

Why noise is bad for your health — and what you can do about it.

[Listening Test Questions]

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Level: **** [B1/B2]

Link:

https://www.ted.com/talks/mathias_basner_why_noise_is_bad_for_your_health_and_what_you_can_do_about_it

Check these words before listening:

Key vocabulary

1. Silence / the sounds of silence
2. Simon and Garfunkel (famous musicians of the 1960s and 70s)
3. A [REDACTED]
4. Auditory effects / sound exposure
5. [REDACTED]
6. Physical / psychological components
7. [REDACTED]
8. Sound pressure levels
9. To [REDACTED]
10. Urbanisation
11. Leaf blowers / [REDACTED] / [REDACTED]
12. World Health Organisation (WHO)
13. [REDACTED]
14. High blood pressure / heart attack, a stroke
15. Prolonged periods of time
16. [REDACTED]
17. Adrenaline / cortisol
18. [REDACTED] studies
19. Sleep disturbance
20. [REDACTED]
21. Noise-induced sleep disturbances
22. [REDACTED]

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Student

TED Talks Test Questions

Time: *Approximately 1- 1:30 hours*

1. Read the title

- Try to predict the content of lecture
- Write down key terms / ideas
- Check key vocabulary using a dictionary

Try to listen ONLY two times

Three types of lesson

Lesson#1: [hard]

1. Listen once – take notes
2. Give 5 minutes to tidy notes
3. Listen again and add to notes (use a different colour pen)
4. Answer questions – set 20-25 minutes to answer.
5. Check answers
6. Listen again to check answers

Lesson #2: [medium]

1. Listen once – take notes
2. Answer questions: 10-15 minutes
3. Listen again – answer the questions as they listen
4. Give yourself 10 minutes to tidy answers. Then check answers
5. Listen again to check answers

Lesson #3: [easier]

1. Read questions – highlight key terms
2. listen once and answer questions
3. 5 minutes to tidy notes
4. Listen again answer missed question
5. 5-10 minutes to tidy answers. Then check answers
6. Listen again to check answers

Teacher

TED Talks Test questions

Lesson Plan

Aim: to develop the students' ability to listen to a 10 min+ lecture, to take notes and then use those notes to answer a range of test-type questions.

Lesson Time: Approximately 1:30-2:00 hours

Lesson Plan

1. Lead in

- Ask Students to discuss the 'title' and predict the content of lecture
- Ask students to write down key terms / language from discussion
- Feed in / check key vocabulary

Three types of lesson

Lesson#1: [hard]

1. Students listen once – take notes
2. Give 5 minutes to tidy notes
3. Listen again and add to notes (use a different colour pen)
4. Give out questions – set 20-25 minutes to answer
5. Feedback answers (give out answers or go through on board)

Lesson #2: [medium]

1. Students listen once – take notes.
2. Give out questions: Set 15 minutes for students to answer questions from notes
3. Listen again – students answer the questions as they listen
4. Give extra 10 minutes to consolidate answers
5. Feedback answers (give out answers or go through on board)

Lesson #3: [easy]

1. Give out questions - students have 10 minutes to look at questions
2. Students listen and answer questions
3. Give 5 minutes to tidy notes
4. Students listen again – check answers and answer questions missed
5. 5-10 minutes to tidy answers
6. Feedback answers (give out answers or go through on board)

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By Mathias Basner (2018)

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Intro

1. What is the main idea expressed [redacted]? One word for each point.

i.	Silence is a rare _____
ii.	We'll all [redacted] for it in terms of our _____

___ / 2

2. If you leave a concert or a bar and your ears are ringing, this can cause:

___ / 1

Definition

3. Noise has [redacted] that make the [redacted]

i.	
ii.	

___ / 2

4. What was the [redacted] to highlight [redacted]?

___ / 1

5. Why are quiet spaces important?

___ / 1

6. What were the examples [redacted] it is difficult to [redacted] Name three:

0	<i>Growing traffic</i>
i	
ii	
iii	

___ / 3

Data

7. What did the World Health Organisation estimate [redacted] ?

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___ / 1

Noise effects

8. Which of these are correct? Noisy areas...

- i. affect children's hearing.
- ii. affect [redacted] skills.
- iii. affect children's [redacted].
- iv. all the above.

___ / 1

Medical studies

9. True/False / Not Given

T/F/NG

i	A health effect of noise is the increase risk of [redacted].	
ii	[redacted] is created from [redacted] hormones that rise blood pressure.	
iii	Epidemiological studies show significant high [redacted] exposure cause heart [redacted].	
iv	The government consider noise as a [redacted] problem.	
v	A recent study found that the US economy [redacted] by lowering environmental noise [redacted] decibels.	
vi	Noise is also closely linked to other diseases like cancer, [redacted] and [redacted].	

___ / 6

Sleep Disturbance

10. True / False / Not Given

T/F/NG

i	Sleep is an important mechanism for r [redacted] and preparation for the following day.	
ii	Researchers refer to the bedroom as the ' [redacted] '.	
iii	An auditory system is [redacted] sleeping and this can prevent our [redacted] from going down.	
iv	Most people are not aware of noise- [redacted].	
v	Most people who say they had ' [redacted] ' have probably [redacted] disturbance in that sleep.	
vi	Research on subjects who suffered the effects of traffic noise while [redacted] they were more [redacted] disease.	

___ / 6

11. So when is loud too loud? Which of these is NOT an example given?

i	Change behaviour	v	Close window
ii		vi	Move bedroom (to basement)
iii	Turn up your TV volume	vii	
iv	Avoid	viii	Move house

___ / 1

Sound Environment Improvement

12. Summary of possible solutions

- i. If you are in a movie theatre and it _____, demand to have a i. r _____ and leave.
- ii. You should also talk to _____ about the ii. c _____ of loud _____.
- iii. If you are _____ a property, _____ a iii. p _____.
- iv. Try wearing iv. n _____ v. h _____ when _____ places with high _____.
- v. In general, try _____ vi. q _____ spaces especially _____ or on vii. v _____. Allow your system _____.
- vi. In addition, we should make our viii. n _____ **footprint** smaller _____ noise at _____. Choose low-noise _____ be aware when you are making noise.

___ / 8

13. Why is it not easy for governments to create noise _____ and enforcement?

___ / 1

14. Final Quote: Put in the missing word.

'One day, mankind _____ noise as _____ as _____ the pest.'

___ / 1

15. Is the _____ about reducing noise for the future? Choose one.

Yes	no
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___ / 1

Total: _____ / 36

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Intro

1. What is the main idea expressed in the introduction?

i.	Silence is a rare <u>commodity</u>
ii.	We'll all paying a price for it in terms of our <u>health</u>

___ / 2

2. If you leave a concert or a bar and your ears are ringing, this can cause:

Permanent damage

___ / 1

Definition

3. Noise has two components that make the sound unwanted:

i.	Physical
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ALL ANSWERS ARE INCLUDED IN THE PAID VERSION...