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## Level 6

# Keeping cold could keep you thinner

10th January, 2015

<http://www.breakingnewsenglish.com/1501/150110-fat.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Scientists have discovered that staying in the cold could help us lose weight. Researchers at the University of California found that exposure to the cold increases levels of a protein that helps form brown fat - the type of fat that generates heat and keeps us warm. Brown fat burns energy, which helps us lose weight. White fat stores excess energy, which results in weight gain. The researchers said that because air conditioning and heating give us constant, comfortable temperatures, our body's need for brown fat has decreased. They found that: "Outdoor workers in northern Finland who are exposed to cold temperature have a significant amount of brown fat when compared to same-aged indoor workers."

The research was conducted on two different control groups of mice. One group was injected with the protein that helps create brown fat. This group subsequently gained 30 per cent less weight after both groups were fed high-fat diets. The researchers say this could be good news in the fight against obesity. People who are obese have lower levels of brown fat than thinner people. Head researcher Hei Sook Sul said: "This protein could become an important target for research into the treatment and prevention of obesity and obesity-related diseases." She added: "If you can somehow increase levels of this protein...you could possibly lose more weight even if eating the same amount of food."

Sources: <http://medicalxpress.com/news/2015-01-trigger-energy-burning-brown-fat-chill.html>  
<https://www.yahoo.com/health/science-gives-us-a-potential-new-reason-to-love-107512716382.html>  
<http://www.webmd.com/diet/news/20150108/cooler-temps-may-boost-calorie-burning-brown-fat-mouse-study-suggests>

# WARM-UPS

**1. THE COLD:** Students walk around the class and talk to other students about the cold. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

*the cold / lose weight / exposure / heat / protein / air conditioning / temperatures / control groups / high-fat diets / obesity / treatment / prevention / diseases / food*

Have a chat about the topics you liked. Change topics and partners frequently.

**3. WEATHER:** How could people lose weight outside in these weather conditions? Complete this table with your partner(s). Change partners often and share what you wrote.

	Activities	Benefits	Dangers
Snow			
Heavy rain			
Strong winds			
Freezing cold			
Boiling hot			
Changeable weather			

**4. OUTDOORS:** Students A **strongly** believe working outdoors is better than working indoors; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**5. LOSING WEIGHT:** Rank these with your partner. Put the best ways to lose weight at the top. Change partners often and share your rankings.

- work in the cold
- eat less food
- yoga
- sauna workout
- swim
- weight training
- fast for two days a week
- no sweet food

**6. FAT:** Spend one minute writing down all of the different words you associate with the word "fat". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- a. Researchers at Chicago University found the cold helps us lose weight. T / F
- b. Brown fat helps us lose weight. T / F
- c. The use of air conditioning has reduced the amount of our brown fat. T / F
- d. People who work outdoors have less brown fat than office workers. T / F
- e. Mice with the new protein gained 30% less weight than mice without it. T / F
- f. Obese people have lower levels of brown fat. T / F
- g. A researcher said the protein would be no good to tackle obesity. T / F
- h. The researcher said you would have to have the protein and eat less. T / F

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |                 |                |
|-----------------|----------------|
| 1. discovered   | a. carried out |
| 2. exposure     | b. produces    |
| 3. form         | c. in some way |
| 4. generates    | d. found       |
| 5. significant  | e. later       |
| 6. conducted    | f. quantity    |
| 7. subsequently | g. subjection  |
| 8. fight        | h. notable     |
| 9. somehow      | i. battle      |
| 10. amount      | j. make        |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1. exposure                        | a. to cold temperature          |
| 2. the type of fat that generates  | b. eating the same amount       |
| 3. White fat stores excess energy, | c. two different control groups |
| 4. exposed                         | d. to the cold                  |
| 5. a significant                   | e. with the protein             |
| 6. conducted on                    | f. heat                         |
| 7. One group was injected          | g. prevention of obesity        |
| 8. both groups were fed            | h. amount of brown fat          |
| 9. the treatment and               | i. high-fat diets               |
| 10. lose more weight even if       | j. which results in weight gain |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Scientists have discovered that staying in the (1) \_\_\_\_\_ could help us lose weight. Researchers at the University of California found that exposure to the cold increases (2) \_\_\_\_\_ of a protein that helps form brown fat - the type of fat that generates (3) \_\_\_\_\_ and keeps us warm. Brown fat burns energy, which helps us lose weight. White fat stores (4) \_\_\_\_\_ energy, which results in weight gain. The researchers said that because air conditioning and heating give us (5) \_\_\_\_\_, comfortable temperatures, our body's need for brown fat has (6) \_\_\_\_\_. They found that: "Outdoor workers in northern Finland who are (7) \_\_\_\_\_ to cold temperature have a significant amount of brown fat when compared to same-aged (8) \_\_\_\_\_ workers."

