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## Level 1

### Millions more have high blood pressure

16th November, 2017

<https://breakingnewsenglish.com/1711/171116-blood-pressure-1.html>

## Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

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# THE READING

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-1.html>

Millions more people have high blood pressure. The reading for high blood pressure used to start at 140 over 90. American doctors changed these numbers to 130 over 80\*. They said the disease should be treated sooner. Blood pressure is your heart pushing blood around your body. If this pushing is too strong, it stresses your heart and arteries. This can lead to heart attacks and strokes. Normal blood pressure is 120 over 80, or less.

Health problems can happen at 130 over 80. People can have this level of blood pressure without medicine. The new reading is a warning for you to lower your blood pressure, without medicine. People with high blood pressure need to change their lifestyle. They should lose weight, exercise more, eat healthier food, avoid alcohol and salt, quit smoking, and avoid stress. Over 46 per cent of adults in the USA now have high blood pressure, up from 32 per cent.

\* Written as 130/80

Sources: <https://medicalxpress.com/news/2017-11-adults-high-blood-pressure-guidelines.html>  
<https://www.bloomberg.com/news/articles/2017-11-13/thirty-million-americans-just-got-high-blood-pressure>  
<https://www.newsday.com/news/health/new-high-blood-pressure-systolic-guidelines-1.14967340>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-1.html>

## PARAGRAPH ONE:

- |                                   |                      |
|-----------------------------------|----------------------|
| 1. Millions more people have high | a. arteries          |
| 2. blood pressure used to start   | b. blood pressure    |
| 3. doctors changed                | c. is 120 over 80    |
| 4. the disease should             | d. these numbers     |
| 5. your heart pushing blood       | e. and strokes       |
| 6. it stresses your heart and     | f. at 140 over 90    |
| 7. This can lead to heart attacks | g. around your body  |
| 8. Normal blood pressure          | h. be treated sooner |

## PARAGRAPH TWO:

- |                                  |                   |
|----------------------------------|-------------------|
| 1. Health problems can happen    | a. avoid stress   |
| 2. The new reading is a          | b. at 130 over 80 |
| 3. lower your                    | c. the USA        |
| 4. They should lose              | d. blood pressure |
| 5. avoid alcohol                 | e. 32 per cent    |
| 6. quit smoking and              | f. weight         |
| 7. Over 46 per cent of adults in | g. and salt       |
| 8. up from                       | h. warning        |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-1.html>

Millions more people have (1) \_\_\_\_\_. The reading for high blood pressure (2) \_\_\_\_\_ at 140 over 90. American doctors changed (3) \_\_\_\_\_ 130 over 80. They said the disease should (4) \_\_\_\_\_. Blood pressure is your heart pushing blood around your body. If this pushing is too strong, it stresses your (5) \_\_\_\_\_. This can lead to heart attacks and strokes. Normal (6) \_\_\_\_\_ 120 over 80, or less.

Health problems can happen at 130 over 80. People can have (7) \_\_\_\_\_ blood pressure without medicine. The new reading is a warning for (8) \_\_\_\_\_ your blood pressure, without medicine. People with high blood pressure need to (9) \_\_\_\_\_. They should lose weight, exercise more, (10) \_\_\_\_\_, avoid alcohol and salt, quit smoking, (11) \_\_\_\_\_. Over 46 per cent of adults in the USA now have high blood (12) \_\_\_\_\_ 32 per cent.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-1.html>

Millions more people have high blood pressure. The reading for high blood pressure used to start at 140 over 90. American doctors changed these numbers to 130 over 80. They said the disease should be treated sooner.

Blood pressure is your heart pushing blood around your body. If this pushing is too strong, it stresses your heart and arteries. This can lead to heart attacks and strokes. Normal blood pressure is 120 over 80, or less. Health problems can happen at 130 over 80. People can have this level of blood pressure without medicine. The new reading is a warning for you to lower your blood pressure, without medicine. People with high blood pressure need to change their lifestyle. They should lose weight, exercise more, eat healthier food, avoid alcohol and salt, quit smoking, and avoid stress. Over 46 percent of adults in the USA now have high blood pressure, up from 32 percent.

# BLOOD PRESSURE SURVEY

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-4.html>

Write five GOOD questions about blood pressure 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) \_\_\_\_\_

*Millions more have high blood pressure – 16th November, 2017*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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) \_\_\_\_\_

# WRITING

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-1.html>

Write about **blood pressure** for 10 minutes. Read and talk about your partner's paper.

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