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Level 3

People who read live longer

10th August, 2016

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

New research shows that people who read a lot live longer. The study was carried out by researchers from Yale University in the USA. The researchers said reading keeps the mind active, helps reduce stress and makes us take better care of our health. The researchers said that books help the brain more than newspapers and magazines, but any kind of reading will help us to live longer. Even reading for half an hour a day could help us to live longer. In the study, researchers looked at the lifestyles of 3,500 men and women over a 12-year period. They looked at their reading habits, health, lifestyle and their education. All of the people were at least 50 years old at the start of the research.

The study is in the journal 'Social Science and Medicine'. It found that people who read for up to 3.5 hours a week were 17 per cent less likely to die during the study's 12-year research period than those who read no books. Those who read for more than 3.5 hours a week were 23 per cent less likely to die. Researcher Becca Levy said: "Older individuals, regardless of gender, health, wealth or education, showed the survival advantage of reading books." She suggested people swap watching TV for reading to live longer. She said: "Individuals over the age of 65 spend an average of 4.4 hours per day watching television. Efforts to redirect leisure time into reading books could prove to be beneficial."

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/>

WARM-UPS

1. READING: Students walk around the class and talk to other students about reading. 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?

research / university / active / stress / health / magazines / reading / education / journal / likely / period / gender / wealth / survival / watching TV / leisure time

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

3. SKILL: Students A **strongly** believe reading is the most important skill in English; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. GOOD FOR YOU: How are these things good for you? How can we get people to do them more? Complete this table with your partner(s). Change partners often and share what you wrote.

	How are they good for you?	How can we get people to do them more often?
Reading		
Meditating		
Laughing		
Yoga		
Hiking		
Community work		

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

6. GENRES: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- newspapers
- novels
- manga
- journals
- encyclopaedia
- non-fiction
- magazines
- biographies

BEFORE READING / LISTENING

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

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

- a. The research was carried out by Oxford University in the UK. **T / F**
- b. Researchers say reading makes us take better care of our health. **T / F**
- c. The researchers say reading magazines is better than reading books. **T / F**
- d. The researchers looked at 3,500 people aged between 12 and 50. **T / F**
- e. People who read have a better chance of living longer. **T / F**
- f. A researcher said reading was greatly affected by gender and health. **T / F**
- g. The researcher said people should swap watching TV for reading. **T / F**
- h. People aged over 65 spend an average of 4.4 hours a day watching TV. **T / F**

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

- | | |
|----------------|----------------|
| 1. carried out | a. lower |
| 2. mind | b. probable |
| 3. reduce | c. time |
| 4. period | d. discovered |
| 5. start | e. recommended |
| 6. found | f. done |
| 7. likely | g. exchange |
| 8. suggested | h. useful |
| 9. swap | i. brain |
| 10. beneficial | j. beginning |

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

- | | |
|---|----------------------------------|
| 1. reading keeps the mind | a. 'Social Science and Medicine' |
| 2. any kind of reading will | b. the age of 65 |
| 3. over a 12- | c. habits |
| 4. reading | d. of 4.4 hours per day |
| 5. at least 50 years old at the | e. active |
| 6. The study is in the journal | f. year period |
| 7. 17 per cent less | g. or education |
| 8. regardless of gender, health, wealth | h. start of the research |
| 9. Individuals over | i. likely to die |
| 10. spend an average | j. help us to live longer |

GAP FILL

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

New research shows that people who read a lot live longer. The study was (1) _____ out by researchers from Yale University in the USA. The researchers said reading keeps the mind (2) _____, helps reduce stress and makes us take better (3) _____ of our health. The researchers said that books help the brain more than newspapers and (4) _____, but any kind of reading will help us to live longer. Even reading for (5) _____ an hour a day could help us to live longer. In the study, researchers looked at the (6) _____ of 3,500 men and women over a 12-year (7) _____. They looked at their reading habits, health, lifestyle and their education. All of the people were at (8) _____ 50 years old at the start of the research.

lifestyles
active
carried
least
magazines
period
care
half

The study is in the (9) _____ 'Social Science and Medicine'. It found that people who read for up to 3.5 hours a week were 17 per cent less (10) _____ to die during the study's 12-year research period than (11) _____ who read no books. Those who read for more than 3.5 hours a week were 23 per cent less likely to die. Researcher Becca Levy said: "Older individuals, (12) _____ of gender, health, wealth or education, showed the survival advantage of reading books." She suggested people (13) _____ watching TV for reading to live longer. She said: "Individuals over the (14) _____ of 65 spend an average of 4.4 hours per day watching television. Efforts to redirect (15) _____ time into reading books could prove to be (16) _____."

regardless
age
likely
beneficial
journal
leisure
swap
those

LISTENING – Guess the answers. Listen to check.