*heat*  
*cold*  
*constant*  
*exposed*  
*levels*  
*excess*  
*indoor*  
*decreased*

The research was (9) \_\_\_\_\_ on two different control groups of mice. One group was injected with the protein that helps create brown fat. This group (10) \_\_\_\_\_ gained 30 per cent less weight after both groups were fed high-fat (11) \_\_\_\_\_. The researchers say this could be good (12) \_\_\_\_\_ in the fight against obesity. People who are obese have lower levels of brown fat than (13) \_\_\_\_\_ people. Head researcher Hei Sook Sul said: "This protein could become an important (14) \_\_\_\_\_ for research into the treatment and prevention of obesity and obesity-related diseases." She added: "If you can (15) \_\_\_\_\_ increase levels of this protein...you could possibly lose more weight even if eating the same (16) \_\_\_\_\_ of food."

*news*  
*conducted*  
*somehow*  
*diets*  
*subsequently*  
*amount*  
*thinner*  
*target*

# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

- 1) Scientists have discovered that staying in the cold could help \_\_\_\_
  - a. us all lose weight
  - b. us to lose weight
  - c. us lose some weight
  - d. us lose weight
- 2) exposure to the cold increases \_\_\_\_
  - a. levels of one protein
  - b. levels of this protein
  - c. levels of the protein
  - d. levels of a protein
- 3) the type of fat that generates heat and \_\_\_\_
  - a. keeps us warmth
  - b. keeps us warmly
  - c. keeps us warm
  - d. keeps us warmed
- 4) our body's need for brown \_\_\_\_\_
  - a. fat has deceased
  - b. fat has decrease
  - c. fat has decreasing
  - d. fat has decreased
- 5) a significant amount of brown fat when compared to same-\_\_\_\_\_
  - a. aged indoor workers
  - b. aging indoor workers
  - c. ages indoor workers
  - d. age indoor workers
- 6) The research was conducted on two different control \_\_\_\_\_
  - a. groups of mice
  - b. groups of moose
  - c. groups of mouse
  - d. groups of mouths
- 7) One group was injected with the protein that helps \_\_\_\_\_
  - a. created brown fat
  - b. create brown fat
  - c. creates brown fat
  - d. creativity brown fat
- 8) The researchers say this could be good news in the \_\_\_\_\_
  - a. freight against obesity
  - b. flight against obesity
  - c. fight against obesity
  - d. fright against obesity
- 9) This protein could become an important \_\_\_\_\_
  - a. targets for research
  - b. target for research
  - c. targeted for research
  - d. targeting for research
- 10) you could possibly lose more weight even if eating the same \_\_\_\_\_
  - a. amount of food
  - b. amounts of food
  - c. amount for food
  - d. amounts for food

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Scientists have discovered that staying (1) \_\_\_\_\_ help us lose weight. Researchers at the University of California found that exposure to the cold (2) \_\_\_\_\_ a protein that helps form brown fat - the type of fat that (3) \_\_\_\_\_ keeps us warm. Brown fat burns energy, which helps us lose weight. White fat stores excess energy, which (4) \_\_\_\_\_ gain. The researchers said that because air conditioning and heating give us constant, comfortable temperatures, our body's need for brown (5) \_\_\_\_\_. They found that: "Outdoor workers in northern Finland (6) \_\_\_\_\_ cold temperature have a significant amount of brown fat when compared to same-aged indoor workers."

The research was conducted on two different (7) \_\_\_\_\_ mice. One group was injected with the protein that helps create brown fat. This group (8) \_\_\_\_\_ 30 per cent less weight after both groups were fed high-fat diets. The researchers say (9) \_\_\_\_\_ news in the fight against obesity. People who are obese have lower levels of brown fat (10) \_\_\_\_\_. Head researcher Hei Sook Sul said: "This protein could become an important target for research into the treatment (11) \_\_\_\_\_ obesity and obesity-related diseases." She added: "If you can somehow increase levels of this protein...you could (12) \_\_\_\_\_ weight even if eating the same amount of food."

