
Today's Headlines:

Belgium in mourning after attacks

Zika virus victims increase

Negative reaction to online 'fitness challenge'

Belgium's begun three days of national **mourning**. The monarch, King Philippe, called the attacks a cowardly and **odious** assault. More than 30 people were killed in the attacks and more than 200 others injured. Extra troops have been deployed. Police have seized explosives, pre-cursor chemicals and an Islamic State flag during raids on properties in Brussels.

Brazil had identified more than 900 cases of microcephaly since the outbreak of the Zika virus in October. Many more are suspected but they're not yet officially confirmed. Scientists in Brazil say the increase in microcephaly, in which a baby is born with an **abnormally** small head, is linked to the mosquito-borne virus.

The A4 waist challenge that has everyone talking. The challenge to show your waist fitting behind a piece of A4 paper has gone viral in China and further afield but now there's a fight back happening online. It's been labelled, of course, **unrealistic**, damaging and a whole new low for viral body image challenges.

Words and phrases and definitions:

mourning

a time when people show sadness after a death or deaths

odious

very unpleasant

abnormally

unusually; not as expected

unrealistic

something that cannot be achieved

Watch the video online: <http://bbc.in/1Zs8sFM>

Exercise:

Use one of the words or phrases from Lingohack to complete each of these sentences. Note that you may have to change the form of a word or phrase to complete the sentence correctly.

mourning / odious / abnormally / unrealistic

1. Sebastian beats his children and cheats on his wife. He really is an _____ man.
2. I think Dad's plan to complete the marathon next week is _____. He's only just started training!
3. Music fans are _____ the passing of one of the greatest musicians of all time.
4. Motorists are being warned about a slow-moving, _____ load travelling along the motorway.

Answers:

1. Sebastian beats his children and cheats on his wife. He really is an **odious** man.
2. I think Dad's plan to complete the marathon next week is **unrealistic**. He's only just started training!
3. Music fans are **mourning** the passing of one of the greatest musicians of all time.
4. Motorists are being warned about a slow-moving, **abnormal** load travelling along the motorway.