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Level 6

Carrying the shopping makes over-65s stronger

1st October, 2017

<https://breakingnewsenglish.com/1710/171001-shopping.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

There is new advice for older people to keep their strength up and live longer – carry your own shopping. The Chartered Society of Physiotherapy (CSP) in the UK says it is imperative for the over-65s to keep active to maintain their strength as they age. It warns that millions of people risk falling over or injuring themselves because they are failing to maintain their strength. Falls among the elderly cause the vast majority of hip injuries. The CSP says nearly a quarter of over-65s don't do any exercises to keep their muscles strong. A CSP spokesperson said: "For those 65 and over, they can also include activities that involve stepping and jumping, like dancing, or chair aerobics."

One recommendation the CSP made to the over-65s is to carry shopping home from the supermarket. It warns against Internet shopping, noting that while it is convenient, the rise of Internet shopping means fewer people are getting their "shopping workout". Professor Karen Middleton, chief executive of CSP, said: "Research shows getting stronger brings a whole host of health benefits so it is incredibly important that people don't overlook strengthening when being active." She also suggested gardening, vacuuming and standing up out of a chair 10 times. Professor Middleton added: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."

Sources: <http://www.bbc.com/news/health-41430301>
<http://www.dailymail.co.uk/health/article-4929536/Online-food-shopping-RUINING-muscles.html>
<http://www.csp.org.uk/press-releases/2017/09/28/too-many-people-letting-muscle-waste-they-age-physiotherapists-warn>

WARM-UPS

1. BEING OVER 65: Students walk around the class and talk to other students about being over 65. 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?

advice / strength / risk / age / majority / exercises / injuries / quarter / dancing / recommendation / supermarket / convenient / benefits / active / gardening / older

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

3. OLD AGE: Students A **strongly** believe old age is the best time of our lives; Students B **strongly** believe it is the worst. Change partners again and talk about your conversations.

4. EXERCISE: How good are these activities for young people and old people? Complete this table with your partner(s). Change partners often and share what you wrote.

	Old People	Young People
Shopping		
Dancing		
Aerobics		
Gardening		
Running		
Vacuuming		

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

6. ACTIVITIES: Rank these with your partner. Put the best activities for old people at the top. Change partners often and share your rankings.

- dancing
- aerobics
- shopping
- hiking
- gardening
- watching TV
- reading
- swimming

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

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

- a. The article says the advice given to over-65s is not new. **T / F**
- b. The article says a billion old people are at risk from not shopping. **T / F**
- c. Most hip injuries are because people fall over. **T / F**
- d. A physiotherapist said aerobics is bad for old people. **T / F**
- e. A physiotherapy group warned old people about the Internet. **T / F**
- f. The group said fewer older people get a "shopping workout". **T / F**
- g. A professor advised older people not to vacuum. **T / F**
- h. The professor advised older people to stand up from a chair 10 times. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|--------------------------|-------------------|
| 1. advice | a. huge |
| 2. maintain | b. ignore |
| 3. vast | c. representative |
| 4. spokesperson | d. incorporate |
| 5. include | e. mentioning |
| 6. recommendation | f. guidance |
| 7. noting | g. unavoidable |
| 8. host | h. suggestion |
| 9. overlook | i. keep up |
| 10. inevitable | j. lot |

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

- | | |
|------------------------------------|------------------------------|
| 1. advice for older people to keep | a. falling over |
| 2. it is imperative | b. that involve stepping |
| 3. millions of people risk | c. of a chair 10 times |
| 4. the vast majority | d. for the over-65s |
| 5. include activities | e. against Internet shopping |
| 6. It warns | f. health benefits |
| 7. fewer people are getting their | g. their strength up |
| 8. brings a whole host of | h. is inevitable |
| 9. standing up out | i. of hip injuries |
| 10. becoming weaker and frailer | j. "shopping workout" |