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

1. Who discovered that the cold has a part to play in weight loss?

---

2. What did researchers find the cold increased levels of?

---

3. What does white fat do to excess energy?

---

4. What other thing besides air conditioning has decreased brown fat?

---

5. Where do outdoor workers have more brown fat than indoor workers?

---

6. In what kind of animals were the tests conducted?

---

7. How much less weight did the animals with the new protein gain?

---

8. For whom might this research be good news?

---

9. Who is Hei Sook Sul?

---

10. What could you do even while eating the same amount of food?

---



# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

1. Who discovered that the cold has a part to play in weight loss?
  - a) people living in Siberia
  - b) people in cold countries
  - c) obese people
  - d) scientists
2. What did researchers find the cold increased levels of?
  - a) white fat
  - b) a protein
  - c) cold
  - d) colds
3. What does white fat do to excess energy?
  - a) nothing
  - b) burn it
  - c) turn it into brown fat
  - d) store it
4. What other thing besides air conditioning has decreased brown fat?
  - a) saunas
  - b) ice cream
  - c) heating
  - d) cold weather
5. Where do outdoor workers have more brown fat than indoor workers?
  - a) Patagonia
  - b) northern Canada
  - c) Siberia
  - d) Finland
6. In what kind of animals were the tests conducted?
  - a) monkeys
  - b) moose
  - c) mice
  - d) moles
7. How much less weight did the animals with the new protein gain?
  - a) 30%
  - b) 40%
  - c) 50%
  - d) 60%
8. For whom might this research be good news?
  - a) fast food restaurant owners
  - b) pharmacists
  - c) obese people
  - d) website hosts
9. Who is Hei Sook Sul?
  - a) a test participant
  - b) head researcher
  - c) head of The Protein Society
  - d) a drug company CEO
10. What could you do even while eating the same amount of food?
  - a) lose weight
  - b) exercise
  - c) double your white fat
  - d) drink less

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

## **Role A – Work in the cold**

You think working in the cold is the best thing to do to lose weight. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least effective of these (and why): yoga, weight training or no sweet food.

## **Role B – Yoga**

You think yoga is the best thing to do to lose weight. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least effective of these (and why): working in the cold, weight training or no sweet food.

## **Role C – Weight training**

You think weight training is the best thing to do to lose weight. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least effective of these (and why): yoga, working in the cold or no sweet food.

## **Role D – No sweet food**

You think no sweet food is the best thing to do to lose weight. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which is the least effective of these (and why): yoga, weight training or working in the cold.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'lose' and 'weight'.

<b>lose</b>	<b>weight</b>
-------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• exposure</li><li>• levels</li><li>• excess</li><li>• air</li><li>• need</li><li>• indoor</li></ul>	<ul style="list-style-type: none"><li>• different</li><li>• 30</li><li>• news</li><li>• thinner</li><li>• target</li><li>• amount</li></ul>
--	---

# THE COLD SURVEY

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Write five GOOD questions about the cold in the table. Do this in pairs. Each student must write the questions on his / her own paper.  
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# THE COLD DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'cold'?
- 3) What do you think about what you read?
- 4) Do you think cold weather can help us lose weight?
- 5) What part does shivering have to play in weight loss?
- 6) Would you spend longer in the cold to lose weight?
- 7) What do you know about the different kinds of fat in our body?
- 8) Should we use air-con and heating less?
- 9) Would it be better if we all worked outside?
- 10) Are people who live in colder climates thinner?

*Keeping cold could keep you thinner – 10th January, 2015*  
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# THE COLD DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- 11) Did you like reading this article? Why/not?
- 12) Would you like to take this protein?
- 13) How often do you think about your weight?
- 14) How do you like the cold and cold weather?
- 15) What's the coldest you've ever been?
- 16) Do you think this research will help with obesity?
- 17) What can we do to enjoy being in the cold more often?
- 18) Have you ever been on a diet?
- 19) Would you like to eat more and not put on weight?
- 20) What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Scientists have (1) \_\_\_\_\_ that staying in the cold could help us lose weight. Researchers at the University of California found that (2) \_\_\_\_\_ to the cold increases levels of a protein that helps form brown fat - the type of fat that generates (3) \_\_\_\_\_ and keeps us warm. Brown fat burns energy, which helps us lose weight. White fat stores (4) \_\_\_\_\_ energy, which results in weight gain. The researchers said that because air conditioning and heating give us constant, comfortable temperatures, our body's (5) \_\_\_\_\_ for brown fat has decreased. They found that: "Outdoor workers in northern Finland who are exposed (6) \_\_\_\_\_ cold temperature have a significant amount of brown fat when compared to same-aged indoor workers."

