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Level 6 – 18th July, 2022

Feeling hungry can make us feel "hangry"

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

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

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THE ARTICLE

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

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: <https://www.medicalnewstoday.com/articles/is-being-hangry-a-real-thing-heres-what-the-evidence-says>
<https://www.usatoday.com/story/news/health/2022/07/07/hangry-research-angry-hungry/7825022001/>
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0269629>

WARM-UPS

1. HUNGER AND ANGER: Students walk around the class and talk to other students about hunger and anger. 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?

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

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

3. HANGRY: Students A **strongly** believe hangriness is a real thing; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. PORTMANTEAU: What words are these portmanteau made from? What do you think of them? Complete this table with your partner(s). Change partners often and share what you wrote.

	Words	My thoughts
Hangry		
Pokemon		
Bollywood		
Bromance		
Mansplain		
Webinar		

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

6. 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
- Homework
- Traffic
- Being ignored
- Stubbing your toe
- Forgetting passwords
- Bad language
- Being on hold

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. coined | a. Truly what something is said to be. |
| 2. lexicon | b. Be a sign of; strongly suggest. |
| 3. portmanteau | c. Invented a new word or phrase. |
| 4. irritable | d. The vocabulary of a person, language, or branch of knowledge. |
| 5. genuine | e. Having or showing a tendency to be easily annoyed. |
| 6. phenomenon | f. A fact or situation that is observed to exist or happen. |
| 7. indicated | g. A word made by combining or shortening two other words. |

Paragraph 2

- | | |
|----------------|---|
| 8. participant | h. Of a person or thing connected with something else. |
| 9. real-time | i. The place or type of surroundings where something is positioned or where an event takes place. |
| 10. meaningful | j. A room or building equipped for scientific experiments, research, or teaching, or for the manufacture of drugs or chemicals. |
| 11. laboratory | k. A person who takes part in something. |
| 12. setting | l. A feeling of happy satisfaction and enjoyment. |
| 13. associated | m. The actual time during which a process or event occurs. |
| 14. pleasure | n. Serious, important, or worthwhile. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

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

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**

2. 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 |

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

- | | |
|--|----------------------------------|
| 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 |

GAP FILL

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

A word first coined in 1918, but (1) _____ used today, may become a more frequently used part of the English (2) _____. That word is "hangry," which is a portmanteau of the words "hungry" and "angry". It means to be bad (3) _____ or irritable as a result of hunger. The word is making a comeback because of research that suggests "hanger" is a (4) _____ feeling. Researchers believe "hangriness" could be a genuine (5) _____ phenomenon. Scientists from the UK's Anglia Ruskin University examined how hunger affects (6) _____ during our daily lives. Lead author Professor Viren Swami said the research indicated a strong (7) _____ between hunger and feelings of anger, irritability, or low (8) _____.

tempered
link
rarely
medical
pleasure
lexicon
emotions
diagnosable

The researchers analysed (9) _____ from 64 volunteers aged between 18 and 60. The participants had to complete (10) _____ on a smartphone app five times a day for 21 days. The app helped people to give researchers real- (11) _____ information on their feelings when they were hungry. Dr Swami explained this provided a "meaningful" (12) _____ between hunger and emotions. He said: "The (13) _____ of the...study suggest that the experience of being hangry is real." He added: "We show, for the first time in a non-(14) _____ setting, that feeling hungry is associated with greater anger, irritability and lower (15) _____ of pleasure." He suggested that if people knew they were hangry, they could (16) _____ their anger better.

time
results
control
data
link
levels
surveys
laboratory

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

- 1) may become a more frequently used part of _____
 - a. the English lexical
 - b. the English let's icon
 - c. the English wreck's icon
 - d. the English lexicon
- 2) It means to be bad _____
 - a. tampered or irritable
 - b. tempered or irritable
 - c. timbered or irritable
 - d. trampled or irritable
- 3) making a comeback because of research that suggests "hanger" is _____
 - a. a diagnose able feeling
 - b. a diagnose a ball feeling
 - c. a diagnosable feeling
 - d. a die ago sable feeling
- 4) Lead author Professor Viren Swami said the research indicated _____
 - a. as strong link
 - b. ace strong link
 - c. waste wrong link
 - d. a strong link
- 5) a strong link between hunger and feelings of anger, irritability, _____
 - a. or low pleasure
 - b. allow pleasure
 - c. a low pressure
 - d. allow pressure
- 6) aged between 18 and 60. The participants had _____
 - a. to complete survey
 - b. to complete surveys
 - c. to complete serve ace
 - d. to complete sir vies
- 7) a day for 21 days. The app helped people to give researchers _____
 - a. really time information
 - b. reel-time information
 - c. real-time information
 - d. real, timed information
- 8) The results of the...study suggest that the experience of being _____
 - a. hangry is real
 - b. hangry is surreal
 - c. hangry as reel
 - d. hangry as real
- 9) feeling hungry is associated with greater anger, irritability _____
 - a. end lower level
 - b. and lower levels
 - c. end lower levels
 - d. and lower level
- 10) He suggested that if people knew _____
 - a. they err hangry
 - b. they where hangry
 - c. they wore hangry
 - d. they were hangry

