

Volume 1 (For All Levels)



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Unit 1- Health Lesson 1: Is Alcoholism a Disease?

Addiction to anything is an abnormal behavior that eventually leads to health as well as **psychological disasters**. However, actions and behaviors that are done occasionally or out of **professional ethics** are not categorized as addiction. Therefore, addiction is basically a disease.

There are many behaviors and actions that are adopted due to professional ethics or depending upon the person's mood to get into such behaviors occasionally. Such actions and behaviors develop into a habit that eventually leads to addiction. For instance, smoking and **alcoholism**, even if done rarely in some business meetings or family celebrations, are threatening sources of addiction in the long run.

On the other hand, there are many social as well as psychological factors that result to the habit of drinking alcohol. There are also cases when children adopt the habit due to family environment as an influence from their parents who are addicted to alcohol. Studies also suggest that alcoholism could be **inherited biologically** due to some personal, **physical**, **and psychological frustrations**.

SOURCE: always-health.com



Comprehension Check-up:



What does it mean?

- psychological disasters
- professional ethics
- alcoholism
- inherited biologically
- physical and psychological frustration

What do you think?

- What is addiction? Is alcoholism an addiction?
- What is the difference between a habit and a vice? Is addiction a habit, a vice, or both?
- What do you think is the reason why people tend to be addicted to alcohol?
- Are you alcoholic? Why?
- Can alcohol relieve your stress?
- Do you stay sober when attending parties? Or is it okay for you to be drunk?
- What are the possible effects of alcoholism?
- What do you think of an alcoholic woman/man?

Lesson 2:

Life near fast food restaurants is unhealthy.







New research in the USA says it is unhealthy to live in areas with lots of fast food restaurants. A study by the University of Michigan said people who live within walking distance of fast food restaurants have a 13 percent higher chance of having a stroke. Lead researcher Dr. Lewis Morgenstern and his team analyzed the social status of the 1,247 people who had strokes in an area of Texas over a three-year period. The area was home to 262 fast food restaurants. The team compared the stroke victims' social status with how close they lived to the restaurants. He concluded there was a strong relationship between the distance someone lived to fast food restaurants and his chances of having a stroke.

A stroke is similar to a heart attack, except it attacks the brain. Strokes are among the biggest killers in the USA. Many are the result of unhealthy eating. A diet that has a large amount of fast food and other junk food increases the chances of having a stroke. Dr. Morgenstern's research found that there could be up to 33 different fast food restaurants in an area. This puts people living nearby more at risk of a stroke. Dr. Morgenstern said he didn't know whether it was the actual fast food that increased the risk of stroke. He said fast food restaurants are more common in poorer neighborhoods where people are less educated and generally have unhealthier and more stressful lifestyles.

source:www.breakingnewsenglish.com

Listening Comprehension



PHRASE MATCH:

Match the following phrases from the article (sometimes more than one combination is possible):

1.live in areas with lots

a. 262 fast-food restaurants

2.live within

b. amount of fast food

3.The area was home to

c. to a heart attack

4.He concluded there was a strong d. walking distance

5.their chances of

e. more at risk

6.A stroke is similar

f. having a stroke

7.Strokes are among the biggest

g. stressful lifestyles

8.A diet that has a large

h. of fast food restaurants

9. This puts people living nearby

i. relationship

10. unhealthier and more

j. killers in the USA

True or False:

Look at the article's headline and guess whether these sentences are true (T) or false (F):

- 1. A study said living near fast food reasons was bad for your health.
- 2. People who live very close to fast food restaurants are 13% fatter.
- 3. The study focused on an area that had 262 fast food restaurants.
- 4. The researchers looked at the social status of people who had a stroke.
- 5. A stroke is like a heart attack that attacks your brain.
- 6. The study found as many as 33 fast food restaurants in an area.
- 7. The lead researcher is 100% sure fast food leads to strokes.
- 8. There is no link at all between education levels and risks of strokes.

Lesson 3: Birth Control Why is Birth Control Such a Controversial Issue?

Birth control has a long history attached to it, and certainly one that cannot be denied, as this history influences some of the methods still applied today. Indeed, birth control is a **controversial issue** and it was probably the same throughout its history. Birth control is believed to be an interference with the natural processes. There are many people against birth control today in spite its widespread use. People who are against it claim that it is immoral and that it denies the natural processes. This argument is founded on birth control denying the birth of children that is willed by God. The same people assert that only the safe period method may be implemented as a form of birth control. No matter how inaccurate and unreliable this method may seem, they assert that it is the only way that birth control should be practiced. By using contraceptive sheaths, contraceptive pills, IUDs, etc., one denies the natural processes. However, an argument against this would have one see that practicing the safe period for contraception is no different to any other form of birth control. This is because of the fact that all forms prevent birth with varying degrees of reliability. In addition to birth control having the highest opposition, there are also feminist views that have greatly impacted the world. Feminists believe that it is basically the woman's choice to use or not to use contraception. After all, it is the woman that has to go through with a pregnancy and run the risks that come along with having a child. Once a woman is pregnant, the man does not have any part on the discomforts that a woman has to face. Since the world is now taking note of feminist views and the rights of women in contemporary times, it is indeed difficult for religious views to oppose them. Though there are several people who oppose contraception, on the whole, there are indeed many more freethinking souls who understand the practical side of the issue.

SOURCE: ALWAYS-HEALTH.COM



Comprehension Check-up:



What does it mean?

