

* Read the article carefully.

### Is too much choice making us unhappy?

Years ago there were only two kinds of coffee – black or white. But nowadays when you go into a coffee shop in the UK you are given about twenty different options. Do you want a Cappuccino, a Latte, a Caramel Macchiato, an Americano, or a White Mocha?

In big supermarkets we have to choose between thousands of products – my local supermarket has 35 different kinds of milk! When we are buying clothes or electrical gadgets, looking for a hotel on a travel website, or just deciding which TV channel to watch, we are constantly forced to choose from hundreds of possibilities.

However, university researchers have discovered that too much choice is **making** us feel unhappy and dissatisfied. The problem is that we have so many options that we get stressed every time we have to make a decision, because we are worried about making the wrong one. Then when we choose one thing we feel bad because we think we are missing other opportunities, and this makes us dissatisfied with what we have chosen.

Professor Mark Lepper at Stanford University in America found that people who tried six kinds of jam felt happier with their choice than those who were offered 24 jams to taste.

Professor Lepper suggests that we should try to relax when we have to choose something to buy. ‘Don’t take these choices too seriously or it will become stressful,’ he says. ‘If you pick a sofa from IKEA in 30 seconds, you’ll feel better than if you spend hours researching sofas – because you won’t know what you’re missing.



* Answer the following questions in Spanish.

1. How have options changed with the stream of time?
2. What happens today when we go shopping?
3. Why do researchers think that having different options doesn’t make us happy?
4. Is the idea of having a great deal of opportunities a negative or a positive factor?
5. What should we do when choosing something to buy?

#### GRAMMAR CHECK

* Find examples of the following tenses:

|  |  |  |
| --- | --- | --- |
| **Tense** | **Examples from the text**  **(In English)** | **Reason for their uses**  **(In Spanish)** |
| Simple Present |  |  |
| Simple Past |  |  |
| Present Continuous |  |  |
| Simple Future |  |  |
| Present Perfect |  |  |

* There are examples of Passive Voice. Give one and explain it in the following box:

|  |  |
| --- | --- |
| Example: |  |
| Tense: |  |
| Doer of the action: |  |

* What kind of word is “seriously”? Why is this suffix used?
* What kind of word is “happier”?
* What is the meaning of the phrasal verb “took off”?
* Give an example of a sentence with a relative clause. Here you have the relative pronoun:

|  |  |
| --- | --- |
| WHO |  |

* Are modal verbs essential for the meaning of a sentence? Re-read the following sentences and explain the idea of the modal verb:

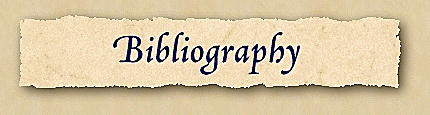
Professor Lepper suggests that we **should** try to relax when we have to choose something to buy.

In big supermarkets we **have to** choose between thousands of products...

* Inchoactive verbs are followed by an adjective. There is an example in the text. Can you understand the idea?
* What kind of sentence is the following example? Can you translate the idea and explain the intention of the writer?

If you pick a sofa from IKEA in 30 seconds, you’ll feel better than if you spend hours researching sofas – because you won’t know what you’re missing.

* Is the term “making” a noun, a verb or an adjective?



# Bibliography

**Lesson 3**

Adapted from: [www.pcparch.com/firm/people/cesar-pelli-faia](http://www.pcparch.com/firm/people/cesar-pelli-faia)

**Lesson 4**

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**Lesson 5**

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**Lesson 6**

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<http://www.ego4u.com/en/cram-up/grammar/passive>

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**Lesson 7**

Adapted from: <http://www.ift.org/Knowledge-Center/Learn-About-Food-Science/Food-Facts/What-Are-Trans-Fats.aspx>

**Lesson 10**

Adapted from: <https://elt.oup.com/elt/students/englishfile/dyslexicfriendlytexts/ef_pre_reading_10c.pdf?cc=us>