

## Feeling Irritable? It Might Be Time for a Snack.

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英文小達人：806 林榆芸 編輯老師：陳思思老師

各位老師，各位同學，大家午安，我是806 林榆芸，我是今天的英文小達人。今天我要為大家播報的內容，是Feeling Irritable? It Might Be Time for a Snack.

If you've ever bitten someone's head off because you were consumed by hunger, don't beat yourself up too much. We've all felt "hangry," a mix of angry and hungry, before. And now you can feel even more justified in your bad mood because science has confirmed what we've suspected all along --- nahger is real!

The conclusion came from a study that tracked 64 adults aged 18 to 60 over three weeks. During that time, those taking part recorded their emotions and hunger levels five times a day on their phones. The results showed a strong connection between hunger and a bad temper. In fact, hunger was linked with 56 percent of the feelings of irritability that were reported in the study.

What was not explained, however, was why hunger causes anger, but scientists have a few guesses. One is that hunger could be making us see things more negatively. Another theory is that low blood sugar could lead to an increased stress response. Luckily, avoiding these unpleasant effects is simple: always keep a snack on hand!

Thanks for your listening. See you next time!