GAP FILL

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

There is new (1) _____ for older people to keep their strength up and live longer – carry your own shopping. The Chartered Society of Physiotherapy (CSP) in the UK says it is (2) _____ for the over-65s to keep active to maintain their strength as they (3) _____. It warns that millions of people risk falling over or injuring themselves because they are failing to (4) _____ their strength. Falls among the elderly cause the vast majority of (5) _____ injuries. The CSP says nearly a quarter of over-65s don't do any (6) _____ to keep their muscles strong. A CSP spokesperson said: "For those 65 and over, they can also (7) _____ activities that involve stepping and jumping, like dancing, or (8) _____ aerobics."

imperative
exercises
advice
chair
maintain
include
age
hip

One recommendation the CSP made to the over-65s is to carry shopping home from the supermarket. It warns (9) _____ Internet shopping, noting that while it is (10) _____, the rise of Internet shopping means (11) _____ people are getting their "shopping workout". Professor Karen Middleton, chief executive of CSP, said: "Research shows getting stronger brings a whole (12) _____ of health benefits so it is (13) _____ important that people don't overlook strengthening when being active." She also suggested gardening, (14) _____ and standing up out of a chair 10 times. Professor Middleton added: "We must move past the (15) _____ that becoming weaker and (16) _____ is inevitable as we get older."

host
idea
against
incredibly
frailer
fewer
vacuuming
convenient

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

- 1) There is new advice for older people to keep their strength _____ longer
 - a. up and lively
 - b. up and lived
 - c. up and lives
 - d. up and live
- 2) it is imperative for the over-65s to keep active to maintain their strength _____
 - a. as they age
 - b. as they aged
 - c. as they ages
 - d. as they aging
- 3) It warns that millions of people risk falling over or _____
 - a. injure in themselves
 - b. injuring themselves
 - c. injuries themselves
 - d. injured in themselves
- 4) Falls among the elderly cause the vast majority _____
 - a. off hip injuries
 - b. of hip injuries
 - c. for hip injuries
 - d. oft hip injuries
- 5) For those 65 and over, they can also include activities that _____
 - a. involved stepping
 - b. involves stepping
 - c. involve stepping
 - d. involving stepping
- 6) One recommendation the CSP made to the over-65s is to _____ home
 - a. carry shop in
 - b. carry shop ping
 - c. carry shop pin
 - d. carry shopping
- 7) the rise of Internet shopping means fewer people are getting their _____
 - a. shopping worked out
 - b. shopping worker out
 - c. shopping workout
 - d. shopping workouts
- 8) Research shows getting stronger brings a whole _____ benefits
 - a. host of health
 - b. heist of health
 - c. haste of health
 - d. hostage of health
- 9) She also suggested gardening, vacuuming and standing up _____ 10 times
 - a. out of the chair
 - b. out off a chair
 - c. outer of a chair
 - d. out of a chair
- 10) We must move past the idea that becoming weaker and _____ inevitable
 - a. frail are is
 - b. flail are is
 - c. frailer is
 - d. frillier is

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

There is new advice for older people to (1) _____ up and live longer – carry your own shopping. The Chartered Society of Physiotherapy (CSP) in the UK says (2) _____ for the over-65s to keep active to maintain their strength as they age. It warns that millions of people (3) _____ or injuring themselves because they are failing to maintain their strength. Falls among (4) _____ the vast majority of hip injuries. The CSP says nearly a quarter of over-65s don't (5) _____ to keep their muscles strong. A CSP spokesperson said: "For those 65 and over, they can also include activities that involve (6) _____, like dancing, or chair aerobics."