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

- 1) The study was carried out by researchers from Yale University _____
 - a. on the USA
 - b. to the USA
 - c. at the USA
 - d. in the USA
- 2) reading keeps the mind active, helps reduce stress and makes us take better _____
 - a. careful of our health
 - b. careless of our health
 - c. care of our health
 - d. cared of our health
- 3) Even reading for half an hour a day could help us _____
 - a. too live longer
 - b. to live longer
 - c. two live longer
 - d. through live longer
- 4) researchers looked at the lifestyles of 3,500 men and women _____ period
 - a. ever a 12-year
 - b. every a 12-year
 - c. overt a 12-year
 - d. over a 12-year
- 5) All of the people were at least 50 years old at the start _____
 - a. of a research
 - b. of the research
 - c. of to research
 - d. of then research
- 6) The study is in the journal 'Social Science _____'
 - a. and Medicine
 - b. and Medicinal
 - c. and Medical
 - d. and Medically
- 7) people who read for up to 3.5 hours a week were 17 per cent less _____
 - a. likelihood to die
 - b. liked to die
 - c. liking to die
 - d. likely to die
- 8) Older individuals, regardless of gender, health, wealth _____
 - a. or educated
 - b. or education
 - c. or educational
 - d. or educative
- 9) Individuals over the age of 65 spend an average of 4.4 hours _____
 - a. for day
 - b. per day
 - c. far day
 - d. par day
- 10) Efforts to redirect leisure time into reading books could _____ beneficial
 - a. proof to be
 - b. prove to be
 - c. probe to be
 - d. prude to be

LISTENING – Listen and fill in the gaps

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

New research shows that people (1)_____ live longer. The study was carried out by researchers from Yale University in the USA. The researchers said reading keeps (2)_____, helps reduce stress and makes (3)_____ care of our health. The researchers said that books help the brain more than newspapers and magazines, (4)_____ reading will help us to live longer. Even reading for half an hour a day could help us to live longer. In the study, researchers looked at the lifestyles of 3,500 men and women over a (5)_____. They looked at their reading habits, health, lifestyle and their education. All of the people (6)_____ years old at the start of the research.

The study (7)_____ 'Social Science and Medicine'. It found that people who read for up to 3.5 hours a week were 17 per cent less likely to (8)_____ study's 12-year research period than those who read no books. Those who read for more than 3.5 hours a week were 23 per cent less likely to die. Researcher Becca Levy said: "Older individuals, regardless (9)_____, wealth or education, showed the (10)_____ of reading books." She suggested people swap watching TV for reading to live longer. She said: "Individuals over the age of 65 (11)_____ of 4.4 hours per day watching television. Efforts to redirect leisure time into reading books (12)_____ beneficial."

COMPREHENSION QUESTIONS

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

1. Which university carried out the research?
2. What does the research say reading reduces?
3. What does the article say is better than magazines and newspapers?
4. How many men and women did researchers look at?
5. How old were the men and women at the start of the research?
6. What is 'Social Science and Medicine'?
7. How long was the research for?
8. Who is Becca Levy?
9. On average, how long do over-65-year-olds watch TV for each day?
10. What would be better redirected into reading books?

MULTIPLE CHOICE - QUIZ

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

- 1) Which university carried out the research?
 - a) Sorbonne
 - b) Harvard
 - c) Oxford
 - d) Yale
- 2) What does the research say reading reduces?
 - a) health
 - b) free time
 - c) intelligence
 - d) stress
- 3) What does the article say is better than magazines and newspapers?
 - a) books
 - b) journals
 - c) manga
 - d) biographies
- 4) How many men and women did researchers look at?
 - a) 35,000
 - b) 13,500
 - c) 3,500
 - d) 350
- 5) How old were the men and women at the start of the research?
 - a) 36
 - b) 50 or older
 - c) over 65
 - d) between 12 and 50
- 6) What is 'Social Science and Medicine'?
 - a) a journal
 - b) a website
 - c) a university department
 - d) a book
- 7) How long was the research for?
 - a) 23 years
 - b) 17 years
 - c) 12 years
 - d) 3.5 years
- 8) Who is Becca Levy?
 - a) a researcher
 - b) a patient
 - c) a novelist
 - d) a research participant
- 9) On average, how long do over-65-year-olds watch TV for each day?
 - a) 4.4 hours
 - b) 6.5 hours
 - c) 5.4 hours
 - d) 6.4 hours
- 10) What would be better redirected into reading books?
 - a) weekends
 - b) commuting
 - c) sleeping
 - d) leisure time

ROLE PLAY

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

Role A – Newspapers

You think newspapers are the best things to read. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least useful of these (and why): manga, journals or biographies.

