Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

Level 6 – 11th November, 2020

Poor diet creates 20cm height gap in children

FREE online quizzes, mp3 listening and more for this lesson here:

https://breakingnewsenglish.com/2011/201111-diet-and-height.html

Contents

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

Twitter   twitter.com/SeanBanville

Facebook   www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE ARTICLE

Poor diet and nutrition may be behind an average height gap of 20cm between the tallest and shortest children in different countries. Researchers from Imperial College London conducted a global analysis of the Body Mass Index (BMI) of schoolchildren and adolescents around the world. This involved measuring the height and weight of millions of children and teenagers. They discovered that the world's tallest 19-year-olds, at 183.8cm, lived in the Netherlands, while the shortest, at 160.1cm, lived in East Timor. The researchers said teenagers in northwest and central Europe were the tallest in the world. On average the shortest children lived in South and South-East Asia, Latin America and East Africa.

The study was extremely comprehensive. It involved analysing data from 65 million children aged five to 19 years old in 193 countries. The researchers reported that children's height and weight varied enormously in different regions. The team warned that a lack of quality food and nutrition was a major factor behind stunted growth and a rise in childhood obesity. It said improved diets increased the average height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. Researchers attribute this to improved nutrition. The lead author of the report urged countries to adopt policies that encouraged healthier eating, but to be aware of the perils of excessive weight gain.

WARM-UPS

1. HEIGHT: Students walk around the class and talk to other students about height. 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?

    diet / nutrition / average / height / weight / teenagers / Europe / world / children / comprehensive / children / quality / growth / diets / report / healthier eating / perils

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

3. BMI: Students A **strongly** believe governments should introduce policies to get people to have a healthy BMI; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. LOOKS: How important are these things? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Important?	**Why?**
Height		
Weight		
Hair		
Eyes		
Wrinkles		
Other _____		

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

6. BEST TO BE…: Rank these with your partner. Put the best things to be at the top. Change partners often and share your rankings.

- Tall
- Slim
- Intelligent
- Loving

- Funny
- Good at English
- Forgiving
- Cooperative

VOCABULARY MATCHING

Paragraph 1

1.	nutrition	a.	Organized and carried out.
2.	behind	b.	The process of providing or obtaining the food necessary for health and growth.
3.	conducted	c.	A young person in the process of developing from a child into an adult.
4.	adolescent	d.	Included as a necessary part or result.
5.	involved	e.	Responsible for an event.
6.	measuring	f.	A number expressing the middle value (number) in a set of data by dividing the total of all the values (numbers) by how many values (numbers) there are.
7.	average	g.	Finding the size, amount, or degree of something.

Paragraph 2

8.	comprehensive	h.	Having a number of different types or elements.
9.	varied	i.	Regard something as being caused by someone or something.
10.	stunted	j.	Of large content or scope; wide-ranging.
11.	obesity	k.	Prevented from growing or developing properly.
12.	attribute	l.	Really tried to persuade someone to do something.
13.	urged	m.	The condition of being grossly fat or overweight.
14.	perils	n.	The dangers or difficulties that arise from a particular situation or activity.

BEFORE READING / LISTENING

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

a. Researchers said poor diet was behind nutrition in taller children.   **T / F**

b. The researchers were from Empirical College London.   **T / F**

c. The world's tallest 19-year-olds live in the Netherlands.   **T / F**

d. Children in North-East Asia were the world's shortest.   **T / F**

e. Researchers analysed data on 65 million children.   **T / F**

f. Poor nutrition was responsible for stunted growth and obesity.   **T / F**

g. Nineteen-year-old boys in China grew an average 8cm taller in 34 years. **T / F**

h. Researchers encouraged policies that encouraged weight gain.   **T / F**

2. SYNONYM MATCH:
Match the following synonyms. The words in **bold** are from the news article.

1.	**behind**	a.	differed
2.	**conducted**	b.	necessitated
3.	**adolescents**	c.	wide-ranging
4.	**involved**	d.	carried out
5.	**on average**	e.	take on
6.	**comprehensive**	f.	generally
7.	**varied**	g.	responsible for
8.	**urged**	h.	undue
9.	**adopt**	i.	youngsters
10.	**excessive**	j.	encouraged

