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The Met Office has upgraded its heatwave warning in parts of the UK, as temperatures are set to rise above 30C (86F).

It said they could reach "Level 3 heat-health watch criteria" in London and the South East, requiring healthcare services to help high-risk groups.

Conditions in other areas of England and Wales may come close to triggering a higher **alert** but it is less likely.

Much of the UK has been **basking** in hot weather for more than a week.

While the warm weather has been welcomed by sunbathers, sport watchers and barbecue fans, health officials said the heat could be dangerous for the very young, elderly, pregnant women and seriously ill.

The hot weather has also caused problems for drivers and rail passengers in parts of England this week, after road surfaces melted and tracks **buckled** in the heat.

BBC weather forecaster Chris Fawkes said a heatwave, according to the World Meteorological Organization, occurred when temperatures were five or more degrees above average for at least five days.

He said the UK was already in a heatwave and the alert was essentially a health warning, telling healthcare professionals to watch out for **vulnerable** people.

Health officials in England are advising people experiencing the very hot weather to stay cool, drink lots of cold fluids and keep an eye on those they know to be at risk.

Dr Angie Bone, who is leading Public Health England's heatwave plan, said its efforts involved health and social care workers in the community; hospitals and care homes regularly checking on vulnerable patients; sharing sun safety messages; and making sure room temperatures were set below 26C.

Under the plan, officials ensured patients had access to cold water and ice, and that medicines were stored in a cool place, she added.

The NHS says the main risks posed by a heatwave are **dehydration**, **overheating**, heat exhaustion and heatstroke.

Abridged from <http://www.bbc.co.uk/news/uk-23341504>

**Pre- reading activities**

1. What is a heat wave?
2. Are heat waves common where you come from?
3. Which groups of people are more vulnerable during a heatwave?
4. How do people often put themselves in danger in extreme heat conditions?
5. How to keep safe from the sun. Number the statements below from the most to the least important. Discuss the results with the class.

|  |  |
| --- | --- |
| 1. Try to keep out of the sun between 11:00 and 15:00
 |  |
| 1. Wear sunscreen
 |  |
| 1. Wear loose cotton clothing
 |  |
| 1. Drink lots of cool drinks
 |  |
| 1. Seek shade
 |  |
| 1. Wear sunglasses and a hat
 |  |
| 1. Stay in rooms with an air conditioner
 |  |

**6.** The verbs below collocate with the noun **temperature**. Which of the verbs below mean “to rise” and which ones are synonyms of “to fall”? Discuss the results with the class.

1. London Faces Second Heatwave Alert as temperatures **soar**
2. Temperatures are set to **plummet** to as low as -10C this week.
3. Heat wave eases as temperatures **drop** 8 degrees.
4. The global temperature will **increase** in the future
5. Snow and ice take hold as temperatures **plunge** across Britain.
6. Temperatures dip but will **climb** again by weekend.

**Exercises**

**1. Match the words with their definition. Put the correct letter in the box on the left**.

|  |  |
| --- | --- |
| 1. alert (n)
 | 1. to bend or become bent, often as a result of heat
 |
| 1. bask(v)
 | 1. hotter temperatures than usual
 |
| 1. buckle(v)
 | 1. to lie or sit enjoying the warmth especially of the sun
 |
| **4.** vulnerable | 1. a warning to people to be prepared to deal with something dangerous
 |
| **5.** dehydration | 1. able to be easily physically, emotionally, or mentally hurt, influenced or attacked
 |
| **6.** overheating | 1. lack of water in the body because of too much sweating
 |

**2. Answer the questions based on the text**

1. Why has the British Med Office been in alert lately ?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

1. What groups of people are more likely to suffer from the heatwave?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

1. How did the heatwave affect the country’s infrastructures?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

1. How can people protect themselves from the heatwave?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

1. What can a heatwave cause to person’s health?

…………………………………………………………………………………………………………………………………………………..

…………………………………………………………………………………………………………………………………………………..



**Across**

4. a large amount of ice, snow and rock falling quickly down the side of a mountain

6. a large amount of water covering an area that is usually dry

7. the bright flashes of light that you see in the sky during a storm

9. very heavy rain

10. the sudden loud noise which comes from the sky especially during a storm

11. a mass of rock and earth moving suddenly and quickly down a steep slope

 **Down**

 1. a violent wind which has a circular movement

 2. a long period when there is little or no rain

 3. small hard balls of ice which fall from the sky like rain

 5. a severe snow storm with strong winds

6. a thick cloud that forms close to the ground or to water and is difficult to see through

8. a period of time when the weather is much hotter than usual

**Fill in the sentences with words from the crossword.**

1. Heavy ………… forced drivers to slow down.
2. Well, we've had our first snow that has stuck and are expecting ……………. conditions tomorrow night.
3. There will be widespread showers of rain, ………. and sleet.
4. This vast region is the poorest in Brazil and suffers from severe and recurring ……………...
5. An ………………….is a rapid flow of snow down a hill or mountainside.
6. We walked up to a shelter as the rain became ………………….. .
7. After the ……………….. it took weeks for the water level to go down.
8. That tree was struck by ………………………...
9. A loud crash of ………………….. broke the silence of the night.
10. The state of Florida was hit by a ……………………that did serious damage.
11. During a …………………….you should drink lots of water.

**TEACHER’S NOTES AND KEY**

**PRE-READING ACTIVITIES**

1) A period of extreme heat.

2) Depends on the nationality of students

3) Pregnant women, the elderly, people with diseases, children

4) They forget to put on a hat and sunglasses, drink lots of fluids. They misjudge the situation and defy the danger.

5) Students number these according to their opinion.

6) 1 rise, 2 fall, 3 fall, 4 rise, 5 fall, 6 rise

**Exercise 1:** 1 d, 2c, 3a, 4e, 5f, 6b

**Exercise 2: 1)** Because a heatwave has struck the UK and health services should be prepared to help vulnerable groups of people.

2) Babies and children, the elderly, pregnant women and seriously ill people are the most vulnerable groups of people.

3) The heat caused the melting of road surfaces and the bent of rails.

4) Health officers should inform the society about how to protect themselves against the heatwave. People should drink lots of fluids, stay in cool places. Ill people should store their medicine in cool places.

5) They can have a heatstroke, feel exhausted, sick and become dehydrated.

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|  |
| --- |
| **1. fog** |
| **2. blizzard** |
| **3. hails** |
| **4. drought** |
| **5. avalanche** |
| **6. torrential** |
| **7. flood** |
| **8. lightning** |
| **9. thunder** |
| **10. hurricane** |
| **11. heatwave** |

 **Crossword key**

Resources

[www.flamingtext.com](http://www.flamingtext.com)

[www.clkr.com](http://www.clkr.com)

<http://www.macmillandictionary.com/>

<http://dictionary.cambridge.org/dictionary/british/>

<http://www.eclipsecrossword.com/>

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