The research was conducted (7) \_\_\_\_\_ two different control groups of mice. One group was injected (8) \_\_\_\_\_ the protein that helps create brown fat. This group subsequently gained 30 per cent less weight after both groups were fed high-fat diets. The researchers say this could be good news in the fight against obesity. People who are (9) \_\_\_\_\_ have lower levels of brown fat than thinner people. Head researcher Hei Sook Sul said: "This protein could become an important target for research into the treatment and (10) \_\_\_\_\_ of obesity and obesity-related diseases." She added: "If you can (11) \_\_\_\_\_ increase levels of this protein...you could possibly lose more weight (12) \_\_\_\_\_ if eating the same amount of food."

## Put the correct words from the table below in the above article.

- |     |                   |                |                |                 |
|-----|-------------------|----------------|----------------|-----------------|
| 1.  | (a) discovered    | (b) discovery  | (c) discover   | (d) discovering |
| 2.  | (a) exposed       | (b) exposes    | (c) exposure   | (d) exposing    |
| 3.  | (a) heated        | (b) heating    | (c) heat       | (d) heater      |
| 4.  | (a) success       | (b) recess     | (c) access     | (d) excess      |
| 5.  | (a) need          | (b) needy      | (c) needless   | (d) needing     |
| 6.  | (a) at            | (b) to         | (c) for        | (d) by          |
| 7.  | (a) of            | (b) at         | (c) by         | (d) on          |
| 8.  | (a) by            | (b) with       | (c) on         | (d) at          |
| 9.  | (a) obesity       | (b) obesogenic | (c) obese      | (d) obvious     |
| 10. | (a) prevarication | (b) protection | (c) production | (d) prevention  |
| 11. | (a) someplace     | (b) sometime   | (c) somewhat   | (d) somehow     |
| 12. | (a) eventually    | (b) even       | (c) event      | (d) evens       |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

## Paragraph 1

1. eruesxpo to the cold
2. a roetipn that helps form brown fat
3. fat that tgaeserne heat
4. White fat stores ecssxe energy
5. cold eptertmurea
6. a fagisnicnit amount of brown fat

## Paragraph 2

7. One group was nticdje
8. This group eentbsyluqus gained 30% less
9. the fight against bsioyet
10. Head eshaercrer
11. treatment and iteevonnrp
12. lose more iegwht



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Number these lines in the correct order.

( )	of California found that exposure to the cold increases levels of a protein that helps form brown fat - the type of fat that
( )	generates heat and keeps us warm. Brown fat burns energy, which helps us lose
( )	decreased. They found that: "Outdoor workers in northern Finland who are exposed
( )	with the protein that helps create brown fat. This group subsequently gained 30 per cent less weight
( )	levels of this protein...you could possibly lose more weight even if eating the same amount of food."
( )	to cold temperature have a significant amount of brown fat when compared to same-aged indoor workers."
( <b>1</b> )	Scientists have discovered that staying in the cold could help us lose weight. Researchers at the University
( )	after both groups were fed high-fat diets. The researchers say this could be good news in the
( )	fight against obesity. People who are obese have lower levels of brown fat than thinner people. Head
( )	weight. White fat stores excess energy, which results in weight gain. The researchers said that because air
( )	and prevention of obesity and obesity-related diseases." She added: "If you can somehow increase
( )	researcher Hei Sook Sul said: "This protein could become an important target for research into the treatment
( )	The research was conducted on two different control groups of mice. One group was injected
( )	conditioning and heating give us constant, comfortable temperatures, our body's need for brown fat has

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

1. lose Staying cold us the help weight in could .

---

2. to increases a Exposure cold of the levels protein .

---

3. , energy excess stores fat White gain weight in results which .

---

4. body's has need decreased for brown Our fat .

---

5. fat brown of amount significant a Have .

---

6. research on control The conducted different was two groups .

---

7. with that brown Injected protein create the helps fat .

---

8. group 30 less This gained cent subsequently per weight .

---

9. have lower levels of brown fat People who are obese .

---

10. eating if even weight more Lose food of amount same the .

