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Level 1

People who read live longer

10th August, 2016

<http://www.breakingnewsenglish.com/1608/160810-reading-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1608/160810-reading-1.html>

Research shows that people who read live longer. Reading for 30 minutes a day could help. Reading keeps our mind busy, reduces stress and is good for our health. Books help the brain more than newspapers and magazines, but any reading is good. In the study, researchers looked at the lifestyles, reading habits, health and education of 3,500 men and women for 12 years. Everyone was over 50 years old at the start of the research.

The study found that people who read for up to 3.5 hours a week were 17 per cent less likely to die than those who read no books. A researcher said older people lived longer when they read. She said it didn't matter if you were male or female, healthy, rich or well educated. She also said people over 65 years old spend 4.4 hours a day watching television. She said they should read more and watch less TV if they want to live longer.

Sources: <http://www.dailymail.co.uk/health/article-3726386/Why-reading-help-live-longer-Immersing-good-story-mind-active-ease-stress.html>
http://www.huffingtonpost.com/entry/those-who-read-books-live-longer-than-those-who-dont-study-finds_us_57a358c8e4b0104052a17cd2
<https://www.rawstory.com/2016/08/a-new-study-has-found-that-avid-readers-appear-to-live-a-longer-life/>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1608/160810-reading-1.html>

PARAGRAPH ONE:

- | | |
|-----------------------|----------------------|
| 1. Reading for 30 | a. habits |
| 2. Reading keeps | b. over 50 years old |
| 3. newspapers | c. minutes a day |
| 4. researchers looked | d. of the research |
| 5. reading | e. our mind busy |
| 6. 3,500 | f. and magazines |
| 7. Everyone was | g. at the lifestyles |
| 8. at the start | h. men and women |

PARAGRAPH TWO:

- | | |
|--------------------------|------------------------|
| 1. read for up to | a. live longer |
| 2. 17 per cent less | b. matter |
| 3. older people lived | c. TV |
| 4. She said it didn't | d. 3.5 hours a week |
| 5. people over | e. watching television |
| 6. spend 4.4 hours a day | f. longer |
| 7. watch less | g. 65 years old |
| 8. if they want to | h. likely to die |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1608/160810-reading-1.html>

Research shows that people (1) _____ longer. Reading for 30 minutes (2) _____. Reading keeps our mind busy, reduces stress (3) _____ our health. Books help the brain more than newspapers and magazines, (4) _____ is good. In the study, researchers looked (5) _____, reading habits, health and education of 3,500 men and women for 12 years. Everyone was over 50 years old (6) _____ the research.

The study found that people (7) _____ to 3.5 hours a week were 17 per cent (8) _____ than those who read no books. A researcher said older people lived (9) _____ read. She said it didn't matter if you were male or female, healthy, rich (10) _____. She also said people over 65 years (11) _____ hours a day watching television. She said they should read more and watch less TV (12) _____ live longer.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1608/160810-reading-1.html>

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READING SURVEY

From <http://www.breakingnewsenglish.com/1608/160810-reading-4.html>

Write five GOOD questions about reading 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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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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) _____