One recommendation the CSP made to the over-65s is (7) _____ home from the supermarket. It warns against Internet shopping, noting that while (8) _____, the rise of Internet shopping (9) _____ are getting their "shopping workout". Professor Karen Middleton, chief executive of CSP, said: "Research shows getting stronger brings a (10) _____ health benefits so it is incredibly important that people don't overlook strengthening when being active." She also suggested gardening, (11) _____ standing up out of a chair 10 times. Professor Middleton added: "We must move past the idea that becoming weaker and frailer (12) _____ we get older."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

1. Whose shopping did the CSP suggest old people should carry?
2. How many people are at risk from not maintaining muscle strength?
3. What kind of injuries do falls by the elderly cause?
4. What proportion of over-65s doesn't do muscle-strengthening exercises?
5. What did a physiotherapy group suggest doing in a chair?
6. What did the CSP warn against?
7. What are fewer people not getting because of the Internet?
8. How many benefits did the CSP say getting stronger brings?
9. How many times did the CSP suggest old people get out of a chair?
10. What did a professor say was inevitable as we age?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

- 1) Whose shopping did the CSP suggest old people should carry?
 - a) their neighbours'
 - b) their children's
 - c) each other's
 - d) their own
- 2) How many people are at risk from not maintaining muscle strength?
 - a) a billion
 - b) millions
 - c) thousands
 - d) 280,000
- 3) What kind of injuries do falls by the elderly cause?
 - a) head injuries
 - b) back injuries
 - c) hip injuries
 - d) hand injuries
- 4) What proportion of over-65s doesn't do muscle-strengthening exercises?
 - a) almost 25%
 - b) half
 - c) around a third
 - d) roughly two-fifths
- 5) What did a physiotherapy group suggest doing in a chair?
 - a) relaxing
 - b) watching TV
 - c) aerobics
 - d) sleeping
- 6) What did the CSP warn against?
 - a) long walks
 - b) Internet shopping
 - c) jumping
 - d) gardening
- 7) What are fewer people not getting because of the Internet?
 - a) enough food
 - b) sleep
 - c) rest
 - d) a shopping workout
- 8) How many benefits did the CSP say getting stronger brings?
 - a) a whole host
 - b) an entire world
 - c) a total amount
 - d) a complete turn
- 9) How many times did the CSP suggest old people get out of a chair?
 - a) 20
 - b) 15
 - c) 10
 - d) 5
- 10) What did a professor say was inevitable as we age?
 - a) memory loss
 - b) becoming weaker
 - c) money worries
 - d) a loss of friends

ROLE PLAY

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

Role A – Shopping

You think shopping is the best activity for old people. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): dancing, gardening or watching TV.

Role B – Dancing

You think dancing is the best activity for old people. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): shopping, gardening or watching TV.

Role C – Gardening

You think gardening is the best activity for old people. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): dancing, shopping or watching TV.

Role D – Watching TV

You think watching TV is the best activity for old people. Tell the others three reasons why. Tell them what is wrong with their activities. Also, tell the others which is the worst of these (and why): dancing, gardening or shopping.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

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

strong	strength
---------------	-----------------

- 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">• advice• imperative• risk• vast• quarter• involve	<ul style="list-style-type: none">• recommendation• warns• fewer• host• standing• weaker
---	---

BEING OVER 65 SURVEY

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

Write five GOOD questions about being over 65 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.

BEING OVER 65 DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'shopping'?
3. What is your advice for over-65s to live longer?
4. How good is shopping for you?
5. What health problems do the over-65s have?
6. Why do the over 65s not maintain their strength?
7. How do you keep your muscles strong?
8. Who is the healthiest over-65-year-old you know?
9. How strong do you think you'll be when you're 65?
10. What other everyday activities can keep old people strong?

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BEING OVER 65 DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'strong'?
13. What do you think about what you read?
14. What good does carrying shopping do for you?
15. How bad is shopping for you?
16. Do you like to get a 'shopping workout'?
17. What do you think of Internet shopping?
18. What do you think of gardening and vacuuming?
19. How will technology make old people stronger?
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 <https://breakingnewsenglish.com/1710/171001-shopping.html>

There is new (1) _____ for older people to keep their strength up and live longer – carry your own shopping. The Chartered Society of Physiotherapy (CSP) in the UK says it is (2) _____ for the over-65s to keep active to maintain their strength as they age. It warns that millions of people (3) _____ falling over or injuring themselves because they are failing to maintain their strength. Falls among the elderly cause the (4) _____ majority of hip injuries. The CSP says nearly a (5) _____ of over-65s don't do any exercises to keep their muscles strong. A CSP spokesperson said: "For those 65 and over, they can also include (6) _____ that involve stepping and jumping, like dancing, or chair aerobics."

