

SEARCHING FOR A HANGOVER CURE?

HOW PEOPLE AROUND THE WORLD CURE THEIR HANGOVERS



Hangover cures from around the world

Indulging in alcoholic drinks can often lead to unpleasant mornings after. To **mitigate** the symptoms of a hangover, people worldwide turn to food and drink. For many, carbohydrates are the answer since hangovers result from dehydration and low blood sugar levels. Symptoms of a hangover include nausea, fatigue, irritability, and aches.

To avoid a hangover, it's best to abstain from drinking, but for those who **overdo it**, drinking plenty of water and fueling the body with carbs, healthy fats, and protein can help alleviate symptoms. If you're feeling hungover, Lauren Shockey's book, "Hangover Helper," offers recipes from around the world for those who prefer a **DIY** approach.

In Paris, where the Bloody Mary cocktail was invented in 1921, many people believe that the drink is the perfect remedy for a hangover. The drink, which contains vodka, tomato juice, Tabasco, salt, pepper, lemon, and Worcestershire sauce, is also a favorite all over the world.

In London, cheese on toast is an easy-to-make breakfast favorite that can help cure a hangover. Simply slide bread under the grill, slather on butter and spicy mustard, and add grated cheddar on top. Slide back under the grill until the cheese is melted and enjoy.

Berliners, on the other hand, prefer a currywurst to cure their hangover. This German snack consists of fried pork sausage that is sliced into bite-size chunks, doused in spiced curried ketchup, and dusted with curry powder. The meaty sausage, rich sauce, and subtle heat from the spicing provide a **revitalizing** boost.

In Copenhagen, the flæskestegs sandwich is the signature sandwich and is all about messy, delicious indulgence. The sandwich comprises thick slices of roasted and grilled pork neck nestled in a soft bun with crispy crackling, pickled cucumbers, red cabbage, and a spicy mayonnaise. It's an excellent choice to help ward off a hangover.

In Manila, tapasilog is a popular choice for the morning after a night of drinking. It consists of cured, semi-dried, or marinated beef with garlic rice and a fried egg. The dish is simple, filling, and convenient, and is available in many places all over metro Manila.

" a magic hangover pill doesn't exist yet"

In Sydney, smashed avocado on toast is a go-to option for when you're hungover. The dish contains high potassium content from the avocado, which helps with replenishing that key nutrient. Eggs are also included, which contain Vitamin A, making the dish a solid hangover pick.

In Tokyo, the co-founder of Wagyumafia, Hisato Hamada, recommends eating before bed after a night out to alleviate hangover symptoms. In Bangkok, Thailand, a bowl of pho, a Vietnamese soup made with rice noodles, herbs, and meat, is a popular choice for those who overindulge.

Although a "magic hangover pill" doesn't exist yet, worldwide hangover remedies can help alleviate symptoms. Drinking plenty of water, consuming carbs, healthy fats, and protein, and indulging in some of the world's famous hangover foods can help you get through the day after a night of revelry.

Lesson 34: How People Around the World Cure Their Hangovers

Part 1: Comprehension - Read and summarize the article thinking of who, what, when, where & why.

Part 2: True or False Questions

- a) True or False - Hangovers are caused by high blood sugar levels. T/F
- b) True or False - Drinking water and consuming carbs, healthy fats, and protein can help reduce hangover symptoms. T/F
- c) True or False - The Bloody Mary cocktail is a non-alcoholic drink. T/F
- d) True or False - Hisato Hamada recommends eating before bed to alleviate hangover symptoms in Tokyo. T/F

Part 3a: Guess the meaning of unknown vocabulary/phrases.

- a) "Mitigate" _____

- b) "Overdo (something)" _____

- c) "Revitalizing" _____

- d) "DIY" _____

Part 3b: Vocabulary in Use - Write an example sentence using the words from 3a.

- a) Mitigate:

- b) Overdo (something):

- c) Revitalizing:

- d) DIY:

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Part 5: Talking Points

1. What are some of the most popular hangover remedies in your country?
2. Do you think avoiding alcohol altogether is the best way to prevent a hangover? Why or why not?
3. Have you ever tried any of the hangover remedies mentioned in the article? Which ones worked best for you?
4. How does your culture view drinking and hangovers? Is it accepted or frowned upon?
5. Do you think the type of alcohol you consume affects the severity of a hangover? Why or why not?
6. What other ways can you think of to alleviate hangover symptoms besides food and drink?
7. In your opinion, is it more important to focus on preventing a hangover or finding a remedy for the symptoms? Why?
8. Do you think hangover remedies are necessary or are they just a way for people to justify excessive drinking?
9. How does your personal diet and lifestyle affect your hangover symptoms?
10. Have you ever experienced a hangover so severe that you had to miss school or work? How did you handle the situation?

