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Level 1

More people to stick to New Year's resolutions

3rd January, 2016

<http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-1.html>

The year 2016 will be a good one for people to keep their New Year's resolutions. These are the promises we make to lose weight, save money, etc. About half of all adults make resolutions but fewer than 10 per cent keep them. Many people make goals in January but give up by February. Many people give up because their resolutions are too hard. People think it is easy to change their behaviour, but many habits are difficult to change.

The top resolution for 2016 was to live life to the fullest. Nearly half of people who took a survey said this would be one of their goals. The second most popular resolution was to live a healthier lifestyle. Losing weight was third on the list and spending more time with family and friends was fourth. Young people made more resolutions than older people. Those aged 18-34 made an average of three resolutions for 2016, while older people made two.

Sources: <http://www.independent.co.uk/life-style/new-year-2016-resolutions-how-to-keep-them-a6792876.html>
<http://time.com/money/4163867/top-new-years-resolution-2016/>
http://www.huffingtonpost.ca/kori-mclaine-/life-changing-new-years-r_b_8900602.html

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|---------------------------|
| 1. The year 2016 will be | a. difficult to change |
| 2. keep their New Year's | b. of all adults |
| 3. About half | c. resolutions |
| 4. fewer than | d. change their behaviour |
| 5. Many people make goals | e. a good one |
| 6. Many people give | f. 10 per cent |
| 7. People think it is easy to | g. up |
| 8. many habits are | h. in January |

PARAGRAPH TWO:

- | | |
|------------------------------|-------------------------|
| 1. The top resolution | a. weight |
| 2. live life to | b. took a survey |
| 3. Nearly half of people who | c. time with family |
| 4. this would be one of | d. for 2016 |
| 5. to live a healthier | e. their goals |
| 6. Losing | f. of three resolutions |
| 7. spending more | g. the fullest |
| 8. an average | h. lifestyle |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-1.html>

The year 2016 (1) _____ one for people to keep their New Year's resolutions. These (2) _____ we make (3) _____, save money, etc. About half of all adults make resolutions but fewer than 10 per cent keep them. Many (4) _____ in January but give up by February. Many people (5) _____ their resolutions are too hard. People think it is easy to change their behaviour, but (6) _____ difficult to change.

The top resolution for 2016 was (7) _____ the fullest. Nearly half of people who (8) _____ said this would (9) _____ goals. The second most popular resolution was to live a healthier lifestyle. Losing weight was (10) _____ and spending more time with family and friends was fourth. Young people made more resolutions (11) _____. Those aged 18-34 made an average of three resolutions for 2016, (12) _____ made two.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1601/160103-new-years-resolutions-1.html>

The year 2016 will be a good one for people to keep their New Year's resolutions. These are the promises we make to lose weight, save money, etc. About half of all adults make resolutions but fewer than 10 percent keep them. Many people make goals in January but give up by February. Many people give up because their resolutions are too hard. People think it is easy to change their behaviour, but many habits are difficult to change. The top resolution for 2016 was to live life to the fullest. Nearly half of people who took a survey said this would be one of their goals. The second most popular resolution was to live a healthier lifestyle. Losing weight was third on the list and spending more time with family and friends was fourth. Young people made more resolutions than older people. Those aged 18-34 made an average of three resolutions for 2016, while older people made two.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)