One recommendation the CSP made to the over-65s is to carry shopping home from the supermarket. It warns against Internet shopping, (7) _____ that while it is convenient, the (8) _____ of Internet shopping means fewer people are getting their "shopping workout". Professor Karen Middleton, chief executive of CSP, said: "Research shows getting stronger brings a (9) _____ host of health benefits so it is incredibly important that people don't (10) _____ strengthening when being active." She also suggested gardening, vacuuming and standing (11) _____ out of a chair 10 times. Professor Middleton added: "We must move past the idea that becoming weaker and (12) _____ is inevitable as we get older."

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

- | | | | | |
|-----|----------------|-----------------|----------------|-----------------|
| 1. | (a) advise | (b) advisory | (c) advice | (d) avarice |
| 2. | (a) imperative | (b) comparative | (c) reparative | (d) superlative |
| 3. | (a) risk | (b) risky | (c) risqué | (d) riskiness |
| 4. | (a) vast | (b) mast | (c) past | (d) haste |
| 5. | (a) quartered | (b) quarter | (c) quarters | (d) quarterly |
| 6. | (a) activities | (b) activates | (c) active | (d) actively |
| 7. | (a) notching | (b) nothing | (c) noting | (d) knotting |
| 8. | (a) risen | (b) raising | (c) rising | (d) rise |
| 9. | (a) whole | (b) holy | (c) holed | (d) while |
| 10. | (a) overcook | (b) overlook | (c) overtook | (d) overbook |
| 11. | (a) on | (b) up | (c) down | (d) in |
| 12. | (a) frillier | (b) folio | (c) frailer | (d) falter |

SPELLING

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

Paragraph 1

1. it is retpvaemij for the over-65s
2. imntiaan their strength
3. the vast iyojtram
4. hip iinsrjeu
5. activities that loinvev stepping
6. like dancing, or chair breacois

Paragraph 2

7. One endormcmoteani the CSP made
8. while it is eonintcven
9. chief ieveextcu
10. gardening, ugavicmun and standing up
11. becoming weaker and airrlef
12. neetvlbiai as we get older

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

Number these lines in the correct order.

- () active." She also suggested gardening, vacuuming and standing up out of a chair 10 times. Professor Middleton
- () their muscles strong. A CSP spokesperson said: "For those 65 and over, they can also include
- () shopping. The Chartered Society of Physiotherapy (CSP) in the UK says it is imperative
- () activities that involve stepping and jumping, like dancing, or chair aerobics."
- (**1**) There is new advice for older people to keep their strength up and live longer – carry your own
- () of Internet shopping means fewer people are getting their "shopping workout". Professor Karen Middleton, chief
- () falling over or injuring themselves because they are failing to maintain their strength. Falls among the elderly cause the vast
- () One recommendation the CSP made to the over-65s is to carry shopping home from the
- () majority of hip injuries. The CSP says nearly a quarter of over-65s don't do any exercises to keep
- () for the over-65s to keep active to maintain their strength as they age. It warns that millions of people risk
- () benefits so it is incredibly important that people don't overlook strengthening when being
- () supermarket. It warns against Internet shopping, noting that while it is convenient, the rise
- () added: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."
- () executive of CSP, said: "Research shows getting stronger brings a whole host of health