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

1.	nutrition may be behind	a.	gain
2.	conducted a global analysis of	b.	the height and weight
3.	schoolchildren and	c.	in childhood obesity
4.	This involved measuring	d.	adopt policies
5.	On	e.	the Body Mass Index
6.	The study was extremely	f.	enormously
7.	weight varied	g.	adolescents
8.	stunted growth and a rise	h.	average
9.	urged countries to	i.	comprehensive
10.	the perils of excessive weight	j.	an average height gap

GAP FILL

From <u>https://breakingnewsenglish.com/2011/201111-diet-and-height.html</u>

Poor diet and (1) _____ may be behind an average height gap of 20cm between the tallest and shortest children in different countries. Researchers from Imperial College London (2) _____ a global analysis of the Body Mass Index (BMI) of schoolchildren and (3) _____ around the world. This involved (4) _____ the height and weight of millions of children and teenagers. They (5) _____ that the world's tallest 19-year-olds, at 183.8cm, lived in the Netherlands, while the shortest, at 160.1cm, lived in East Timor. The researchers said (6) _____ in northwest and central Europe were the tallest in the world. On (7) _____ the shortest children lived in South and South-East Asia, (8) _____ America and East Africa.

adolescents

discovered

average

nutrition

Latin

measuring

conducted

teenagers

The study was (9) _____ comprehensive. It involved analysing data from 65 million children aged five to 19 years old in 193 countries. The researchers reported that children's height and weight (10) _____ enormously in different regions. The team warned that a lack of quality food and nutrition was a major (11) _____ behind stunted growth and a rise in childhood (12) _____. It said improved (13) _____ increased the average height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. Researchers (14) _____ this to improved nutrition. The lead author of the report urged countries to (15) _____ policies that encouraged healthier eating, but to be aware of the perils of (16) _____ weight gain.

diets

factor

excessive

extremely

attribute

varied

adopt

obesity

LISTENING – Guess the answers. Listen to check.

1) Poor diet and nutrition may be behind an average height _____
    a. gape of 20cm
    b. cap of 20cm
    c. clap of 20cm
    d. gap of 20cm

2) Researchers from Imperial College London conducted _____
    a. a globe all analysis
    b. a global analyses
    c. a global analysis
    d. a globally analysis

3) the Body Mass Index (BMI) of schoolchildren _____
    a. and adolescence
    b. and adolescent
    c. and adolescents
    d. and idol ascents

4) lived in East Timor. The researchers said teenagers in northwest _____
    a. and centrally Europe
    b. and central Europe
    c. and centralised Europe
    d. and centrality Europe

5) On average the shortest children lived in South and South-East Asia, _____
    a. Latin America
    b. Latino America
    c. Latins America
    d. Late in America

6) The study was extremely comprehensive. It _____
    a. involved analysing datum
    b. involved analysing day tar
    c. involved analysing date a
    d. involved analysing data

7) The researchers reported that children's height and _____
    a. weight variant enormously
    b. weight variety enormously
    c. weight vary it enormously
    d. weight varied enormously

8) a lack of quality food and nutrition was a major factor _____
    a. beyond stunted growth
    b. behest stunted growth
    c. behold stunted growth
    d. behind stunted growth

9) 8cm taller in 2019 than in 1985. Researchers attribute this _____
    a. to improved nutrition
    b. to improve nutrition
    c. to improved nutritious
    d. to improves nutrition

10) countries to adopt policies that encouraged healthier eating, but to be aware _____
    a. of the pearls
    b. of the petals
    c. of the perils
    d. of the berries

LISTENING – Listen and fill in the gaps

Poor diet and nutrition may be behind (1) _____ gap of 20cm between the tallest and shortest children in different countries. Researchers from Imperial College London (2) _____ analysis of the Body Mass Index (BMI) of schoolchildren and adolescents around the world. This (3) _____ height and weight of millions of children and teenagers. They discovered that the world's tallest 19-year-olds, at 183.8cm, lived in the Netherlands, (4) _____, at 160.1cm, lived in East Timor. The researchers said teenagers in (5) _____ Europe were the tallest in the world. (6) _____ shortest children lived in South and South-East Asia, Latin America and East Africa.

