

Stress baking



Before listening

to conduct - to carry out a particular activity or a process

a poll - a process of finding out what people think about something by asking many people the same questions

a survey - a set of questions that you ask a number of people in order to find out their opinion

tense - an uncomfortable feeling, when you feel anxious or worried that something bad might happen, unable to relax

a co-founder - a partner, especially when people start business together

to bake - to cook something in the oven (a metal box where you can cook food inside)

to relieve - make someone feel better, feel less pain or make the problem less serious/difficult

to reduce - to make something smaller or less in size

Complete the sentences with one of the words above

1. It was a _____ moment for everyone because he could not control his speed.
2. Alcohol cannot really _____ the stress, but causes a serious addiction.
3. The latest public opinion _____ showed that 70% of people support the governor.
4. Small businesses will need to _____ the prices in order to survive.
5. The cake should _____ for 40 minutes.
6. According to a recent _____, one in four 15-year olds smokes regularly.
7. The _____ of the company, Charles Munch has just resigned.
8. They _____ a survey of students' careers a year after the graduation.

Match the words and their definitions

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| 1. event | a. A thing that happens, especially one that is planned or important. |
| 2. conducted | b. One of the people who started a company, website, organization, etc. with another person or other people. |
| 3. cause | c. Done; carried out. |
| 4. survey | d. Causing or showing the most stress and nervousness. |
| 5. tensest | e. Make something happen. |
| 6. cofounder | f. A study of the opinions or experiences of a group of people, based on a number of questions. |
| 7. anxiety | g. A feeling of worry, nervousness, or unease, about something that will happen soon. |
| 8. coverage | h. Increase the amount or rate of something (like weight or speed). |
| 9. relieve | i. Successful in giving the result you wanted. |
| 10. popularity | j. The amount of news reporting by TV and radio stations, newspapers and the Internet. |
| 11. effective | k. Ready for something to happen. |
| 12. gain | l. Make pain, stress, or difficulty to become less serious. |
| 13. prepared | m. Easy to see or understand. |
| 14. clear | n. Being liked, admired, or supported by many people. |

Match the synonyms

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|----------------|--------------------|
| 1. stressful | a. round-the-clock |
| 2. poll | b. furthermore |
| 3. cause | c. obvious |
| 4. in addition | d. survey |
| 5. normal | e. successful |
| 6. non-stop | f. ordinary |
| 7. rose | g. put on |
| 8. effective | h. demanding |
| 9. gain | i. increased |
| 10. clear | j. source |

Listen to the news and match the sentences halves

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| 1. conducted by the marketing | a. up to the election |
| 2. November the 3rd, 2020 would be the tensest | b. of stress |
| 3. they couldn't imagine being | c. winner for weeks |
| 4. this year has been a marathon | d. more stressed |
| 5. These are not normal | e. research company |
| 6. The months of non- | f. popularity in 2020 |
| 7. Stress baking rose in | g. reliever |
| 8. in the run- | h. times |
| 9. people used baking as a stress | i. stop news coverage |
| 10. we probably won't have a clear | j. day yet this year |

Listen to the news again and answer the questions

1. What is the name of the polling company mentioned in the article?

2. What was more stressful than the US election?

3. How many adults took part in the election?

4. What did 67% of people polled want to be over?

5. What kind of marathon did a woman say this year was?

6. According to the article, what non-stop thing stressed people out?

7. Where did many cakes and bread go in the run-up to the election?

8. What percentage of people baked to relieve stress?

9. What were the after-effects of that?

10. What did a woman say about the results of the US election?