- Birth Control
- Controversial Issue
- Safe Period
- Contraception.
- Feminist views

What do you think?

- 1. Why is birth control such a controversial issue?
- 2. Are you in favor of using contraceptives? Why or why not?
- 3. Is it ok for married couples to use contraceptives? Why or why not?
- 4. What is the present view of Korean society regarding this issue?
- 5. What do you think is the reason why contraceptives become widespread in the world today?
- 6. Do you think using contraceptives can protect you from any harm caused by sexually-transmitted diseases?

Lesson 4- Obesity: Epidemia

Picture description:







Listening/reading:

Obesity, a disease that is in its **epidemic form** in the US, is not known to have a typical medicinal cure. Medicines in the past that were created to solve the problem of obesity have failed, some with **serious side effects**. However, there are other methods to control one's weight and these include either surgery such as the **Lap-band surgery** or a change in lifestyle supported by few medicines. Lap-Band surgery has had its success and works on the principle of reducing the size of the digestive tract so that a person does not feel as hungry as s/he ordinarily would and would consume less food. In contrast to this approach, a change in lifestyle holds that one basically eats less and exercises more. In support to this are medicines that help one reduce their huge appetites. By taking such medications, which have no known serious side effects, one **simply lowers his or her appetite level** in order to consume fewer food substances. This is possible because of the research unearthing the action of enzymes and other chemicals in one's appetite.

It must be noted that the safest way to reduce obesity and eventually get rid of it means that one has to change his or her lifestyle. In general, eating less is now supported by medications that curtail one's appetite. As long as there are no serious side-effects, it is fine to go about losing weight and control obesity in this manner.

SOURCE: always-health.com (edited)

Comprehension Check-up:



What does it mean?

What do you think?

epidemic form
serious side effects
Lap-band surgery
simply lowers his or her appetite
level
curtail one's appetite

- 1. Is there a medicinal cure for obesity?
- 2. What is the difference of being overweight and being obese?
- 3.Do you know someone who eats too much? What do you usually advice them?
- 4.A re you health-conscious? Do you have a balance diet?
- 5. Do you usually eat junk foods? Do you think junk foods are addictive?
- 6. Is being obese a psychological problem? Why or why not?
- 7. Is obesity common among Koreans?

Lesson 5- Ectopic Pregnancy



What's ectopic pregnancy?



Listening/read:

Ectopic pregnancy is the most common cause of **first-trimester maternal death** in the United States. Statistics given by the U.S. Centers for Disease Control and Prevention (CDC) paint an alarming picture: the rate of ectopic pregnancy in the United States - which is 2% of all pregnancies - has increased by five times since 1970. It is also said that once a woman has had an ectopic pregnancy, if she conceives again she has a good 10-15% risk of having another one. Also, around 30% of the women who have had such pregnancies do not find it easy getting pregnant again. To date, medical science has not been able to find a clear reason for ectopic pregnancy. These statistics might be frightening. Today, there is usually one or less than 1 death in around 2,500 cases. **Early diagnosis plays a vital part in this scenario** - the earlier an abnormal pregnancy is detected, the better the mother's chances of survival. Its literal meaning is usually seen that deaths due to ectopic pregnancy are rare. Due to early detection attempts present in medicine, the word ectopic is "out of place." What happens in such a case is that a fertilized egg is implanted outside the uterus. This egg usually settles in the fallopian tubes more than 95% of the time causing such cases to also be known as "tubal pregnancies." If the egg is implanted in the ovary, abdomen, or the cervix, these are called cervical or abdominal pregnancies. The problem arises because none of these areas have that much space or nurturing tissue which the uterus has for the baby to develop. So, as the fetus grows, it will eventually burst the organ that contains it. This can cause a lot of bleeding and danger to the mother's life. A classical ectopic pregnancy never results into a live birth.

SOURCE: ALWAYS-HEALTH.COM

Comprehension check-up:



What does it mean?

- 1. pregnancy
- 2. first-trimester maternal death
- 3. Early diagnosis plays a vital part in this scenario
- 4. tubal pregnancies
- 5. This can cause a lot of bleeding and danger to the mother's life.
- 6. classical ectopic pregnancy

What do you think?

- 1. What do you think are the causes of ectopic pregnancy?
- 2. What do you think is the reason of the increase in ectopic pregnancy cases?
- 3. Do you know someone who experienced ectopic pregnancy? Tell about it.
- 4. Is there any effect to the baby when an ectopic pregnancy results in a live birth?
- 5. If you are a woman, what would you do if your doctor says you have an ectopic pregnancy?
- 6. If you're a man, how would you support your wife if this happens?

Unit 2- Environment Lesson 1-Traffic pollution damages kids' lungs

LISTEN/READ:

Road pollution is a serious danger to children's health. This is the worrying conclusion of the longest and largest study ever undertaken into the effects of traffic fumes on child development. Researchers from the University of Southern California spent 13 years studying children who lived within 500 meters of busy highways. They found that most of the 3,600 children in the study had significantly weakened lungs. Researchers said this meant the children could have breathing problems for the rest of their lives. The main author of the study W. James Gauderman said: "Someone suffering a pollution-related deficit in lung function as a child will probably have less than healthy lungs all of his or her life."