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Scientists have *discovered* / *discovering* that staying in the cold could help us lose weight. Researchers at the University of California found that *exposure* / *exposed* to the cold increases levels *by* / *of* a protein that helps form brown fat - the type of fat that generates *heating* / *heat* and keeps us warm. Brown fat burns energy, which helps us *lose* / *losing* weight. White fat stores *excess* / *access* energy, which results in weight gain. The researchers said that because air conditioning and heating *give* / *gives* us constant, comfortable temperatures, our body's need *for* / *from* brown fat has decreased. They found that: "Outdoor workers in northern Finland who are exposed *to* / *for* cold temperature have a significant amount of brown fat when compared *to* / *for* same-aged indoor workers."

The research was conducted *on* / *in* two different control groups of mice. One group was *injection* / *injected* with the protein that helps create brown fat. This group *subsequent* / *subsequently* gained 30 per cent less weight after both groups were *feeding* / *fed* high-fat diets. The researchers say this could be good news in the fight *for* / *against* obesity. People who are obese have lower *levels* / *level* of brown fat than thinner people. Head researcher Hei Sook Sul said: "This protein could become an *important* / *importance* target for research into the treatment and prevention of obesity and obesity-*related* / *relation* diseases." She added: "If you can somehow increase levels of this protein...you could *possible* / *possibly* lose more weight even if eating the same *amount* / *mountain* of food."

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Sc\_\_nt\_\_sts h\_v\_ d\_sc\_v\_r\_d th\_t st\_y\_ng \_n th\_ c\_ld  
c\_\_ld h\_lp \_s l\_s\_ w\_\_ght. R\_s\_\_rch\_rs \_t th\_  
\_n\_v\_rs\_ty \_f C\_l\_f\_rn\_\_ f\_\_nd th\_t \_xp\_s\_r\_ t\_ th\_  
c\_ld \_ncr\_\_s\_s l\_v\_ls \_f \_ pr\_t\_\_n th\_t h\_lps f\_rm  
br\_wn f\_t - th\_ typ\_ \_f f\_t th\_t g\_n\_r\_t\_s h\_\_t \_nd  
k\_\_ps \_s w\_rm. Br\_wn f\_t b\_rns \_n\_rgy, wh\_ch h\_lps \_s  
l\_s\_ w\_\_ght. Wh\_t\_ f\_t st\_r\_s \_xc\_ss \_n\_rgy, wh\_ch  
r\_s\_lts \_n w\_\_ght g\_\_n. Th\_ r\_s\_\_rch\_rs s\_\_d th\_t  
b\_c\_\_s\_ \_\_r c\_nd\_t\_\_nng \_nd h\_\_tng g\_v\_\_ \_s  
c\_nst\_nt, c\_mf\_rt\_bl\_ t\_mpr\_t\_r\_s, \_\_r b\_dy's n\_\_d  
f\_r br\_wn f\_t h\_s d\_cr\_\_s\_d. Th\_y f\_\_nd th\_t: " \_\_td\_\_r  
w\_rk\_rs \_n n\_rth\_rn F\_nl\_nd wh\_ \_r\_ \_xp\_s\_d t\_ c\_ld  
t\_mpr\_t\_r\_ h\_v\_ \_\_s gn\_f\_c\_nt \_m\_\_nt \_f br\_wn f\_t  
wh\_n c\_mpr\_d t\_ s\_m\_ -\_g\_d \_nd\_\_r w\_rk\_rs."

Th\_ r\_s\_\_rch w\_s c\_nd\_ct\_d \_n tw\_ d\_ff\_r\_nt c\_ntr\_l  
gr\_\_ps \_f m\_c\_. \_n\_ gr\_\_p w\_s \_nj\_ct\_d w\_th th\_  
pr\_t\_\_n th\_t h\_lps cr\_\_t\_ br\_wn f\_t. Th\_s gr\_\_p  
s\_bs\_q\_\_ntly g\_\_nd 30 p\_r c\_nt l\_ss w\_\_ght \_ft\_r  
b\_th gr\_\_ps w\_r\_ f\_d h\_gh-f\_t d\_\_ts. Th\_ r\_s\_\_rch\_rs  
s\_y th\_s c\_\_ld b\_ g\_\_d n\_ws \_n th\_ f\_ght \_g\_\_nst  
\_b\_s\_ty. P\_\_pl\_ wh\_ \_r\_ \_b\_s\_ h\_v\_ l\_w\_r l\_v\_ls \_f  
br\_wn f\_t th\_n th\_nn\_r p\_\_pl\_. H\_\_d r\_s\_\_rch\_r H\_\_  
S\_\_k S\_l s\_\_d: "Th\_s pr\_t\_\_n c\_\_ld b\_c\_m\_ \_n  
\_mp\_r\_t\_nt t\_rg\_t f\_r r\_s\_\_rch \_nt\_ th\_ tr\_\_tm\_nt \_nd  
pr\_v\_nt\_\_n \_f \_b\_s\_ty \_nd \_b\_s\_ty-r\_l\_t\_d d\_s\_\_s\_s."  
Sh\_ \_dd\_d: "\_f y\_\_ c\_n s\_m\_h\_w \_ncr\_\_s\_ l\_v\_ls \_f  
th\_s pr\_t\_\_n...y\_\_ c\_\_ld p\_ss\_bly l\_s\_ m\_r\_ w\_\_ght  
\_v\_n \_f \_\_t\_ng th\_ s\_m\_ \_m\_\_nt \_f f\_\_d."