The study (7) _____. It involved analysing data from 65 million children aged five to 19 years old in 193 countries. The researchers reported that children's height and weight (8) _____ different regions. The team warned that a lack of quality food and nutrition was a major factor (9) _____ and a rise (10) _____. It said improved diets increased the average height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. Researchers (11) _____ improved nutrition. The lead author of the report urged countries to adopt policies that encouraged healthier eating, but to be aware of the (12) _____ weight gain.

COMPREHENSION QUESTIONS

1. What two things did the article saw were behind the height gap?

2. What is the name of the London college that conducted the research?

3. What is the abbreviation for the index the researchers analysed?

4. How tall were 19-year-old boys in the Netherlands?

5. In which part of Africa did the article say children were short?

6. How many children's data did the researchers look at?

7. What did the researchers say about children's height in different regions?

8. What was stunted in children because of a lack of quality food?

9. How much taller were 19-year-old boys in China in 2019 than in 1985?

10. What did the article warn against the perils of?

MULTIPLE CHOICE - QUIZ

1) What two things did the article saw were behind the height gap?
a) milk and fish
b) exercise and meat
c) poor diet and nutrition
d) nutrition and exercise

2) What is the name of the London college that conducted the research?
a) Imperial
b) Empirical
c) the Height College
d) Nutrition Global

3) What is the abbreviation for the index the researchers analysed?
a) BMI
b) WHO
c) CGI
d) WHI

4) How tall were 19-year-old boys in the Netherlands?
a) 182.3cm
b) 183.8cm
c) 188.3cm
d) 183.2cm

5) In which part of Africa did the article say children were short?
a) the Congo Delta
b) the Maghreb
c) Madagascar
d) East Africa

6) How many children's data did the researchers look at?
a) 68 million
b) 65 million
c) 63 million
d) 62 million

7) What did the researchers say about children's height in different regions?
a) it varied enormously
b) it changed a lot
c) there were ups and downs
d) it needed to grow

8) What was stunted in children because of a lack of quality food?
a) intelligence
b) weight
c) growth
d) age

9) How much taller were 19-year-old boys in China in 2019 than in 1985?
a) 5cm
b) 6cm
c) 7cm
d) 8cm

10) What did the article warn against the perils of?
a) excessive weight gain
b) meat
c) calories
d) too much fast food

ROLE PLAY

Role A – Tall

You think being tall is the best thing to be. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least desirable of these (and why): being slim, being intelligent or being loving.

Role B – Slim

You think being slim is the best thing to be. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least desirable of these (and why): being tall, being intelligent or being loving.

Role C – Intelligent

You think being intelligent is the best thing to be. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least desirable of these (and why): being slim, being tall or being loving.

Role D – Loving

You think being loving is the best thing to be. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least desirable of these (and why): being slim, being intelligent or being tall.

AFTER READING / LISTENING

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

height	weight

- 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:

• poor	• data
• global	• varied
• measuring	• lack
• discovered	• rise
• central	• 8
• Latin	• aware

DIET AND HEIGHT SURVEY

From

Write five GOOD questions about diet and height 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.

DIET AND HEIGHT 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 'height'?

3. How good or bad is your diet?

4. How happy are you with your weight and height?

5. What do you know about the Body Mass Index?

6. What do you know about nutrition?

7. What height and weight would you like to be?

8. Do you think nutrition is better now than in the past?

9. What are the benefits of being tall?

10. What are the benefits of being short?

Poor diet creates 20cm height gap in children – 11th November, 2020
Thousands more free lessons at breakingnewsenglish.com

DIET AND HEIGHT 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 'weight'?

