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Level 1

Cut music to an hour a day

2nd March, 2015

<http://www.breakingnewsenglish.com/1503/150302-loud-music-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1503/150302-loud-music-1.html>

The WHO has warned that a billion teenagers and young people are damaging their hearing with loud music. Nearly half of young people in richer countries risk hearing loss because of "unsafe" levels of music on music players and smartphones. Music in nightclubs, bars and at sporting events adds to the risk. A safe limit is to listen for just one hour a day. The WHO is trying to raise awareness of an issue that is not talked about enough. People can prevent hearing loss.

Turning the volume down and listening for less than an hour a day can reduce hearing loss. However, the WHO said that, "even an hour can be too much if the volume is too loud". A researcher explained that: "Loud sounds damage your hearing by killing off thousands of little hair cells in the inner ear [that] detect different...sounds [but] they are very fragile, and if they vibrate too much,...they get damaged and die." They never regrow.

Sources: <http://www.bbc.com/news/health-31661789>
<http://www.independent.co.uk/life-style/health-and-families/health-news/children-warned-to-not-listen-to-music-for-more-than-one-hour-a-day-10076200.html>
<http://www.mirror.co.uk/news/uk-news/music-health-warning-listening-more-5244982>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1503/150302-loud-music-1.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|---------------------------|
| 1. young people are | a. awareness of an issue |
| 2. Nearly half | b. of music |
| 3. "unsafe" levels | c. hearing loss |
| 4. A safe | d. damaging their hearing |
| 5. listen for | e. of young people |
| 6. The WHO is trying to raise | f. about enough |
| 7. an issue that is not talked | g. limit |
| 8. People can prevent | h. just one hour a day |

PARAGRAPH TWO:

- | | |
|--------------------------|-------------------------|
| 1. Turning the volume | a. and die |
| 2. reduce hearing | b. of little hair cells |
| 3. even an hour can | c. regrow |
| 4. Loud sounds damage | d. fragile |
| 5. killing off thousands | e. down |
| 6. they are very | f. your hearing |
| 7. they get damaged | g. loss |
| 8. They never | h. be too much |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1503/150302-loud-music-1.html>

The WHO (1) _____ a billion teenagers and young people are damaging their hearing (2) _____. Nearly half of young people in richer countries (3) _____ because of "unsafe" levels of music on music players and smartphones. Music in nightclubs, bars and at sporting events (4) _____. A safe limit is to listen (5) _____ hour a day. The WHO is trying to raise awareness of an issue that is not talked about enough. People (6) _____ loss.

Turning the volume down and listening (7) _____ hour a day can reduce hearing loss. However, the WHO said that, "even an hour (8) _____ much if the volume is too loud". A (9) _____: "Loud sounds damage your hearing (10) _____ thousands of little hair cells in the inner ear [that] (11) _____ ...sounds [but] they are very fragile, and if they vibrate too much,...they (12) _____." They never regrow.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1503/150302-loud-music-1.html>

The WHO has warned that a billion teenagers and young people are damaging their hearing with loud music. Nearly half of young people in richer countries risk hearing loss because of "unsafe" levels of music on music players and smartphones. Music in nightclubs, bars and at sporting events adds to the risk. A safe limit is to listen for just one hour a day. The WHO is trying to raise awareness of an issue that is not talked about enough. People can prevent hearing loss. Turning the volume down and listening for less than an hour a day can reduce hearing loss. However, the WHO said that, "even an hour can be too much if the volume is too loud". A researcher explained that: "Loud sounds damage your hearing by killing off thousands of little hair cells in the inner ear [that] detect different... sounds [but] they are very fragile, and if they vibrate too much, ... they get damaged and die." They never regrow.

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)

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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)

g)

h)