He added: "If you live in a high-pollution area and live near a busy road, you get a doubling of the damage." Gauderman and his team conducted their research on youngsters who lived near busy roads. Once a year, the team measured the children's lung power. It checked how much air the children could release in one breath and how quickly it could be released. The team found that by their 18th birthday, children who lived within 500 meters of a highway exhaled three percent less air compared with children who lived one-and-a-half kilometers away. Further, the highway children's lung power was seven percent weaker in the rate at which they could exhale. Gauderman said that: "Even if you are in a relatively low regional pollution area, living near a road produces lung problems." About a third of the children moved away from busy roads during the study but stayed near the same community. Their lungs developed more healthily.

source:www.breakingnewsenglish.com



Comprehension check-up:



SYNONYM MATCH

TRUE / FALSE

Match the following synonyms from the article:

a. Pollution	determined
b. Children	comparatively
c. Fumes	additionally
d. Significantly	breath out
e. Deficit	emissions
f. Measured	reduction
G. Exhale	proportion
h. Further	considerably
I. Rate	youngsters
j. Relatively	smog

Look at the article's headline and guess whether these sentences are true or false.

- A. A study into pollution and children's lungs was the largest ever.
- b. Researchers monitored different children for 30 years.
- c. The survey found almost half of children studied had lung damage.
- d. Living near a busy road doubles the chances of lung damage.
- e. The children's lungs were tested on a monthly basis.
- f. Kids living 500 meters from busy roads had 30% less lung power.
- g. Living near a road is still bad even if it's in a low pollution area.
- h. Children who moved away from roads still suffered lung problems.

Lesson 2- Divorce is bad for the environment

Picture description:



Listen/Read:

Divorce is bad for the environment. This is the conclusion of a research study carried out by ecologists at Michigan State University in the USA and published in the journal "Proceedings of the National Academy of Sciences." Researchers found that divorce has different kinds of negative impacts on the planet, including a higher demand for resources and a lower rate of efficiency in the use of household resources. The research team analyzed data on married couples and their use of resources in 12 countries, including the USA, Brazil, Costa Rica, Ecuador, Greece, Mexico, and South Africa. Lead researchers Eunice Yu and Jianguo Liu discovered that divorce leads to smaller average household sizes, which results in a larger number of total households and thus a greater demand for energy, water, and land. In many countries around the world, divorce rates have been rising. "A married household actually uses resources more efficiently," said Mr.Liu. He added that people seemed surprised by his findings at first, and then after thinking about it, decided it was simple. He said: "People have been talking about how to protect the environment and combat climate change, but divorce is an overlooked factor that needs to be considered." His report states that in America in 2005, divorcees could have saved more than 73 billion kilowatt-hours of electricity and 627 billion gallons of water if they had stayed married. In percentage terms, divorcees used 42-61 percent more resources per person compared with a married person. To help save natural resources, Yu and Liu recommended that governments consider the environmental impact of divorce and separation.

Source:www.breakingnewsenglish.com





TRUE / FALSE

Look at the article's headline and guess whether these sentences are true (T) or false (F):

- a. Divorced people create a bad environment in schools and offices.
- b. Researchers say divorce increases the demand for our resources.
- c. The research was carried out on couples in 112 countries.
- d. The research team discovered divorce reduced demand for water.
- e. Divorce rates are going down in many countries around the world.
- f. Divorce is rarely looked at as a factor of environmental change.
- g. Divorcees use 14 percent more resources than married people.
- h. The researchers urged governments to think about divorce more.

SYNONYM MATCH

Match the following synonyms from the article

1.conclusion

a. examined

2.impacts

b. look at

3.analyzed

c. effects

4.resulted in

d. call

5.demand

e. proportions

6.rates

f. fight

7.simple

g. findings

8.combat

h. missed

9.overlooked

i. led to

10.consider

j. straightforward

Lesson 3- Global warming Is human made

Picture Description:



Listen/Read:

Findings from a new study released Friday proves that global warming is caused by human activity and not by natural environmental factors. Researchers at the Scrips Institute of Oceanography have found clear evidence of human-produced warming in the world's oceans that is likely to impact water resources in regions around the globe. This finding removes much of the uncertainty associated with debates about global warming. Many world leaders have closed their ears to this fact so they don't have to alter their economic activity or introduce expensive pollution controls. This is one of the reasons America has not signed the Kyoto Treaty on climate change. The US government prefers to believe global warming is a natural phenomenon, caused by volcanoes and solar energy. Professor Tim Barnett said, "This is perhaps the most compelling evidence yet that global warming is happening right now and it shows that we can successfully simulate its past and likely future evolution." Barnett says the results hold implications for millions of people in the near future. In the decades immediately ahead, the changes will be felt in regional water supplies, including areas impacted by accelerated glacier melting in the South American Andes and in western China, putting millions of people at risk without adequate summertime water. Perhaps now, more countries will sign up to the Kyoto Protocol.

source:www.breakingnewsenglish.com





TRUE / FALSE:

Students look at the headline and predict whether they believe the following statements:

1.Global warming is caused by human activity. Millions of people will be at risk of having inadequate water supplies related to non-natural environmental factors.

- 2.Clear evidence of human-produced warming is in the world's rivers.
- 3.Global warming is not likely to impact water resources around the globe.
- 4.Many world leaders have closed their ears to global warming.
- 5.The US government doesn't want to introduce expensive pollution controls.
- 6.Global warming is a natural phenomenon, caused by volcanoes and solar energy.
- 7.Scientists can successfully simulate the likely future evolution of global warming.