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

A word (1) _____ 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 (2) _____ as a result of hunger. The word is (3) _____ because of research that suggests "hanger" is a diagnosable feeling. Researchers believe "hangriness" could be (4) _____ phenomenon. Scientists from the UK's Anglia Ruskin University examined how hunger affects emotions (5) _____ lives. Lead author Professor Viren Swami said the research indicated a strong link between hunger and feelings of anger, irritability, (6) _____.

The researchers analysed data from 64 volunteers aged between 18 and 60. The participants (7) _____ surveys on a smartphone app five times a day for 21 days. The app helped people to give researchers real-time information (8) _____ when they were hungry. Dr Swami explained this provided a "meaningful" link between hunger and emotions. He said: "The results of (9) _____ that the experience of being hangry is real." He added: "We show, for the first time in a non-laboratory setting, that feeling hungry (10) _____ greater anger, irritability and (11) _____ pleasure." He suggested that if people knew they were hangry, they could (12) _____ better.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

1. When was the word "hangry" invented?
2. What is the term for a word made by combining two different words?
3. What did researchers say might be a real medical thing?
4. What did a researcher examine the effect of hunger on in our daily lives?
5. What was hunger linked to, besides anger and irritability?
6. How many people participated in the research?
7. For how long did participants have to monitor their feelings?
8. When did researchers receive data from the participants' smartphones?
9. What kind of link did the researcher find between hunger and emotions?
10. What might people be able to control if they understand hanger?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

- 1) When was the word "hangry" invented?
 - a) 1819
 - b) 1918
 - c) 1980
 - d) 1989
- 2) What is the term for a word made by combining two different words?
 - a) conjunction
 - b) lexis
 - c) bilingual
 - d) portmanteau
- 3) What did researchers say might be a real medical thing?
 - a) hanger
 - b) neologisms
 - c) a stethoscope
 - d) hangriology
- 4) What did a researcher examine the effect of hunger on in our daily lives?
 - a) fast food
 - b) breakfasts
 - c) our emotions
 - d) calorie intake
- 5) What was hunger linked to, besides anger and irritability?
 - a) binge TV watching
 - b) low pleasure
 - c) no exercise
 - d) excessive licking of lips
- 6) How many people participated in the research?
 - a) 64
 - b) 63
 - c) 62
 - d) 61
- 7) For how long did participants have to monitor their feelings?
 - a) 22 days
 - b) 12 days
 - c) 21 days
 - d) 11 days
- 8) When did researchers receive data from the participants' smartphones?
 - a) in real time
 - b) in fake time
 - c) 24/7
 - d) at 3:51 am
- 9) What kind of link did the researcher find between hunger and emotions?
 - a) a meaningful link
 - b) a URL
 - c) a broken link
 - d) the missing link
- 10) What might people be able to control if they understand hanger?
 - a) their weight
 - b) their calorie intake
 - c) their heart rate
 - d) their anger

ROLE PLAY

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

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.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

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

anger	hunger
--------------	---------------

- 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">• rarely• means• making• genuine• daily• link	<ul style="list-style-type: none">• data• five• feelings• link• greater• levels
--	--

HUNGER AND ANGER SURVEY

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

Write five GOOD questions about hunger and anger 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.

HUNGER AND ANGER 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 'hungry'?
3. What do you think of the portmanteau 'hangry'?
4. Does hunger make you angry?
5. How likely are you to start using the word 'hangry'?
6. How does eating change your emotions?
7. What are your favourite and least favourite English words?
8. How easy is it to learn English vocabulary?
9. What words in your own language do you like?
10. When was the last time you were angry?

Feeling hungry can make us feel "hangry" – 18th July, 2022
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HUNGER AND ANGER 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 'angry'?
13. What do you think about what you read?
14. How often are you hangry?
15. What happens when you are hangry?
16. What makes you bad tempered or irritable?
17. What's the hungriest you've ever been?
18. How good are you at controlling your anger?
19. Could you make up a portmanteau?
20. What questions would you like to ask the scientists?

