



WEATHER CHANGES



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Expemo code:
1FF8-61L9-546



1

Warm up

In pairs, discuss the following questions.

1. Are you a warm weather person or a cold weather person?
2. Do you think that your health is affected by the weather?
3. Why do many people prefer to retire in a country with a warm climate?
4. Have you ever heard any stories that link weather and health?





2

Focus on vocabulary

Match the following vocabulary to the definitions and then have a quick chat with your partner to help you remember the words for longer.

Group 1

- | | |
|------------------------------|----------------------------------------------------------------------|
| 1. <u>coupled</u> (v) | a. having a high chance of being influenced or harmed by something |
| 2. <u>humidity</u> (n) | b. a fact or event that is not fully understood |
| 3. <u>phenomenon</u> (n) | c. the system in your body that fights against infection and disease |
| 4. <u>susceptible</u> (adj.) | d. two parts that are joined together |
| 5. <u>immune</u> systems (n) | e. the amount of water that is in the air |

Group 2

- | | |
|-----------------------------|-------------------------------------------------------------------|
| 1. <u>abruptly</u> (adv.) | a. a condition when the body temperature is much lower than usual |
| 2. <u>vulnerable</u> (adj.) | b. easily hurt both physically and mentally |
| 3. <u>cramps</u> (n) | c. a sudden pain that occurs when certain muscles tighten |
| 4. <u>hypothermia</u> (n) | d. sudden and unexpected |
| 5. <u>evaporate</u> (v) | e. when a liquid changes into gas, especially steam |

Talk to your partner.

What is the best thing you can do to strengthen your **immune system**?

Are you **susceptible** to any allergies? Which ones?

How can society take better care of **vulnerable** people in the winter?

Do you know about any mysterious natural **phenomena**?



3

Reading preparation

Read through the introduction of the article by yourself and then with your partner try and answer the questions that follow.

Weather changes*Feeling a little under the weather?*

The links between health and climate go way back, and the chances are you have had pieces of advice thrown your way in relation to sickness and weather. This advice may have been accurate, or it may have been an **old wives' tale**, sometimes it is hard to know. Luckily, a number of studies have been performed over the years to try and shine a light on how the weather affects us both physically and mentally and it can be quite revealing to separate fact from fiction

1. What advice have you been given in relation to weather and health?
2. Do you know any old wives'* tales related to health?

Glossary:

**old wives tale (n)- a superstition or traditional belief that is thought to be unscientific*

4

Skimming for general understanding

Read the following headings and match them to the correct paragraphs in the article on page four.

- (1) How the weather affects us
- (2) Do the risks only come from the cold?
- (3) When the temperature falls
- (4) Be educated and stay safe

- (5) Are we really safer inside?
- (6) It is getting chilly outside
- (7) Heat is a real danger
- (8) Time to change



Weather changes

Feeling a little under the weather?

A. _____

The links between health and climate go way back, and the chances are you have had pieces of advice thrown your way in relation to sickness and weather. This advice may have been accurate, or it may have been an old wives' tale, sometimes it is hard to know. Luckily, a number of studies have been performed over the years to try and shine a light on how the weather affects us both physically and mentally and it can be quite revealing to separate fact from fiction

B. _____

"You'll catch your death out there" is a statement that warns a person if they go outside in cold weather, they are likely to get sick, but is it true? Is there a direct link between low temperatures and bad health? In a word, yes. It has been shown that older people are at particular risk of health issues during the cold winter months, and this can be down to the fact that as we get older, it is harder for our bodies to detect how cold we are, and it can take longer for us to warm up.

C. _____

However, risks in relation to catching a cold or flu in the winter are not primarily affected by the weather outside but by the increased amount of time we spend indoors. Our increased time inside coupled with humidity drops caused by an overuse of heaters allows for viruses like influenza to remain in the air for longer and increase our chance of catching something nasty.

D. _____

A cold snap refers to a sudden temperature drop that results in a brief spell of cold weather. Many people believe that this phenomenon makes us more susceptible to contagious diseases and we should be particularly careful during those periods. Researchers have discovered that rhinoviruses, the ones that cause most colds, survive best in cold, dry air and that we are more susceptible to infection when the

temperature is low, but is our risk of infection directly related to the temperature change?

E. _____

Sudden changes in temperature can be seen as challenges to our immune systems and our bodies tend to get used to a certain type of weather. Therefore, if the weather changes abruptly our bodies need to adapt to these new conditions and unfortunately sometimes our bodies find it difficult to change fast enough, and it is during this period that we can find ourselves particularly vulnerable.

F. _____

While we are rightly concerned about our health during the cold winter months, is there any risk to our health with higher temperatures? As many people dream of retiring in a country with a warm climate it seems unlikely, but is it impossible?