Role B – Manga

You think manga is the best thing to read. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least useful of these (and why): newspapers, journals or biographies.

Role C – Journals

You think journals are the best things to read. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least useful of these (and why): manga, newspapers or biographies.

Role D – Biographies

You think biographies are the best things to read. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least useful of these (and why): manga, journals or newspapers.

AFTER READING / LISTENING

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

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

reading	book

- 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">• lot• mind• any• half• habits• start	<ul style="list-style-type: none">• 17• 12• 23• swap• 65• 4.4
--	--

READING SURVEY

From <http://www.BreakingNewsEnglish.com/1608/160810-reading.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.

READING 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 'reading'?
3. How much do you like reading?
4. What is so good about reading?
5. How would you get someone who hates reading to read books?
6. What do you think about what you read?
7. Where is your favourite place to read?
8. How difficult is it to read English books?
9. What's the best way to improve your English reading?
10. What was the last good thing you read?

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READING DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What is your favourite book, and why?
13. Is it better to read a real book or read on a tablet?
14. Will you now read more to live longer?
15. What does reading do to your brain?
16. Which is better – the book or the movie of the book?
17. Are there any bad things about reading?
18. What could you do less of to read more?
19. Which is better – reading or watching TV?
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/1608/160810-reading.html>

New research shows that people who read a lot live longer. The study was carried (1) _____ by researchers from Yale University in the USA. The researchers said reading keeps the (2) _____ active, helps reduce stress and makes us (3) _____ better care of our health. The researchers said that books help the brain more than newspapers and magazines, but (4) _____ kind of reading will help us to live longer. Even reading for half an hour a day could help us to live longer. In the study, researchers looked at the lifestyles of 3,500 men and women over a 12-year (5) _____. They looked at their reading habits, health, lifestyle and their education. All of the people were (6) _____ least 50 years old at the start of the research.

The study is in the journal 'Social Science and Medicine'. It found that people who read for (7) _____ to 3.5 hours a week were 17 per cent less likely to die during the study's 12-year research period than (8) _____ who read no books. Those who read for more than 3.5 hours a week were 23 per cent less likely to die. Researcher Becca Levy said: "Older individuals, regardless of (9) _____, health, wealth or education, showed the survival advantage (10) _____ reading books." She suggested people swap watching TV for reading to live longer. She said: "Individuals over the (11) _____ of 65 spend an average of 4.4 hours per day watching television. Efforts to redirect leisure time into reading books could (12) _____ to be beneficial."

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

- | | | | | |
|-----|------------|------------|------------|-------------|
| 1. | (a) up | (b) out | (c) in | (d) to |
| 2. | (a) kind | (b) mind | (c) rind | (d) bind |
| 3. | (a) be | (b) have | (c) do | (d) take |
| 4. | (a) all | (b) any | (c) a | (d) and |
| 5. | (a) mark | (b) comma | (c) stop | (d) period |
| 6. | (a) on | (b) to | (c) at | (d) of |
| 7. | (a) up | (b) at | (c) over | (d) around |
| 8. | (a) them | (b) these | (c) those | (d) us |
| 9. | (a) banter | (b) bender | (c) gander | (d) gender |
| 10. | (a) of | (b) to | (c) at | (d) for |
| 11. | (a) age | (b) year | (c) old | (d) time |
| 12. | (a) prove | (b) proof | (c) proven | (d) proving |

SPELLING

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

Paragraph 1

1. The study was riedacr out by researchers
2. helps ecuedr stress
3. newspapers and imseangaz
4. the leslyifset of 3,500 men
5. over a 12-year rpioed
6. reading thsbia

Paragraph 2

7. the nujraol 'Social Science and Medicine'
8. 23 per cent less lieylk to die
9. the survival dvgataena
10. an rvagae of 4.4 hours per day
11. vdiliadsinu over the age of 65
12. reading books could prove to be leicifneab