SYNONYM MATCH:

Students match the following synonyms from the article:

(a)findings affect

(b)evidence happening

(c)impact doubt

(d)uncertainty research

(e)pollution consequences

(f)phenomenon quickened

(g)compelling sufficient

(h)implications proof

(i)accelerated emissions

Lesson 4-Arctic Ice May Disappear in a Decade

Picture Description:







Listen/Read:

A new report on global warming predicts the frozen Arctic Ocean will soon be like a normal sea in the summers. There are shocking changes happening in the polar environment and its fragile eco-systems. For millions of years, the sea around the North Pole has been frozen all year round. Recent research from the World Wildlife Fund (WWF) and the Catlin Atlantic Survey show things are changing fast. They predict that within a decade, the Arctic will be largely ice-free in the summer. They base their prediction on the rate at which the sea ice is currently thinning. The lead researcher, Professor Peter Wadhams, said: "The area is now more likely to become open water each summer, bringing forward the potential date when the summer sea ice will be completely gone."An ice-free Arctic will have consequences for the whole world's weather patterns. The Arctic sea ice is a key part of the Earth's climate system. Experts call it Earth's "refrigerator." They said that as it disappears, the world will become a lot warmer. Scientists are still unclear exactly what changes there will be to our weather. Forecasters predict an increase in all kinds of disasters and extreme weather events. These include massive flooding, much more dangerous hurricanes and the spread of the world's deserts. These new findings provide an urgent call for world leaders to act. The timing of the WWF report is a reminder to those attending the UN climate summit in Copenhagen in December. Rich countries will face pressure to agree to reduce their carbon emissions by 40 percent by 2020.

source:www.breakingnewsenglish.com





- :---: d -

TRUE / FALSE

- Look at the article's headline and guess whether these sentences are true (T) or false (F):
- a. Scientists say all the Arctic ice will all be gone within ten years.
- b. Parts of the Arctic Ocean have been frozen for millions of years.
- c. There will be free ice from the Arctic for everyone in the summer.
- d. Scientists based their predictions on how fast the ice is disappearing.
- e. The disappearing Arctic ice will have little effect on our weather.
- f. Scientists are confident they know how our weather will change.
- g. Experts believe there'll be more floods and larger deserts.
- h. All countries face pressure to cut carbon emissions by 40% by 2020.

Activity

SYNONYM MATCH:

1 Dec dieta

Match the following synonyms from the article.

1.Predicts	a. inside
2.normal	b. precisely
3.fragile	c. results
4.within	d. usual
5.potential	e. cut
6.consequences	f. forecasts
7.key	g. huge
8.exactly	h. possible
9.massive	i. delicate
10.reduce	i. important

Lesson 5- Environmentalists Worry About Synthetic Life

Picture Description:



Listen/Read:

A scientist who has created a synthetic life form has put the science world in a spin. Geneticist Craig Venter unveiled a major scientific breakthrough last week when he showed the world a new form of life he created in the laboratory. He made his artificial creation from a stem cell, biochemicals, and yeast. Dr Venter claims his new organism has DNA that has never existed on Earth before. The cells he made will pave the way for more complex ones. Venter believes man-made life will be an important part of all science in the future. In 2007, he said: "Synthetic [life] is going to become the standard for making anything." He believes it will provide amazing new cures for diseases and help in the fight against climate change. Environmentalists are up in arms over Venter's work. They believe it is a major threat to our existence. Campaigners are fighting to ban any form of synthetic life from getting into the wild. One campaigner, Jim Thomas, expressed his fears to Britain's 'Independent' newspaper: "Synthetic biology is a high-risk, profitdriven field, building organisms out of parts that are still poorly understood. We know that lab-created life forms can escape and become biological weapons, and that their use threatens existing natural biodiversity," he said. Mr. Thomas is worried about what oil companies will do with Mr. Venter's work, saying: "Most worrying of all, Craig Venter is handing this powerful technology to the likes of BP and Exxon to hasten the commercialization of synthetic life-forms."

source: http://www.breakingnewsenglish.com





TRUE / FALSE:

- a. A scientist has made a new form of life that never stops spinning.
- b. The scientist, Dr Venter, made the new life form in a laboratory.
- c. The new life form was made using yeast.
- d. Dr Venter believes synthetic life will help protect the environment.
- e. Environmentalists want to keep synthetic life away from nature.
- f. One campaigner said new biological weapons have been made.
- g. The campaigners want oil companies to use Dr Venter's work.
- h. Oil companies will not profit from synthetic life.

Synonym Match

Match the following synonyms from the article.

1.synthetic a. prepare

2.in a spin b. endangers

3.Unveiled c. the natural world

4.pave the way d. confused

5.Standard e. badly

Unit 3- Famous People & Gossip Lesson 1- World's Oldest Person Died Aged 115

Picture Description:



Listen/Read:

The oldest person in the world has died in her sleep at the age of 115. Ms. Gertrude Baines from the USA had held the title for most of this year. She became the world's oldest person in January, following the death of Portuguese Maria de Jesus. She also died at the ripe old age of 115. Ms. Baines was born in Georgia in 1894. She grew up in the southern American state during the time of terrible racial discrimination against black people. She saw many changes in her life, including the civil rights movement that brought greater equality. She got married when she was very young and had a child when she was just fifteen. Gertrude received a Guinness World Records certificate on her 115th birthday. Ms. Baines had such a long life because of her healthy lifestyle. The AFP news agency reported what she said to her doctor Charles Witt: "She told me that she owes her longevity to the Lord; that she never did drink, she never did smoke and she never did fool around." Dr. Witt said Gertrude had been "in excellent shape" just two days before her death. "She was mentally alert. She smiled frequently," he said. Ms Baines became famous in 2008 for voting for President Obama in the U.S. election. It was only the second time she had voted. The first was for John F. Kennedy in the 1960s. She lived to see 21 different American presidents. She told reporters she chose Mr. Obama "because he's for the coloured people."

source:http://www.breakingnewsenglish.com



Comprehension check-up:

TRUE / FALSE:

- **1.**The oldest person in the world died when she fell out of bed.
- **2.**The lady was born in the ex-Soviet republic of Georgia.
- **3.**The Guinness World Records group honored her when she turned 115.
- **4.**She believes God was responsible for her long life.
- **5.**The lady said having many boyfriends made her life longer.
- **6.**She lived through 21 U.S. elections but only voted twice.
- **7.**She voted for Barack Obama because of his colourful character.

SYNONYM MATCH

Match the following synonyms from the article.

1.Held

a. got

2.Following

b. old age

3.Terrible

c. physician

4.Equality

d. selected

5.Received

e. had

6.Doctor

f. aware

7.Longevity

g. very bad

8.Alert

h. well-known

9.Famous

i. after

10.Chose

j. fairness

Lesson 2-Michael Jackson Died Aged 50

Picture Description:



Listen/Read:

Michael Jackson has died aged 50 after having a heart attack at his Los Angeles home. He was rushed to a hospital, where doctors spent over an hour trying to save him. His brother Germaine told reporters: "The family requests that the media please respect our privacy during this tough time." Jackson was perhaps the greatest singer and dancer the world has ever seen. He transformed the music industry forever. The pop icon greatly influenced generations of singers with his unrivalled professionalism. Michael was known as the king of pop and there is perhaps no one close to challenging his legendary status. He will be remembered forever for his talent, his unforgettable songs, and his Moonwalk dance. Tributes to Michael Jackson have poured in from all over the world. Pop star Madonna said: "The world has lost one of its greats, but his music will live on forever." Jackson's ex-wife Lisa Marie Presley said she was "so sad and confused." She added: "This is such a massive loss on so many levels, words fail me." Pop star Justin Timberlake wrote online: "We have lost a genius and a true ambassador of not only pop music, but of all music." Jackson began his career as a child in his family group The Jackson 5. He went on to become globally famous as a solo artist with smash hits such as Billie Jean and Bad. His album Thriller, released in 1982, is the biggest-selling album of all time. It has sold 65 million copies worldwide.

Source: www.breakingnewsenglish.com

Comprehension check-up:



TRUE / FALSE:

Look at the article's headline and guess whether these sentences are true/false:

- a. Michael Jackson died after suffering a cardiac arrest.
- b. Michael Jackson's brother asked reporters to stay away from his family.
- c. Michael Jackson's nickname was the Prince of Pop.
- d. People will remember his forgettable songs and dances.
- e. Many people from across the globe said nice things about Jackson.
- f. Michael's ex-wife could not say what she wanted about his death.
- g. Michael performed solo throughout his musical career.
- h. Jackson's album Thriller is the secondbiggest seller ever.

SYNONYM MATCH

Match the following synonyms from the article:

1. heart attack

2. trying

3. tough

4. transformed

5. influenced

6. tributes

7. greats

8. massive

9. genius

10. album

a. huge

b. changed

c. record

d. attempting

e. brilliance

f. legends

g. cardiac arrest

h. praise

i. difficult

j. affected

Lesson 3- Oprah Winfrey: Most Powerful Woman

Picture Description:



Listen/Read:

Oprah Winfrey has been named the most powerful woman in entertainment. This is according to the entertainment trade publication The Hollywood Reporter. She jumped up from the number six spot, which she occupied in 2007. Her rise to the top may be due to the influence she had on the US Election in November 2008. Analysts reckon her support of Barack Obama brought him over one million votes. The Hollywood Reporter's chief editor Elizabeth Guider explained: "The decision to place Oprah at the top of the list was based on her dizzying array of Oprah-branded media and her immense cultural influence," she said. TIME magazine listed Winfrey as one of the 100 people of the twentieth century. Oprah Winfrey is a household name in many parts of the world. Her rags-to-riches life is an incredible success story. She is a self-made woman who became the world's first black billionaire in 2004. Winfrey owns her own production company Harpo ('Oprah' spelt backwards), which made \$345 million in profit in 2007. She is perhaps most famous for her chat shows. The "Oprah Winfrey Show" began in 1986 and has been one of the world's most-watched programmes ever since. Winfrey's entertainment empire covers TV, magazines, book clubs and online shopping. She is also extremely well known for her charity work. She is set to launch her own TV channel, OWN (Oprah Winfrey Network), which will reach 70 million homes.

Source: www.breakingnewsenglish.com

Comprehension check-up



TRUE / FALSE:

Look at the article's headline and guess whether these sentences are true/ false:

- a. Oprah Winfrey won a competition testing the strength of celebrities.
- b. Winfrey had an influence on the 2008 US Election.
- c. Oprah bought Barack Obama over a million votes in the election.
- d. TIME magazine said Oprah was one of the 20th century's top people.
- e. Oprah was born into a very rich family.
- f. Oprah reversed the letters of her given name for her company name.
- g. The Oprah Winfrey Show is the most successful show in TV history.
- h. Oprah may soon be in 70 million living rooms via her own TV network.