13. What do you think about what you read?

14. How much taller do you think humans can grow to be?

15. Have you ever been on a diet?

16. What policies should governments adopt to encourage healthier eating?

17. What is your government doing about obesity in your country?

18. What advice do you have for someone who is overweight?

19. What are the dangers of being obese?

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. _____

DISCUSSION (Write your own questions)

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

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

Poor diet and nutrition may be (1) _____ an average height gap of 20cm between the tallest and shortest children in (2) _____ countries. Researchers from Imperial College London conducted a global analysis of the Body Mass Index (BMI) of schoolchildren and (3) _____ around the world. This involved (4) _____ the height and weight of millions of children and teenagers. They discovered that the world's tallest 19-year-olds, at 183.8cm, lived in the Netherlands, (5) _____ the shortest, at 160.1cm, lived in East Timor. The researchers said teenagers in northwest and central Europe were the tallest in the world. (6) _____ average the shortest children lived in South and South-East Asia, Latin America and East Africa.

The study was extremely comprehensive. It involved analysing (7) _____ from 65 million children aged five to 19 years old in 193 countries. The researchers reported that children's height and weight (8) _____ enormously in different regions. The team warned that a lack of quality food and nutrition was a major (9) _____ behind stunted growth and a rise in childhood (10) _____. It said improved diets increased the average height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. Researchers (11) _____ this to improved nutrition. The lead author of the report urged countries to adopt policies that encouraged healthier eating, but to be aware of the (12) _____ of excessive weight gain.

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

1.	(a)	beginning	(b)	behest	(c)	before	(d)	behind
2.	(a)	difference	(b)	differential	(c)	differ	(d)	different
3.	(a)	adolescence	(b)	adolescents	(c)	adolescent	(d)	idols
4.	(a)	measured	(b)	measures	(c)	measuring	(d)	measure
5.	(a)	while	(b)	whichever	(c)	whomsoever	(d)	which
6.	(a)	On	(b)	In	(c)	An	(d)	To
7.	(a)	statistic	(b)	numeral	(c)	informative	(d)	data
8.	(a)	varied	(b)	wary	(c)	aired	(d)	differ
9.	(a)	factored	(b)	factor	(c)	factory	(d)	facts
10.	(a)	obese	(b)	obedience	(c)	obesity	(d)	obey
11.	(a)	attitude	(b)	altitude	(c)	attribute	(d)	attrition
12.	(a)	pearls	(b)	perils	(c)	pails	(d)	pores

SPELLING

Paragraph 1

1. Poor diet and <u>nnoirtuit</u>

2. an <u>veaareg</u> height gap of 20cm

3. conducted a global <u>yaasnisl</u>

4. schoolchildren and <u>oatsesnlcde</u>

5. <u>mainguser</u> the height and weight

6. in <u>thswronet</u> and central Europe

Paragraph 2

7. The study was <u>xmrteleey</u> comprehensive

8. It <u>lnoivedv</u> analysing data

9. height and weight <u>reivad</u> enormously

10. a rise in childhood <u>tboyise</u>

11. Researchers <u>tertbuiat</u> this to improved

12. the perils of <u>isesexevc</u> weight gain

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

(   )   The study was extremely comprehensive. It involved analysing data from 65 million children

(   )   lived in East Timor. The researchers said teenagers in northwest and central Europe were the tallest in the world. On

(   )   factor behind stunted growth and a rise in childhood obesity. It said improved diets

(   )   average the shortest children lived in South and South-East Asia, Latin America and East Africa.

(   )   analysis of the Body Mass Index (BMI) of schoolchildren and adolescents around the world. This involved

(   )   attribute this to improved nutrition. The lead author of the report urged countries to adopt

(   )   measuring the height and weight of millions of children and teenagers. They discovered that the world's tallest

(   )   aged five to 19 years old in 193 countries. The researchers reported that children's height and weight varied

(   )   enormously in different regions. The team warned that a lack of quality food and nutrition was a major

(   )   policies that encouraged healthier eating, but to be aware of the perils of excessive weight gain.

