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Level 5

Fitness trackers 'poor at measuring calories burned'

28th May, 2017

<http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-5.html>

A new report says fitness trackers don't measure the calories our body burns while exercising so accurately. This means people may make poor decisions about their diet. The study, from Stanford University, evaluated five popular trackers. These included the Apple Watch, Fitbit Surge and Samsung Gear S2. The researchers observed 60 volunteers as they walked, ran and cycled with the devices. Researchers found that none of the devices had an error rate below 20 per cent. Dr Euan Ashley said: "People need to know that on energy expenditure, [the trackers] give rough estimates."

The scientists said users of fitness trackers should be careful about using the devices to judge what they eat. Dr Ashley said: "If you go to the gym, and you think you've lost 400 calories, then you might feel you've got 400 calories to play with." This could be a problem for people who decide what to eat after reading fitness tracker data. A CEO of a fitness tracker company told the USA Today newspaper that the study method could have used incorrect settings and thus given incorrect data. He said the study's error rate was wrong because of a "methodological error" in the research.

Sources: <http://www.bbc.com/news/health-40030457>
<https://www.usatoday.com/story/tech/nation-now/2017/05/24/your-fitness-tracker-could-way-way-off/342327001/>
<http://www.livescience.com/59242-how-accurate-is-your-fitness-tracker-really.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|---------------------|
| 1. the calories our body burns | a. with the devices |
| 2. make poor decisions | b. expenditure |
| 3. The researchers observed | c. had |
| 4. walked, ran and cycled | d. estimates |
| 5. none of the devices | e. about their diet |
| 6. an error rate below | f. 60 volunteers |
| 7. energy | g. 20 per cent |
| 8. give rough | h. while exercising |

PARAGRAPH TWO:

- | | |
|------------------------------|----------------------------|
| 1. users | a. calories to play with |
| 2. be careful | b. they eat |
| 3. judge what | c. method |
| 4. you've got 400 | d. eat |
| 5. decide what to | e. of fitness trackers |
| 6. study | f. in the research |
| 7. could have used incorrect | g. about using the devices |
| 8. a "methodological error" | h. settings |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-5.html>

A new report says fitness trackers (1) _____ calories our body burns while exercising (2) _____. This means people may make poor decisions about their diet. The study, from Stanford University, (3) _____ popular trackers. These included the Apple Watch, Fitbit Surge and Samsung Gear S2. The researchers observed 60 volunteers (4) _____, ran and cycled with the devices. Researchers found that (5) _____ devices had an error rate below 20 per cent. Dr Euan Ashley said: "People need to know that on energy expenditure, [the trackers] (6) _____."

The scientists (7) _____ fitness trackers should be careful about using the devices (8) _____ they eat. Dr Ashley said: "If you go to the gym, and (9) _____ lost 400 calories, then you might feel you've got 400 calories to play with." This could be a problem for people who (10) _____ after reading fitness tracker data. A CEO of a fitness tracker company told the USA Today newspaper that the study method (11) _____ incorrect settings and thus given incorrect data. He said the study's error (12) _____ because of a "methodological error" in the research.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-5.html>

A new report says fitness trackers don't measure the calories our body burns while exercising so accurately. This means people may make poor decisions about their diet. The study, from Stanford University, evaluated five popular trackers. These included the Apple Watch, Fitbit Surge and Samsung Gear S2. The researchers observed 60 volunteers as they walked, ran and cycled with the devices. Researchers found that none of the devices had an error rate below 20 percent. Dr Euan Ashley said: "People need to know that on energy expenditure, [the trackers] give rough estimates." The scientist said users of fitness trackers should be careful about using the devices to judge what they eat. Dr Ashley said: "If you go to the gym, and you think you've lost 400 calories, then you might feel you've got 400 calories to play with." This could be a problem for people who decide what to eat after reading fitness tracker data. A CEO of a fitness tracker company told the USA Today newspaper that the study method could have used incorrect settings and thus given incorrect data. He said the study's error rate was wrong because of a "methodological error" in the research.

FITNESS TRACKERS SURVEY

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-4.html>

Write five GOOD questions about fitness trackers 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) _____