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/2207/220718-feeling-hangry.html>

A word first (1) _____ in 1918, but rarely used today, may become a more frequently used part of the English (2) _____. 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 (3) _____ because of research that suggests "hanger" is a diagnosable feeling. Researchers believe "hangriness" could be a (4) _____ medical phenomenon. Scientists from the UK's Anglia Ruskin University examined how hunger (5) _____ emotions during our daily lives. Lead author Professor Viren Swami said the research indicated a strong link between hunger and feelings of anger, (6) _____, or low pleasure.

The researchers analysed data from 64 volunteers aged between 18 and 60. The participants had to (7) _____ surveys on a smartphone app five times a day for 21 days. The app helped people to give researchers (8) _____-time information on their feelings when they were hungry. Dr Swami explained this provided a "meaningful" link (9) _____ 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 (10) _____-laboratory setting, that feeling hungry is associated with greater anger, irritability and lower (11) _____ of pleasure." He suggested that if people knew they were hangry, they could control their anger (12) _____.

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

- | | | | | |
|-----|---------------|----------------|----------------|------------------|
| 1. | (a) billed | (b) moneyed | (c) coined | (d) noted |
| 2. | (a) lexicon | (b) lexical | (c) lexicology | (d) lexically |
| 3. | (a) comeback | (b) welcome | (c) newcomer | (d) income |
| 4. | (a) genuine | (b) canine | (c) bovine | (d) feline |
| 5. | (a) infects | (b) deflects | (c) effects | (d) affects |
| 6. | (a) irritable | (b) irritation | (c) irritate | (d) irritability |
| 7. | (a) complete | (b) end | (c) entire | (d) whole |
| 8. | (a) rally | (b) really | (c) reality | (d) real |
| 9. | (a) between | (b) of | (c) among | (d) around |
| 10. | (a) non | (b) now | (c) not | (d) nod |
| 11. | (a) rebels | (b) levels | (c) labels | (d) revels |
| 12. | (a) better | (b) nice | (c) paced | (d) eating |

SPELLING

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

Paragraph 1

1. part of the English ilxecon
2. "hanger" is a ibneaaslogd feeling
3. a genuine medical noepnenohm
4. how hunger affects imonoest
5. the research eddatigni a strong link
6. feelings of anger, bitiryiatrl, or ...

Paragraph 2

7. data from 64 uerenvlsot
8. The rnsptcaitpai had to complete surveys
9. this provided a eluafmngni link
10. the first time in a non-aoartlybo setting
11. feeling hungry is asiaosedtc with greater anger
12. lower levels of pesaerul

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

Number these lines in the correct order.

- () from the UK's Anglia Ruskin University examined how hunger affects emotions during
- () associated with greater anger, irritability and lower levels of pleasure." He suggested that if
- () tempered or irritable as a result of hunger. The word is making a comeback because of research that suggests "hanger" is a diagnosable
- () time information on their feelings when they were hungry. Dr Swami explained this provided a "meaningful" link
- () our daily lives. Lead author Professor Viren Swami said the research indicated a strong
- () between hunger and emotions. He said: "The results of the...study suggest that the experience of being hangry
- () feeling. Researchers believe "hangriness" could be a genuine medical phenomenon. Scientists
- () 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-
- () link between hunger and feelings of anger, irritability, or low pleasure.
- () people knew they were hangry, they could control their anger better.
- () is real." He added: "We show, for the first time in a non-laboratory setting, that feeling hungry is
- (**1**) 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

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

1. more of frequently vocabulary . used A English part
2. as tempered hunger . a Become of result bad
3. Research that hanger is suggests diagnosable a feeling .
4. our How emotions hunger daily lives . during affects
5. said the a strong research Swami link . indicated
6. 64 data analysed volunteers . researchers The from
7. complete had on surveys Participants to their smartphone .
8. to real-time app information . helped people The give
9. experience hangry of The being is real .
10. setting . in a time non-laboratory For first the

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

A word first *conned / coined* in 1918, but rarely used today, may become a more *frequently / frequency* used part of the English lexicon. That word is "hangry," *which / what* is a portmanteau of the words "hungry" and "angry". It means to be bad tempered or irritable as a result *on / of* hunger. The word is making a *comeback / welcome* because of research that suggests "hanger" is a *disposable / diagnosable* feeling. Researchers believe "hangriness" could be a genuine *medicine / medical* phenomenon. Scientists from the UK's Anglia Ruskin University *examined / examines* how hunger affects *emotions / emoticons* during our daily lives. Lead author Professor Viren Swami said the research indicated a strong link between hunger and feelings of *angry / anger*, irritability, or low pleasure.

