F
- 4) A researcher said there was a link between hunger and low pleasure. T / F
- 5) Survey participants said there were hungry about five times a day. T / F
- 6) Data from an app was sent to researchers after 24 hours. T / F
- 7) All of the data was collected from participants in a lab. T / F
- 8) People who understand hanger might be able to control anger. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|-------------------|
| 1. coined | a. environment |
| 2. lexicon | b. authentic |
| 3. irritable | c. questionnaires |
| 4. genuine | d. vocabulary |
| 5. indicated | e. significant |
| 6. surveys | f. invented |
| 7. meaningful | g. regulate |
| 8. setting | h. demonstrated |
| 9. associated | i. grumpy |
| 10. control | j. connected |

Discussion – Student A

- a) What do you think of the portmanteau 'hangry'?
- b) Does hunger make you angry?
- c) How likely are you to start using the word 'hangry'?
- d) How does eating change your emotions?
- e) What are your favourite and least favourite English words?
- f) How easy is it to learn English vocabulary?
- g) What words in your own language do you like?
- h) When was the last time you were angry?

Phrase Match

- | | |
|--|----------------------------------|
| 1. A word first coined in 1918, | a. laboratory setting |
| 2. a portmanteau of the | b. a comeback |
| 3. The word is making | c. irritability, or low pleasure |
| 4. "hangriness" could be a genuine | d. real-time information |
| 5. feelings of anger, | e. words "hungry" and "angry" |
| 6. The participants had to | f. their anger better |
| 7. The app helped people to give researchers | g. complete surveys |
| 8. the experience of being | h. but rarely used today |
| 9. for the first time in a non- | i. hangry is real |
| 10. they could control | j. medical phenomenon |

Discussion – Student B

- What do you think about what you read?
- How often are you hangry?
- What happens when you are hangry?
- What makes you bad tempered or irritable?
- What's the hungriest you've ever been?
- How good are you at controlling your anger?
- Could you make up a portmanteau?
- What questions would you like to ask the scientists?

Spelling

- part of the English ilxecon
- "hanger" is a ibneaaslogd feeling
- a genuine medical noepnenohm
- how hunger affects imonoest
- the research eddaticni a strong link
- feelings of anger, bitiryiatrl, or ...
- data from 64 uerenvlsot
- The rnsptcaitpai had to complete surveys
- this provided a eluafmngni link
- the first time in a non-aoarttlybo setting
- feeling hungry is asiaosedtc with greater anger
- lower levels of pesaerul

Answers – Synonym Match

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

Role Play

Role A – Hunger

You think hunger is the thing that can trigger anger the quickest. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least triggering of these (and why): traffic, being ignored or forgetting passwords.

Role B – Traffic

You think traffic is the thing that can trigger anger the quickest. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least triggering of these (and why): hunger, being ignored or forgetting passwords.

Role C – Being Ignored

You think being ignored is the thing that can trigger anger the quickest. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least triggering of these (and why): traffic, hunger or forgetting passwords.

Role D – Forgetting Passwords

You think forgetting passwords is the thing that can trigger anger the quickest. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least triggering of these (and why): traffic, being ignored or hunger.

Speaking – Anger

Rank these with your partner. Put the things most likely to make you angry at the top. Change partners often and share your rankings.

- | | |
|-----------------|------------------------|
| • Hunger | • Stubbing your toe |
| • Homework | • Forgetting passwords |
| • Traffic | • Bad language |
| • Being ignored | • Being on hold |

Answers – True False

1 F	2 T	3 T	4 T	5 F	6 F	7 F	8 T
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Answers to Phrase Match and Spelling are in the text.