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

1. to up people advice There their for is strength older new keep .
2. over of It people warns risk that falling millions .
3. injuries vast The majority elderly of cause hip the .
4. of over- exercises any quarter a Nearly 65s don't do .
5. activities include also can They stepping involve that .
6. One CSP the 65s the to over- recommendation made .
7. workout" . It fewer are their means people getting "shopping .
8. health a benefits whole Getting host stronger of brings .
9. don't incredibly overlook important that that It people is .
10. up a times standing of 10 and out chair Vacuuming .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

There is new *advice / advise* for older people to keep their strength up and live longer – carry *our / your* own shopping. The Chartered Society of Physiotherapy (CSP) in the UK says it is *comparative / imperative* for the over-65s to keep active to *maintain / maintenance* their strength as they age. It warns that millions of people risk *failing / falling* over or injuring themselves because they are failing to maintain their strength. Falls among the elderly cause the *past / vast* majority of hip injuries. The CSP says nearly a *quarter / quarterly* of over-65s don't do any exercises to keep their muscles strong. A CSP spokesperson said: "For *those / them* 65 and over, they can also include activities that *involving / involve* stepping and jumping, like dancing, or *chair / chairing* aerobics."

One *recommendation / recommending* the CSP made to the over-65s is to carry shopping home from the supermarket. It *warnings / warns* against Internet shopping, noting that while it is convenient, the *raise / rise* of Internet shopping means fewer people are getting their "shopping workout". Professor Karen Middleton, chief executive of CSP, said: "Research *shown / shows* getting stronger brings a *hole / whole* host of health benefits so it is *incredibly / incredible* important that people don't overlook strengthening when being *actively / active*." She also suggested gardening, vacuuming and standing *down / up* out of a chair 10 times. Professor Middleton added: "We must move *passed / past* the idea that becoming weaker and *frailer / frillier* is inevitable as we get older."

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 <https://breakingnewsenglish.com/1710/171001-shopping.html>

Th_r_ _s n_w _dv_c_ f_r _ld_r p__pl_ t_ k__p th__r
str_ngth _p _nd l_v_ l_ng_r - c_rry y__r _wn sh_pp_ng.
Th_ Ch_rt_r_d S_c__ty _f Phys__th_r_py (CSP) _n th_
_K s_ys _t _s _mp_r_t_v_ f_r th_ _v_r-65s t_ k__p
_ct_v_ t_ m__nt__n th__r str_ngth _s th_y _g_. _t
w_rns th_t m_ll__ns _f p__pl_ r_sk f_ll_ng _v_r _r
_nj_r_ng th_ms_lv_s b_c__s th_y _r_ f__l_ng t_
m__nt__n th__r str_ngth. F_lls _m_ng th_ _ld_rly
c__s th_ v_st m_j_r_ty _f h_p _nj_r__s. Th_ CSP s_ys
n__rly _q__rt_r _f _v_r-65s d_n't d__ny _x_rc_s_s t_
k__p th__r m_scl_s str_ng. _ CSP sp_k sp_rs_n s__d:
"F_r th_s_ 65 _nd _v_r, th_y c_n _ls _ncl_d _ct_v_t__s
th_t _nv_lv_ st_pp_ng _nd j_mp_ng, l_k_ d_nc_ng, _r
ch__r __r_b_cs."

n r_c mm_nd_t__n th_ CSP m_d_t_ th_ _v_r-65s _s
t_ c_rry sh_pp_ng h_m_ fr_m th_ s_p_rm_rk_t. _t
w_rns _g__nst _nt_rn_t sh_pp_ng, n_t_ng th_t wh_l__t
_s c_nv_n__nt, th_r_s_ _f _nt_rn_t sh_pp_ng m__ns
f_w_r p__pl_ _r_ g_tt_ng th__r "sh_pp_ng w_rk__t".
Pr_f_ss_r K_r_n M_ddl_t_n, ch__f _x_c_t_v_ _f CSP,
s__d: "R_s__rch sh_ws g_tt_ng str_ng_r br_ngs _ wh_l_
h_st _f h__lth b_n_f_ts s__t _s _ncr_d_bly _mp_rt_nt
th_t p__pl_ d_n't _v_rl__k str_ngth_n_ng wh_n b__ng
_ct_v_." Sh__ls_ s_gg_st_d g_rd_n_ng, v_c__m_ng
_nd st_nd_ng _p __t _f _ch__r 10 t_m_s. Pr_f_ss_r
M_ddl_t_n _dd_d: "W_ m_st m_v_ p_st th_ _d__ th_t
b_c_m_ng w__k_r _nd fr__l_r _s _n_v_t_bl_ _s w_ g_t
_ld_r."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1710/171001-shopping.html>