Part 6: Role play Scenarios

1. Hangover Remedy Menu:

In groups of 3-4, students can create a menu of their favorite hangover cures from around the world. They can include recipes, descriptions, and pictures of the dishes they choose. Once the menus are complete, each group can present their menu to the class and explain why they chose the dishes they did.

2. Hangover Recovery Plan:

In pairs, students can create a plan for recovering from a hangover. The plan should include what to eat and drink, what activities to do, and any other remedies they know. Once the plans are complete, each pair can present their plan to the class and discuss the similarities and differences between the plans.

3. Hangover Help Hotline:

In pairs, students can roleplay a hotline conversation where one person is a hangover sufferer and the other person is a hangover help specialist. The specialist should provide advice on what to eat and drink, what activities to do, and any other remedies they know. After the roleplay, each pair can present their conversation to the class and discuss the advice given.

Part 7: Writing Activity Compare and Contrast - What are the advantages and disadvantages of drinking alcohol?

Part 8: Critical Thinking - The Cure

In groups discuss the different hangover cures and other cures that you have heard off. Then pick the best cure from the list below and come together as a class and reach a consensus on the best one. Giving reasons to support your answers:

1. Paris, 2. London, 3. Berlin, 4. Copenhagen, 5. Minila, 6. Sydney, 7. Tokyo, 8. Other

(even if you haven't tried them before, you can guess what they are like and why people use them as hangover cures, and discuss which ones seem interesting)

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Part 9: a) Below are some articles/videos for additional reading, read/watch and see if you can find similar grammar points or vocabulary.

1. Nine hangover cures from around the world: <https://www.nationalgeographic.co.uk/travel/2020/12/hangover-cures-around-the-world>
2. The best natural hangover cures: https://www.youtube.com/watch?v=Py22ELX_CAK

Answers:

Part 1: Comprehension

The main idea of this article is to discuss the different ways people around the world cure their hangovers. It provides insight into various remedies, including food and drink, that people use to alleviate the symptoms of a hangover. The article highlights the importance of hydration, carbohydrates, and healthy fats and protein to mitigate the effects of a hangover. It also suggests that there is no "magic hangover pill" and that the best way to avoid a hangover is to abstain from drinking. The article was likely written to provide readers with useful information on how to manage a hangover and to explore the cultural significance of hangover remedies worldwide.

Part 2: True or False

A: False B: True C: False D: True

Part 3a: Guess the meaning of unknown vocabulary or phrases.

a) "Mitigate"

Answer: This is to make something less severe or painful. In the context of the article people turn to food and drink to mitigate the symptoms of a hangover.

b) "Overdo (something)"

Answer: This means to do something excessively or to an excessive degree, often going beyond reasonable limits because in the article they talk about overdoing drinking being the opposite of abstaining from drink.

c) "Revitalizing"

Answer: This is giving new life or energy to something. In the context of the article Berliners prefer currywurst because it provides a revitalizing boost of energy.

d) "DIY"

Answer: DIY is an abbreviation for "do it yourself". In the context of the article Lauren Shockey's book, "Hangover Helper," offers recipes from around the world for those who prefer a DIY approach, this means people who have come up with their own hangover recipes.

Part 3b: Vocabulary in Use - Write an example sentence using the words from 3a. (examples)

a) Mitigate:

Planting trees can help mitigate the effects of climate change by absorbing carbon dioxide from the atmosphere.

b) Overdo (something):

He tends to overdo his workouts, often pushing himself to exhaustion at the gym.

c) Revitalizing:

The revitalizing spa treatment left her feeling refreshed and rejuvenated.

d) DIY:

I decided to take on a DIY project and built a beautiful bookshelf from scratch.

Part 7: Writing (example)

Drinking alcohol has both advantages and disadvantages. On the positive side, moderate alcohol consumption can be enjoyable and may help some people relax or socialize more comfortably. Some studies suggest that small amounts of alcohol might have health benefits, such as reducing the risk of heart disease. However, excessive drinking can lead to serious health problems, including liver disease and addiction. It can also impair judgment and coordination, increasing the risk of accidents and risky behavior. Additionally, alcohol can have negative effects on relationships and can be addictive for some individuals. Therefore, it's important to drink responsibly and in moderation to avoid these potential disadvantages.