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

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/2207/220718-feeling-hangry.html>

_ w_r_d f_rst c__n_d _n 1918, b_t r_r_ly _s_d t_d_y,
m_y b_c_m_ _ m_r_ fr_q__ntly _s_d p_rt _f th_
_ngl_sh l_x_c_n. Th_t w_r_d _s "h_ngry," wh_ch _s _
p_rtm_nt___ _f th_ w_rds "h_ngry" _nd "_ngry". _t
m__ns t_ b_ b_d t_m_p_r_d _r _rr_t_bl_ _s _ r_s_lt _f
h_ng_r. Th_ w_r_d _s m_k_ng _ c_m_b_ck b_c__s_ _f
r_s__rch th_t s_gg_sts "h_ng_r" _s _ d__gn_s_bl_
f__l_ng. R_s__rch_rs b_l__v_ "h_ngr_n_ss" c__ld b_ _
g_n__n_ m_d_c_l ph_n_m_n_n. Sc__nt_sts fr_m th_ _K's
_ngl__ R_sk_n _n_v_rs_ty _x_m_n_d h_w h_ng_r _ff_cts
_m_t__ns d_r_ng __r d__ly l_v_s. L__d __th_r
Pr_f_ss_r V_r_n Sw_m_ s__d th_ r_s__rch _nd_c_t_d _
str_ng l_nk b_tw__n h_ng_r _nd f__l_ngs _f _ng_r,
_rr_t_b_l_ty, _r l_w pl__s_r_.

Th_ r_s__rch_rs _n_ly_s_d d_t_ fr_m 64 v_l_int__rs _g_d
b_tw__n 18 _nd 60. Th_ p_rt_c_p_nts h_d t_ c_mpl_t_
s_rv_ys _n _ sm_rtph_n_ _pp f_v_ t_m_s _ d_y f_r 21
d_ys. Th_ _pp h_lp_d p__pl_ t_ g_v_ r_s__rch_rs r__l-
t_m_ _nf_rmt__n _n th__r f__l_ngs wh_n th_y w_r_
h_ngry. Dr Sw_m_ _xpl__nd th_s pr_v_d_d _
"m__n_ngf_l" l_nk b_tw__n h_ng_r _nd _m_t__ns. H_
s__d: "Th_ r_s_lts _f th_...st_dy s_gg_st th_t th_
_xp_r__nc_ _f b__ng h_ngry _s r__l." H_ _dd_d: "W_
sh_w, f_r th_ f_rst t_m_ _n _ n_n-l_b_r_t_ry s_tt_ng,
th_t f__l_ng h_ngry _s _ss_c__t_d w_th gr__t_r _ng_r,
_rr_t_b_l_ty _nd l_w_r l_v_ls _f pl__s_r_." H_
s_gg_st_d th_t _f p__pl_ kn_w th_y w_r_ h_ngry, th_y
c__ld c_ntr_l th__r _ng_r b_tt_r.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

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 badtempered 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 uks 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 realtime 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 thestudy suggest that the experience of being hangry is real he added we show for the first time in a nonlaboratory 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

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

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 a bad temper 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 a survey 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.

ACADEMIC WRITING

From <https://breakingnewsenglish.com/2207/220718-feeling-hangry.html>

We should all take anger management lessons to make the world a nicer place
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. HUNGER AND ANGER: Make a poster about hunger and anger. Show your work to your classmates in the next lesson. Did you all have similar things?

4. HANGRY: Write a magazine article about adding more words like "hangry" to the English language. 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 hunger and anger. Ask him/her three questions about being hangry. Give him/her three of your ideas on how we can stop being hangry. 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. g 4. e 5. a 6. f 7. b
8. k 9. m 10. n 11. j 12. i 13. h 14. l

TRUE / FALSE (p.5)

- 1 F 2 T 3 T 4 T 5 F 6 F 7 F 8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- 1918
- A portmanteau
- Hanger
- Our emotions
- Low pleasure
- 64
- 21 days
- In real time
- A meaningful link
- Their anger

WORDS IN THE RIGHT ORDER (p.19)

- A more frequently used part of English vocabulary.
- Become bad tempered as a result of hunger.
- Research that suggests hanger is a diagnosable feeling.
- How hunger affects emotions during our daily lives.
- Swami said the research indicated a strong link.
- The researchers analysed data from 64 volunteers.
- Participants had to complete surveys on their smartphone.
- The app helped people to give real-time information.
- The experience of being hangry is real.
- For the first time in a non-laboratory setting.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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