SYNONYM MATCH

Match the following synonyms from the article:

1.trade a. get to

2.rise b. believe

3.reckon c. huge

4.array d. started

5.immense e. variety

6.incredible f. very

7.began g. industry

8.empire h. amazing

9.extremely i. organization

10.reach j. elevation

Lesson 4-WikiLeaks Founder Hiding From "Superpower

Picture Description:



Listen/Read:

The WikiLeaks founder Julian Assange is in hiding. He told reporters he was taking steps to protect himself from a "superpower." He made a statement to Britain's Guardian newspaper from a secret location on December 3rd, saying: "The threats against our lives are a matter of public record. However, we are taking the appropriate precautions to the degree that we are able when dealing with a superpower." He proclaimed that anyone threatening his life should be charged with incitement to murder. Professor Tom Flanagan, a former adviser to Canadian Prime Minister Stephen Harper, suggested assassinating Mr Assange. Flanagan said Barack Obama should "put out a contract" to rid the world of Mr Assange. Julian Assange is also wanted by Swedish authorities for alleged sex crimes. Earlier this year, two female Swedish WikiLeaks volunteers accused Assange of sexual misconduct. Swedish prosecutors opened, dropped, then re-opened the investigation into the allegations. They have not formally charged him with any crime. Assange's lawyer Bjorn Hurtig said "someone is pushing Sweden to push Interpol to make this arrest warrant public." Ex-Pentagon official KT McFarland called for Assange to face terror charges. She told Fox News: "He's waging cyber-war on the United States and the global world order. Mr Assange and his fellow hackers are terrorists and should be prosecuted as such."

source: www.breakingenglishnews.com

Comprehension check-up



TRUE / FALSE:

Read the headline. Guess if a-h below are true/false.

- a. The article says Mr Assange is hiding from Russia, China and the USA.
- b. Mr Assange listed the precautions he has made to stay safe.
- c. He suggested anyone who threatened to kill him should be arrested.
- d. An ex-aide to Canada's PM told President Obama to kill Mr Assange.
- e. Julian Assange is wanted in Sweden for questioning about sex crimes.
- f. Swedish authorities have not officially said Assange committed a crime.
- g. Assange's lawyer is pushing for an Interpol arrest warrant to be made.
- h. An ex-Pentagon worker wants Assange prosecuted as a computer spy.

SYNONYM MATCH

Match the following synonyms from the article.

1. founder

a. wrongdoing

2.steps

b. safeguards

3. appropriate

c. pressuring

4. precautions

d. originator

5. assassinating

e. taken to court

6. alleged

f. actions

7. misconduct

g. murdering

8. pushing

h. carrying on

9. waging

i. suitable

10. prosecuted

j. claimed

Lesson 5-Tightrope Walker Breaks World Record

Picture Description:



Listen/Read:

A death defying feat took place on August 28 more than 26 stories above the ground in the Bahamas. Nik Wallenda, 31, a.k.a. The King of The High Wire, broke the Guinness World Record for the highest bicycle ride without a safety net. Crowds watched with their hearts in their mouths 79 metres below as Nik cycled 31 metres between two towers of the luxury Atlantis resort. As if this wasn't enough of an adrenalin rush for him, he also decided to go for a 610-metre, 20-minute walk along the high wire, a dizzying 76 metres up. This broke his own personal best distance. Nik described it after as "the longest walk of my life." He decided to make the walk just a little scarier by walking above an enclosed ocean pool full of sharks and piranhas. Mr Wallenda is a seventh generation high wire star. He comes from a long line of aerial trapeze performers and acrobats that dates back to 1780. He is the great-grandson of the legendary Karl Wallenda, who fell to his death during a high wire walk in Puerto Rico in 1978 aged 73. Nik told reporters: "Against all odds I walked on that wire today. There was lightning in the area, high winds, and it was the first walk without my father. It was one of the hardest decisions I ever made in my life...But my family history and my family tradition is that the show must go on." He also spoke about his future plans: "I want to be the first person in the world to walk across the Grand Canyon, and I have the permit to do it," he said.

Source: www.breakingnewsenglish.com

Comprehension check-up:



TRUE / FALSE

Read the headline. Guess if a-h below are true or false:

- a. A tightrope artist broke a world record over 26 floors up in the air.
- b. The man rode a bicycle on a tightrope between two hotels.
- c. The man also broke the world record for the longest tightrope walk.
- d. The man walked 76 metres above sharks and piranha fish.
- e. The man's family started performing in the 18th century.
- f. His grandfather fell to his death from a high wire when he was 73.
- g. The high wire artist said to go for the record was an easy decision.
- h. The man has authorization to walk the Grand Canyon on a tightrope.

SYNONYM MATCH

Match the following synonyms from the article.

1.feat a. length

2.stories b. license

3.rush c. achievement

4.distance d. artists

5.enclosed e. high

6.performers f. vicinity

7.legendary g. custom

8.area h. floors

9.tradition i. famous

10.permit j. shut in

Unit 4- Lifestyles Lesson 1- New Warnings For Video Games



What do you think?