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () likely to die. Researcher Becca Levy said: "Older individuals, regardless of gender, health, wealth
- () Yale University in the USA. The researchers said reading keeps the mind active, helps reduce stress and makes us take
- () period. They looked at their reading habits, health, lifestyle and their education. All
- () magazines, but any kind of reading will help us to live longer. Even reading for half an hour a day could help
- () read no books. Those who read for more than 3.5 hours a week were 23 per cent less
- () of the people were at least 50 years old at the start of the research.
- (**1**) New research shows that people who read a lot live longer. The study was carried out by researchers from
- () or education, showed the survival advantage of reading books." She suggested people swap watching TV
- () better care of our health. The researchers said that books help the brain more than newspapers and
- () The study is in the journal 'Social Science and Medicine'. It found that people who read for up to 3.5 hours a
- () for reading to live longer. She said: "Individuals over the age of 65 spend an average of 4.4 hours
- () us to live longer. In the study, researchers looked at the lifestyles of 3,500 men and women over a 12-year
- () week were 17 per cent less likely to die during the study's 12-year research period than those who
- () per day watching television. Efforts to redirect leisure time into reading books could prove to be beneficial."

PUT THE WORDS IN THE RIGHT ORDER

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

1. lot shows read a who live longer that New people research .
2. The active mind the keeps reading said researchers .
3. more newspapers help brain than Books the .
4. help could for an half Even day us a reading hour .
5. the start old least people All at 50 were of the years at .
6. People 3.5 were who 17% read for hours less up a likely to week .
7. year 12- study's the during die to likely Less period research .
8. 3.5 than more for read who Those week a hours .
9. She reading for TV watching swap people suggested .
10. redirect to Efforts books reading into time leisure .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

New research shows that people who *read / reading* a lot live longer. The study was carried *out / up* by researchers from Yale University in the USA. The researchers said reading *keep / keeps* the mind active, helps reduce stress and makes us *make / take* better care of our health. The researchers said *that / what* books help the brain more than newspapers and magazines, but any kind of reading will help us *to / for* live longer. *Ever / Even* reading for half *the / an* hour a day could help us to live longer. In the study, researchers looked at the lifestyles of 3,500 men and women *under / over* a 12-year period. They looked at their reading habits, health, lifestyle and their *education / educate*. All of the people were at least 50 years old at the start of the research.

The study is in the journal 'Social Science and Medicine'. It *fund / found* that people who read for *down / up* to 3.5 hours a week were 17 per cent *few / less* likely to die during the study's 12-year research period than *those / them* who read no books. Those who read for more than 3.5 hours a week were 23 per cent less likely to die. Researcher Becca Levy said: "Older *individuals / individually*, regardless of *gender / gander*, health, wealth or education, *showered / showed* the survival advantage of reading books." She suggested people *swap / swipe* watching TV for reading to live longer. She said: "Individuals over the age of 65 *spend / spending* an average of 4.4 hours per day watching television. Efforts to redirect leisure time into reading books could *proof / prove* to be beneficial."

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/1608/160810-reading.html>

N_w r_s__rch sh_ws th_t p__pl_ wh_ r__d _ l_t l_v_ l_ng_r. Th_ st_dy w_s c_rr__d __t by r_s__rch_rs fr_m Y_l_ _n_v_rs_ty _n th_ _S_. Th_ r_s__rch_rs s__d r__d_ng k__ps th_ m_nd _ct_v_, h_lps r_d_c_ str_ss _nd m_k_s _s t_k_ b_tt_r c_r_ _f __r h__lth. Th_ r_s__rch_rs s__d th_t b__ks h_lp th_ br__n m_r_ th_n n_wsp_p_rs _nd m_g_z_n_s, b_t _ny k_nd _f r__d_ng w_ll h_lp _s t_ l_v_ l_ng_r. _v_n r__d_ng f_r h_lf _n h__r _d_y c__ld h_lp _s t_ l_v_ l_ng_r. _n th_ st_dy, r_s__rch_rs l__k_d _t th_ l_fstyl_s _f 3,500 m_n _nd w_m_n _v_r _ 12-y__r p_r__d. Th_y l__k_d _t th__r r__d_ng h_b_ts, h__lth, l_fstyl_ _nd th__r _d_c_t__n. _ll _f th_ p__pl_ w_r_ _t l__st 50 y__rs _ld _t th_ st_rt _f th_ r_s__rch.