G. _____

"Heat gain" is the combination of both external and internal factors coming together to make it difficult for our bodies to regulate their temperature. Rapid heat gain can come with a scary list of negative health issues including but not limited to, heat cramps, heat stroke and hyperthermia. If you mix the heat with humidity, the risk to our health becomes greater as the body struggles to cool itself down due to the fact that our sweat does not evaporate quickly enough.

H. _____

When talking about our health it is important to separate fact from fiction so that we can best take care of ourselves. It is clear that the weather has a direct relationship to our health, and we should be informed enough that we can protect ourselves in the freezing winters or the roasting summers that many of us face each year.

Sources: theguardian.com; health.ucdavis.edu; healthline.com; piedmont.org; who.int; scmo.org



5

Reading comprehension

Read the following statements and decide if they are True (T), False (F) or Not Given (NG).

1. The connection between weather and health was made a long time ago. _____
2. As we age our body is able to warm up more quickly. _____
3. The consumption of a hot drink can help reduce the seriousness of a cold. _____
4. The increased use of heaters kills viruses in the air more quickly. _____
5. We are more likely to become infected when the weather is cold. _____
6. Our bodies can find quick changes in temperature difficult to deal with. _____
7. On average, if you retire in a warm country, you are likely to live at least 20 years longer. _____
8. Heat gain is concerned with things both inside and outside of our bodies. _____

6

Natural Language: idioms

Look at the idioms from the article with your partner. From the context, try to guess the meaning of each one. Then, to help you remember the idioms, have a chat with your partner, and use them to talk about your life.

- a number of studies have been performed over the years to try and **shine a light on** how the weather affects us
- viruses like influenza to remain in the air for longer and increase our chance of **catching something nasty**.
- When talking about our health it is important to **separate fact from fiction** so that we can best take care of ourselves.

Let's chat.

1. Do you think it is important for the media to **shine a light on** sections of society that we don't usually hear about?
2. Have you ever **caught something nasty** while travelling abroad?
3. Is it important to **separate fact from fiction** when you get your news from the internet?



7

Talking points

In pairs discuss the following questions.

1. What was the most interesting part of the article for you? Did anything surprise you?
2. Did anything that you discussed in the Reading preparation stage of the lesson come up in the article?
3. Do you think you will be more careful in relation to your health after reading this article?

8

Extra activity: Listening and reading

Part 1: Listen to the podcast about old wives' tales and answer the following questions in relation to what they talk about.

1. An *old wives' tale* could be:
 - a. handed down from father to son
 - b. given by a brother to a sister
 - c. offered by a manager to a staff member
2. How did the podcast describe the difference between soy milk and dairy milk?
 - a. 0% difference
 - b. 50% difference
 - c. 100% difference
3. What is a fever good for?
 - a. Passing infection to others
 - b. Keeping the infection inside
 - c. Fighting the infection
4. Where is it better to get your vitamin C from?
 - a. Pills
 - b. Fruit and vegetables
 - c. The doctor

**Part 2: Look at the podcast script and find words that match the definitions below.**

1. _____ (n) ideas that are not based on correct information
2. _____ (adj.) used to show that you think something might not be true
3. _____ (n) milk and milk products
4. _____ (n) the physical desire for food (n)
5. _____ (n) cloths that are pressed onto the body to reduce pain, stop bleeding etc.
(n)
6. _____ (adj.) medical field that is connected to children and their diseases (adj.)
7. _____ (v) making a person feel better during an illness (v)
8. _____ (n) the amount of food or drink that you take into your body (n)

Host: Welcome to the Medical Mythbusters, the podcast where we debunk common myths and misconceptions about health and wellness. In today's episode, we'll be discussing some popular old wives' tales about being sick. So, to get us started, Jack can you tell us what an old wives' tale is?

Jack: Sure, an old wives' tale is a supposed truth which is passed down from generation to generation.

Host: Can you tell us about any old wives' tales you've heard related to sickness?

Jack: Of course, there are loads. Like, the one about avoiding dairy when you're sick. Some people believe that if you eat dairy, it increases how much mucus* you produce.

Host: Right. But apparently, that's not true. A recent study showed no difference between participants who drank dairy milk and those who had soy milk. So, if you have an appetite for a big bowl of ice cream then go for it.

Jack: Interesting. I've also heard that cold compresses or cold baths help with fevers, but according to research performed by the chief of paediatric infectious diseases at the University of California, a fever is good for fighting infection. It has also been shown that cold baths can lower core body temperature and cause shivering.

Host: That's true, and what about the one I heard about vitamin C curing colds?

Jack: They say that while vitamin C boosts immunity, it is unlikely that an increased intake helps once you're already sick. It's better to get your vitamin C from natural sources like fruits and vegetables which will reduce how long and how serious your cold is once you are unlucky enough to catch one.

Host: Okay, so it sounds like we shouldn't take these old wives' tales too seriously, should we?

Jack: Sure, it's important to question everything but the final word should always lie with a medical professional.

Glossary:

mucus (n): a thick liquid that is produced by different parts of the body like the nose