Listen/read:

Britain will soon start using a new ratings system for video games. Government officials have decided to use the PEGI (Pan-European Game Information) warning symbols so parents know what games to buy their kids. There are eight easily recognizable icons, in addition to coloured signs that represent ages 3, 7, 12, 16, and 18 and over. The symbols will show if the game contains any bad language, discrimination, gambling, drugs, horror, sex, and dating. There is another symbol to show the game is only online. Dr. Richard Wilson, an industry expert, said: "Game developers will welcome the new PEGI system, as it makes classification easier." The PEGI website says companies like Sony, Microsoft and Nintendo support the symbols. TIGA, the video game trade association, created the PEGI system. Its website says: "Interactive computer game playing is now a mass-market leisure activity, with millions of players throughout Europe. While most games are suitable for players of all ages, there are many that are only suitable for older children and younger teenagers." Alongside the new symbols, PEGI will also offer additional advice to parents. This will help to explain different types of violence in games. Examples include "extreme violence," the showing of "criminal techniques" and the "glamorization of crime." The system is now used throughout Europe. It is a model that shows how Europe can work together to protect children.

http://www.breakingnewsenglish.com

Comprehension check-up:



TRUE / FALSE

Look at the article's headline and guess whether these sentences are true/false:

- a. Experts have warned video games are dangerous for teenagers.
- b. New logos on games will help parents choose correctly for their kids.
- c. One symbol means the game can only be played over the Internet.
- d. Big game makers are against the new symbols.
- e. A trade association says computer games are massive in markets.
- f. The association said there are games that anyone of any age can play.
- g. Extra information will tell people about the kind of violence in games.
- h. The symbols provide an example of the world working together.

Talking Points:

Are you concerned about the dangers of video games?

Would you stop your children playing video games?

Do you think video games can be good for kids?

Are there any kinds of game you would avoid?

How has playing games affected your life?

Do you think playing video games is a good leisure activity?

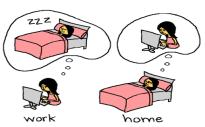
At what age do you think it's OK for kids to start playing video games?

What do you think of the idea of video games that show criminal techniques?

Lesson 2- Sleeping is Life's Greatest Pleasure

What do you think?







Listen/read:

British people have voted a good night's sleep as life's "greatest little pleasure." The Bachelor's Cup-A-Soup company conducted a survey into what gave Britons most pleasure. Bed activities filled four of the top ten spots. Cuddling a loved one in bed came third, having a lie-in was fifth, and sleeping in freshly-washed sheets sixth. Finding £10 (\$16) in your pocket was life's second greatest pleasure for Brits. Also in the top ten were crying with laughter, making someone smile, and catching up with an old friend. There were plenty of things in the list that most people around the world would agree with. These include realizing that your queue in the supermarket is the one moving fastest, and at number 50, popping bubble wrap. Bachelors spokesman Rob Stacey gave his thoughts on the findings of the survey, which 3,000 Britons did. He said: "It's often the little things that brighten up life, like getting into bed after a long day. You can't beat that feeling." Mr. Stacey observed that almost all of the things in the top fifty didn't need money. He stated: "Often the little gestures such as a quick cuddle or a compliment can really help to cheer someone up if they are having a bad day, and can even be more welcome than splashing out on expensive presents." He added that it was "often the smaller things that can make a big difference." Stacey may be happy that curling up on the sofa with a good book and a hot drink (or soup) came thirteenth in the poll.

source:www.breakingnewsenglish.com

Comprehension check-up



TRUE / FALSE

Read the headline. Guess if a-h below are true/false:

- a. British people voted in a survey about sleeping patterns.
- b. The top four pleasures in a survey related to beds and sleeping.
- c. Crying with laughter was one of the top ten pleasures for Brits.
- d. British people like standing in fast-moving supermarket queues.
- e. A total of 3,000 people voted in the survey on life's little pleasures.
- f. Most of the pleasures in the survey needed money.
- g. The survey found people loved buying expensive presents.
- h. Many Brits liked drinking soup and reading a book on the sofa.

Talking Points:

What is your greatest pleasure in life?

Has your greatest pleasure changed since you were a child?

Do you think people's pleasures are the same all over the world?

Do you think people will find different things pleasurable in the future?

What are the little things that brighten up your life?

What things do you love that don't need money?

What's the best way to cheer you up if you have a bad day?

What pleasure do you give other people?

Lesson 3- Men Hurt More in Rocky Relationships

What do you think?



Listen/read:

Most people think women are more affected when a relationship hits a rocky patch. According to a new study on over 1,000 break-ups, it is the opposite. Research from the Wake Forest University in the USA suggests men have a much harder time dealing with the low points. Researchers say women have a harder time coping with a break-up. Lead researcher Robin Simon said: "Common wisdom says that women are more hurt by problems in a relationship, but we found that the...disadvantages of strain are exaggerated for the men." She added: "Men are more sensitive than we often think they are." Simon and her co-researchers discovered that men often put a brave face on problems they have with their partner but inside, they feel more emotional pain than women. The research also showed how differently men and women dealt with problems. Women show their feelings more by crying and talking about how they feel. Men find this hard to do because they need to be 'masculine' and men don't cry. Instead, they turn to the bottle or look for escape by using drugs. Ms Simon said the more relationship problems a guy goes through, the more likely he is to become dependent on alcohol or drugs. They make the pain go away through substance abuse rather than talking. Simon said things are changing and that more and more men are opening up. She said guys these days are more likely to have divorced parents "and this might make them more sensitive to the ups and downs of a relationship" and be more emotionally aware.