Th_ st_dy _s _n th_ j__rn_l 'S_c__l Sc__nc__ _nd M_d_c_n_'. _t f__nd th_t p__pl_ wh_ r__d f_r _p_t_ 3.5 h__rs _ w__k w_r_ 17 p_r_c_nt l_ss l_k_ly t_ d__d_rng th_ st_dy's 12-y__r r_s__rch p_r__d th_n th_s_ wh_ r__d n_ b__ks. Th_s_ wh_ r__d f_r m_r_ th_n 3.5 h__rs _ w__k w_r_ 23 p_r_c_nt l_ss l_k_ly t_ d___. R_s__rch_r B_cc_ L_vy s__d: "_ld_r _nd_v_d__ls, r_g_rdl_ss _f g_nd_r, h__lth, w__lth _r _d_c_t__n, sh_w_d th_ s_rv_v_l _dv_nt_g_ _f r__d_ng b__ks." Sh_s_gg_st_d p__pl_ sw_p w_tch_ng TV f_r r__d_ng t_ l_v_ l_ng_r. Sh_ s__d: "_nd_v_d__ls _v_r th_ _g_ _f 65 sp_nd _n _v_r_g_ _f 4.4 h__rs p_r_d_y w_tch_ng t_l_v_s__n. _ff_rts t_ r_d_r_ct l__s_r_ t_m_ _nt_ r__d_ng b__ks c__ld pr_v_ t_ b_ b_n_f_c__l."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

new research shows that people who read a lot live longer the study was carried out by researchers from yale university in the usa the researchers said reading keeps the mind active helps reduce stress and makes us take better care of our health the researchers said that books help the brain more than newspapers and magazines but any kind of reading will help us to live longer even reading for half an hour a day could help us to live longer in the study researchers looked at the lifestyles of 3500 men and women over a 12-year period they looked at their reading habits health lifestyle and their education all of the people were at least 50 years old at the start of the research

the study is in the journal 'social science and medicine' it found that people who read for up to 35 hours a week were 17 per cent less likely to die during the study's 12-year research period than those who read no books those who read for more than 35 hours a week were 23 per cent less likely to die researcher becca levy said "older individuals regardless of gender health wealth or education showed the survival advantage of reading books" she suggested people swap watching tv for reading to live longer she said "individuals over the age of 65 spend an average of 44 hours per day watching television efforts to redirect leisure time into reading books could prove to be beneficial"

PUT A SLASH (/) WHERE THE SPACES ARE

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New research shows that people who read a lot live longer. The study was carried out by researchers from Yale University in the USA. The researchers said reading keeps them active, helps reduce stress and makes us take better care of our health. The researchers said that books help the brain more than newspapers and magazines, but any kind of reading will help us to live longer. Even reading for half an hour a day could help us to live longer. In the study, researchers looked at the lifestyles of 3,500 men and women over a 12-year period. They looked at their reading habits, health, lifestyle and their education. All of the people were at least 50 years old at the start of the research. The study is in the journal 'Social Science and Medicine'. It found that people who read for up to 3.5 hours a week were 17 percent less likely to die during the study's 12-year research period than those who read no books. Those who read for more than 3.5 hours a week were 23 percent less likely to die. Researcher Becca Levys said: "Older individuals, regardless of gender, health, wealth or education, showed the survival advantage of reading books." She suggested people swap watching TV for reading to live longer. She said: "Individuals over the age of 65 spend an average of 4.4 hours per day watching television. Effort to redirect leisure time into reading books could prove to be beneficial."

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 benefits of reading. Share what you discover with your partner(s) in the next lesson.

3. READING: Make a poster about how to improve your reading. Show your work to your classmates in the next lesson. Did you all have similar things?

4. TV BAN: Write a magazine article about banning TV to get people to read more. Include imaginary interviews with people who are for and against it.

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 an expert on reading. Ask him/her three questions about it. Give him/her three of your ideas on how people can be better readers. 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 F d F e T f F g T h T

SYNONYM MATCH (p.4)

- | | |
|----------------|----------------|
| 1. carried out | a. done |
| 2. mind | b. brain |
| 3. reduce | c. lower |
| 4. period | d. time |
| 5. start | e. beginning |
| 6. found | f. discovered |
| 7. likely | g. probable |
| 8. suggested | h. recommended |
| 9. swap | i. exchange |
| 10. beneficial | j. useful |

COMPREHENSION QUESTIONS (p.8)

1. Harvard University
2. Stress
3. Books
4. 3,500
5. At least 50
6. A journal
7. 12 years
8. A researcher
9. 4.4 hours
10. Leisure time

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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