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Level 5

Marriage makes you less stressed

17th February, 2017

<http://www.breakingnewsenglish.com/1702/170217-married-people-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1702/170217-married-people-5.html>

A new study says marital bliss has beneficial health effects. Researchers from Carnegie Mellon University said being married reduces levels of a stress hormone called cortisol. Researchers tested for cortisol in the saliva of 572 adults on three different days. Multiple samples were taken throughout each day. The researchers found that the married people had less cortisol than people who were single, separated, divorced or widowed. The researchers said: "Married people tend to be healthier...but the mechanisms through which this occurs remain unclear."

The hormone cortisol has different functions in our body. It regulates blood sugar levels, immune responses and inflammation. It can increase the risk of heart disease and the chances of surviving cancer. High levels of cortisol are linked to mental conditions like anxiety and depression. Dr Sheldon Cohen said the data provide, "important insights into the way in which our intimate social relationships can...influence our health". Researcher Brian Chin added: "It is exciting to discover a physiological pathway that may explain how relationships influence health and disease."

Sources: <http://www.thehealthsite.com/news/did-you-hear-that-marriage-makes-you-happier-ag0217/>
<http://www.medicaldaily.com/married-people-have-lower-levels-stress-hormones-study-says-411108>
<http://www.dailymail.co.uk/health/article-4221046/Marriage-makes-stressed-study-claims.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1702/170217-married-people-5.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|--------------------------|
| 1. marital | a. throughout each day |
| 2. being married | b. occurs remain unclear |
| 3. a stress | c. cortisol |
| 4. Multiple samples were taken | d. to be healthier |
| 5. married people had less | e. bliss |
| 6. single, separated, divorced or | f. reduces levels |
| 7. Married people tend | g. hormone |
| 8. mechanisms through which this | h. widowed |

PARAGRAPH TWO:

- | | |
|-----------------------------|-----------------------|
| 1. It regulates | a. relationships |
| 2. It can increase the risk | b. blood sugar levels |
| 3. the chances of surviving | c. influence health |
| 4. mental conditions like | d. of heart disease |
| 5. provide important | e. pathway |
| 6. our intimate social | f. cancer |
| 7. discover a physiological | g. insights |
| 8. how relationships | h. anxiety |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1702/170217-married-people-5.html>

A new study says (1) _____ has beneficial health effects. Researchers from Carnegie Mellon University said being married reduces levels (2) _____ called cortisol. Researchers tested for cortisol (3) _____ of 572 adults on three different days. Multiple samples were taken throughout each day. The researchers found that the married people had less cortisol than people (4) _____, separated, divorced or widowed. The researchers said: "Married people (5) _____ healthier...but the mechanisms through which this occurs (6) _____."

The hormone cortisol has different (7) _____ body. It regulates blood sugar levels, immune responses and inflammation. It can (8) _____ of heart disease and the chances of surviving cancer. High levels of cortisol (9) _____ mental conditions like anxiety and depression. Dr Sheldon Cohen said the data provide, "important insights (10) _____ in which our intimate social relationships can...influence our health". Researcher Brian Chin added: "It is (11) _____ a physiological pathway that may explain how relationships (12) _____ disease."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1702/170217-married-people-5.html>

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MARRIED PEOPLE SURVEY

From <http://www.breakingnewsenglish.com/1702/170217-married-people-4.html>

Write five GOOD questions about married people 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) _____

WRITING

From <http://www.breakingnewsenglish.com/1702/170217-married-people-5.html>

Write about **married people** for 10 minutes. Read and talk about your partner's paper.