there is new advice for older people to keep their strength up and live longer – carry your own shopping the chartered society of physiotherapy (csp) in the uk says it is imperative for the over-65s to keep active to maintain their strength as they age it warns that millions of people risk falling over or injuring themselves because they are failing to maintain their strength falls among the elderly cause the vast majority of hip injuries the csp says nearly a quarter of over-65s don't do any exercises to keep their muscles strong a csp spokesperson said "for those 65 and over they can also include activities that involve stepping and jumping like dancing or chair aerobics"

one recommendation the csp made to the over-65s is to carry shopping home from the supermarket it warns against internet shopping noting that while it is convenient the rise of internet shopping means fewer people are getting their "shopping workout" professor karen middleton chief executive of csp said "research shows getting stronger brings a whole host of health benefits so it is incredibly important that people don't overlook strengthening when being active" she also suggested gardening vacuuming and standing up out of a chair 10 times professor middleton added "we must move past the idea that becoming weaker and frailer is inevitable as we get older"

PUT A SLASH (/) WHERE THE SPACES ARE

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There is new advice for older people to keep their strength up and live longer – carry your own shopping. The Chartered Society of Physiotherapy (CSP) in the UK says it is imperative for the over-65s to keep active to maintain their strength as they age. It warns that millions of people risk falling over or injuring themselves because they are failing to maintain their strength. Falls among the elderly cause the vast majority of hip injuries. The CSP says nearly a quarter of over-65s don't do any exercise to keep their muscles strong. A CSP spokesperson said: "For those 65 and over, they can also include activities that involve stepping and jumping, like dancing, or chair aerobics." One recommendation the CSP made to the over-65s is to carry shopping home from the supermarket. It warns against Internet shopping, noting that while it is convenient, the rise of Internet shopping means fewer people are getting their "shopping workout". Professor Karen Middleton, chief executive of CSP, said: "Research shows getting stronger brings a whole host of health benefits so it is incredibly important that people don't overlook strengthening when being active." She also suggested gardening, vacuuming and standing up out of a chair 10 times. Professor Middleton added: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."

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 this news. Share what you discover with your partner(s) in the next lesson.

3. BEING OVER 65: Make a poster about being over 65. Show your work to your classmates in the next lesson. Did you all have similar things?

4. HEAVY SHOPPING: Write a magazine article about over-65s putting weights in their shopping bags to get a better workout. Include imaginary interviews with people who are for and against this.

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 being over 65. Ask him/her three questions about it. Give him/her three of your ideas on how over-65s can stay strong. 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 F c T d F e T f T g F h T

SYNONYM MATCH (p.4)

- | | |
|-------------------|-------------------|
| 1. advice | a. guidance |
| 2. maintain | b. keep up |
| 3. vast | c. huge |
| 4. spokesperson | d. representative |
| 5. include | e. incorporate |
| 6. recommendation | f. suggestion |
| 7. noting | g. mentioning |
| 8. host | h. lot |
| 9. overlook | i. ignore |
| 10. inevitable | j. unavoidable |

COMPREHENSION QUESTIONS (p.8)

1. Their own
2. Millions
3. Hip injuries
4. Nearly a quarter
5. Aerobics
6. Internet shopping
7. Their shopping workout
8. A whole host
9. 10
10. Becoming weaker and frailer

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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