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

scientists have discovered that staying in the cold could help us lose weight researchers at the university of california found that exposure to the cold increases levels of a protein that helps form brown fat - the type of fat that generates heat and keeps us warm brown fat burns energy which helps us lose weight white fat stores excess energy which results in weight gain the researchers said that because air conditioning and heating give us constant comfortable temperatures our body's need for brown fat has decreased they found that "outdoor workers in northern finland who are exposed to cold temperature have a significant amount of brown fat when compared to same-aged indoor workers"

the research was conducted on two different control groups of mice one group was injected with the protein that helps create brown fat this group subsequently gained 30 per cent less weight after both groups were fed high-fat diets the researchers say this could be good news in the fight against obesity people who are obese have lower levels of brown fat than thinner people head researcher hei sook sul said "this protein could become an important target for research into the treatment and prevention of obesity and obesity-related diseases" she added "if you can somehow increase levels of this protein...you could possibly lose more weight even if eating the same amount of food"

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Scientists have discovered that staying in the cold could help us lose weight. Researchers at the University of California found that exposure to the cold increases levels of a protein that helps form brown fat - the type of fat that generates heat and keeps us warm. Brown fat burns energy, which helps us lose weight. White fat stores excess energy, which results in weight gain. The researchers said that because air conditioning and heating give us constant, comfortable temperatures, our body's need for brown fat has decreased. They found that: "Outdoor workers in northern Finland who are exposed to cold temperature have a significant amount of brown fat when compared to same-aged indoor workers." The research was conducted on two different control groups of mice. One group was injected with the protein that helps create brown fat. This group subsequently gained 30 percent less weight after both groups were fed high-fat diets. The researchers say this could be good news in the fight against obesity. People who are obese have lower levels of brown fat than thinner people. Head researcher Hei Sook Sul said: "This protein could become an important target for research into the treatment and prevention of obesity and obesity-related diseases." She added: "If you can somehow increase levels of this protein... you could possibly lose more weight even if eating the same amount of food."

# FREE WRITING

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

Write about **the cold** for 10 minutes. Comment on your partner’s paper.

Lined writing area consisting of 20 horizontal lines.

# ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1501/150110-fat.html>

We should use less heating to keep to a healthier weight. Discuss.

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# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about the cold and losing weight. Share what you discover with your partner(s) in the next lesson.

**3. THE COLD:** Make a poster about the cold. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. WEIGHT:** Write a magazine article about the best ways to lose weight. Include imaginary interviews with people who want to lose weight and with people who have lost weight.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to a doctor. Ask him/her three questions about the cold and losing weight. Give him/her three ideas for things to do in the cold to lose weight. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a F    b T    c T    d F    e T    f T    g F    h F

## SYNONYM MATCH (p.4)

- |                 |                |
|-----------------|----------------|
| 1. discovered   | a. found       |
| 2. exposure     | b. subjection  |
| 3. form         | c. make        |
| 4. generates    | d. produces    |
| 5. significant  | e. notable     |
| 6. conducted    | f. carried out |
| 7. subsequently | g. later       |
| 8. fight        | h. battle      |
| 9. somehow      | i. in some way |
| 10. amount      | j. quantity    |

## COMPREHENSION QUESTIONS (p.8)

1. Scientists (at the University of California)
2. A protein (and brown fat)
3. Store it
4. Heating
5. Finland
6. Mice
7. 30%
8. Obese people
9. The head researcher
10. Lose weight

## MULTIPLE CHOICE - QUIZ (p.9)

1. d    2. b    3. d    4. c    5. d    6. c    7. a    8. c    9. b    10. a

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)