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Level 1

Giving babies peanuts and eggs may avoid allergies

27th September, 2016

<http://www.breakingnewsenglish.com/1609/160927-allergies-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/1609/160927-allergies-1.html>

Allergies to eggs and peanuts can be deadly. However, researchers say that giving eggs and peanuts to babies may stop them getting allergies. The researchers looked at when over 200,000 first ate eggs and peanuts. They found that if 4-6-month-old babies ate eggs, they were 40 per cent less likely to get an egg allergy. Babies aged four to 11 months old who ate peanut products were 70 per cent less likely to get a peanut allergy.

Egg and peanut allergies are the two most common childhood food allergies. Parents must be careful because babies can choke on whole nuts. They should also only eat smooth peanut butter. Other food allergies are to soy, wheat and seafood. Giving these foods to babies one at a time may protect them. Parents should check their baby's health after each new food. More research is needed to find the best ages to start giving eggs and peanuts to babies.

Sources: https://www.washingtonpost.com/national/health-science/giving-babies-eggs-and-peanuts-may-prevent-later-allergies-to-those-foods/2016/09/23/7fdaa018-810b-11e6-b002-307601806392_story.html
<http://www.sciencealert.com/introducing-peanuts-and-eggs-early-in-life-might-lead-to-less-allergies>
http://blogs.babycenter.com/mom_stories/eating-eggs-and-peanuts-early-may-reduce-allergies/

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1609/160927-allergies-1.html>

PARAGRAPH ONE:

- | | |
|--------------------------------------|-------------------------------|
| 1. Allergies to eggs and peanuts can | a. egg allergy |
| 2. giving | b. be deadly |
| 3. stop them | c. eggs and peanuts to babies |
| 4. The researchers looked | d. to get a peanut allergy |
| 5. if 4-6-month-old | e. getting allergies |
| 6. get an | f. products |
| 7. peanut | g. babies ate eggs |
| 8. 70 per cent less likely | h. at when |

PARAGRAPH TWO:

- | | |
|---------------------------------|------------------------------------|
| 1. the two most | a. nuts |
| 2. Parents must | b. smooth peanut butter |
| 3. babies can | c. needed |
| 4. whole | d. one at a time |
| 5. They should also only eat | e. common childhood food allergies |
| 6. Other food allergies | f. choke |
| 7. Giving these foods to babies | g. be careful |
| 8. More research is | h. are to soy, wheat and seafood |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1609/160927-allergies-1.html>

Allergies to eggs and peanuts (1) _____.
However, researchers (2) _____ eggs and
peanuts to babies (3) _____ getting allergies.
The researchers looked at when over 200,000 first ate eggs and
peanuts. They found that if 4-6-month-old babies ate eggs, they
were 40 per cent (4) _____ an egg allergy.
Babies aged four to 11 (5) _____ peanut
products were 70 per cent (6) _____ a peanut
allergy.

Egg and peanut allergies are the (7) _____
childhood food allergies. Parents (8) _____
because babies (9) _____ whole nuts. They
should also only eat smooth peanut butter. Other food allergies
are to soy, (10) _____. Giving these foods to
babies one at a time may protect them. Parents should check
their baby's health (11) _____ food. More
research is needed to find (12) _____ start
giving eggs and peanuts to babies.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1609/160927-allergies-1.html>

Allergiestoeggsandpeanutscanbedeadly.However,researcherssayt
hatgivingeggsandpeanutstobabiesmaystopthemgettingallergies.Th
eresearcherslookedatwhenover200,000babiesfirstateeggsandpean
uts.Theyfoundthatif4-6-month-oldbabiesateeggs,theywere40per
centlesslikelytogetaneggallergy.Babiesagedfourto11monthsoldwh
oatepeanutproductswere70percentlesslikelytogetapeanutallergy.E
ggandpeanutallergiesarethetwomostcommonchildhoodfoodallergie
s.Parentsmustbecarefulbecausebabiescanchokeonwholenuts.They
shouldalsoonlyeatsmoothpeanutbutter.Otherfoodallergiesaretosoy
,wheatandseafood.Givingthesefoodstobabiesoneatatimemayprotec
tthem.Parentsshouldchecktheirbaby'shealthaftereachnewfood.Mor
eresearchisneededtofindthebestagestartgivingeggsandpeanutst
obabies.

ALLERGIES SURVEY

From <http://www.breakingnewsenglish.com/1609/160927-allergies-4.html>

Write five GOOD questions about allergies 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) _____