Source: http://www.breakingnewsenglish.com

Comprehension check up



TRUE / FALSE

Read the headline. Guess if a-h below are true/ false:

- a. An article suggested men are hurt more in mountaineering accidents.
- b. The study looked at details of more than 1,000 relationship break-ups.
- c. The lead researcher said men are very insensitive.
- d. The researcher said men try to cover up their real emotions.
- e. Women deal with problems through tears and chats.
- f. Men drink alcohol when they want to make emotional pain disappear.
- g. The researcher said there is no link between break-ups and drug use.
- h. The research said divorced men are more sensitive.

Talking Points:

How do you think mean and women deal with things differently in rocky relationships?

Do you think relationships are easy or difficult?

What makes relationships so difficult?

Are men or women better at dealing with relationships when things go wrong?

What bad relationships have you had?

Are men more sensitive than people think they are?

What advice would you give someone to have a happy relationship?

Why should men and women feel different things in relationships?

Lesson 4-Teenage Mothers Risk Premature Babies

What do you think?





Listen/Read:

A newly-released study suggests that teenage mothers are "more likely to give birth prematurely." The report from University College Cork, Ireland, says pregnant girls between the ages of 14 and 17 are at a much higher risk of giving birth to premature babies. They said this was particularly so if it was a second pregnancy. The researchers found that a quarter of all teenage mothers became pregnant again before they turned 20. Head researcher Ali Khashan looked at the pregnancies of over 56,000 women in the northwest of England over a three-year period. There were 3,636 women aged between 14 and 17 at the time of birth and 7,506 between 18 and 19. They found teenage mothers were more likely to be underweight and come from a white ethnic background. The researchers published their findings in the journal "BMC Pregnancy and Childbirth." They call for better sex education at school and the promotion and use of contraception after a teen has given birth for the first time. The researchers said the rates of teenage pregnancy were related to the mothers' social background. They discovered that around thirty percent of the teenage mothers came from poorer areas. Mr Khashan also suggested the body of young teens may not be ready for childbirth: "It is possible that the increased risk of poor pregnancy outcome is related to biological immaturity," he said. He also noted teenage girls did not get proper medical advice after becoming pregnant and that health service workers generally focused on them less when they had a second child.

source:www.breakingnewsenglish.com

Comprehension check-up



TRUE / FALSE

Read the headline. Guess if a-h below are true/false:

- a. A report says teenagers are the riskiest mothers.
- b. The report says girls in their early teens risk having premature babies.
- c. Researchers looked at more than 56,000 teenage pregnancies.
- d. The study found the problem was equally spread among all races.
- e. The researchers believe there is a need for better sex education.
- f. The report found a link between teenage pregnancy and social skills.
- g. A researcher said young teenage bodies may risk premature births.
- h. Teens get more help from health workers for their second pregnancy.

Talking Points:

- Do you think today's teenagers are ready to raise children?
- What sex education do you think children should receive at school?
- Is there anything wrong with an 18-year-old woman becoming pregnant?
- What is the best age for a woman to have a baby?
- What problems are there if a teenager has a baby?
- What are the pros and cons of having a baby at the age of 40?

Lesson 5- The Chicken Came Before the Egg

What do you think?







Listen/Read:

Which came first, the chicken or the egg? This is one of life's oldest questions and everyone has their own opinion. Now scientists believe they have cracked it and have unscrambled this mystery. Researchers from Sheffield and Warwick Universities in England discovered the answer by mistake. They used a super computer to zoom in on the shell-making process while a new shell was forming. They said it all boils down to one protein called OC17 that is essential for forming eggshell. This is only found inside a chicken's ovaries, which is proof that the chicken came first. The team was originally looking at how animals and birds make eggshells but suddenly made their surprising discovery. The big question now is where chickens came from. The answer to that is from dinosaurs.

The research team said eggshells are one of nature's most amazing creations. Professor John Harding from Sheffield University told reporters: "Understanding how chickens make eggshells is fascinating in itself but can also give clues towards designing new materials and processes." Eggshells are very lightweight but incredibly strong. The most cutting-edge materials designed by the world's top engineers cannot produce anything as brilliant as an eggshell. Professor Harding added that studying eggshells could help find new answers to bone-healing processes and materials used by the construction industry: "Nature has found innovative solutions that work for all kinds of problems in materials, science and technology -- we can learn a lot from them," he said.

Source: http://www.breakingnewsenglish.com/

Comprehension check-up



TRUE / FALSE

Read the headline. Guess if a-h below are true or false:

- a. The question of whether the chicken or egg came first is a new one.
- b. Scientists have found a way to unscramble scrambled eggs.
- c. There is a single protein that is vital to make eggshells.
- d. The scientists were not looking as if the chicken or egg came first.
- e. The article says egg yolks are an amazing creation of nature.
- f. A professor says eggshells can teach us about materials design.
- g. The article says the cutting edge of an eggshell is razor sharp.
- h. Eggshells can teach scientists about how bones heal.

Talking Points:

What springs to mind when you hear the word 'mystery'?

Do you think the chicken came before the egg?

Why is it that "which one came first" is such a mystery?

What part do eggs play in your life?

What other questions in life would you like answered?

What do you think is nature's most amazing creation?

Do you think understanding how chickens make eggshells is fascinating?

What three things do you think are interesting about eggshells?