(   )   shortest children in different countries. Researchers from Imperial College London conducted a global

(   )   19-year-olds, at 183.8cm, lived in the Netherlands, while the shortest, at 160.1cm,

(   )   increased the average height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. Researchers

(*1*)   Poor diet and nutrition may be behind an average height gap of 20cm between the tallest and

PUT THE WORDS IN THE RIGHT ORDER

1. tallest   shortest   children   different   The   countries   .   in   and

2. A   global   Index   .   of   analysis   Body   Mass   the

3. involved   weight   .   the   and   measuring   height   This

4. 19-year-olds   the   The   tallest   in   Netherlands   .   lived   world's

5. the   Europe   central   were   tallest   .   Teenagers   in

6. analysing   65   involved   children   .   data   million   It   from

7. enormously   different   regions   .   weight   in   and   varied   Height

8. was   stunted   major   a   growth   .   Nutrition   factor   behind

9. Increased   the   height   China   .   of   children   average   in

10. Aware   of   perils   weight   of   gain   .   the   excessive

CIRCLE THE CORRECT WORD (20 PAIRS)

Poor *diet / dietary* and nutrition may be behind an average height gap of 20cm between the tallest and shortest children in different countries. Researchers from Imperial College London *contracted / conducted* a global analysis of the Body *Mass / Mess* Index (BMI) of schoolchildren and *adolescence / adolescents* around the world. This *involved / convoluted* measuring the height and *weigh / weight* of millions of children and teenagers. They *discovered / discovering* that the world's tallest 19-year-olds, at 183.8cm, lived in the Netherlands, while the shortest, at 160.1cm, lived in East Timor. The researchers said *teenager / teenagers* in northwest and central Europe were the tallest in the world. *On / In* average the shortest children lived in South *to / and* South-East Asia, Latin America and East Africa.

The study was *extreme / extremely* comprehensive. It involved analysing data from 65 million children *aged / aging* five to 19 years old in 193 countries. The researchers *reported / reporting* that children's height and weight *varied / variety* enormously in different regions. The team *waned / warned* that a lack of quality food and nutrition was a *majority / major* factor behind stunted growth and a rise in childhood obesity. It said improved diets increased the *averages / average* height of children in China. Nineteen-year-old boys there were 8cm *taller / tallest* in 2019 than in 1985. Researchers attribute this to improved *nutritious / nutrition*. The lead author of the report urged countries to adopt policies that encouraged healthier eating, but to be aware of the perils of excessive weight *again / gain*.

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)

P__r d__t _nd n_tr_t__n m_y b_ b_h_nd _n _v_r_g_
h__ght g_p _f 20cm b_tw__n th_ t_ll_st _nd sh_rt_st
ch_ldr_n _n d_ff_r_nt c__ntr__s. R_s__rch_rs fr_m
_mp_r__l C_ll_g_ L_nd_n c_nd_ct_d _ gl_b_l _n_lys_s
_f th_ B_dy M_ss _nd_x (BM_) _f sch__lch_ldr_n _nd
_d_l_sc_nts _r__nd th_ w_rld. Th_s _nv_lv_d m__s_r_ng
th_ h__ght _nd w__ght _f m_ll__ns _f ch_ldr_n _nd
t__n_g_rs. Th_y d_sc_v_r_d th_t th_ w_rld's t_ll_st 19-
y__r-_lds, _t 183.8cm, l_v_d _n th_ N_th_rl_nds, wh_l_
th_ sh_rt_st, _t 160.1cm, l_v_d _n __st T_m_r. Th_
r_s__rch_rs s__d t__n_g_rs _n n_rthw_st _nd c_ntr_l
__r_p_ w_r_ th_ t_ll_st _n th_ w_rld. _n _v_r_g_ th_
sh_rt_st ch_ldr_n l_v_d _n S__th _nd S__th-__st _s__,
L_t_n _m_r_c_ _nd __st _fr_c_.

Th_ st_dy w_s _xtr_m_ly c_mpr_h_ns_v_. _t _nv_lv_d
_n_lys_ng d_t_ fr_m 65 m_ll__n ch_ldr_n _g_d f_v_ t_
19 y__rs _ld _n 193 c__ntr__s. Th_ r_s__rch_rs
r_p_rt_d th_t ch_ldr_n's h__ght _nd w__ght v_r__d
_n_rm__sly _n d_ff_r_nt r_g__ns. Th_ t__m w_rn_d
th_t _ l_ck _f q__l_ty f__d _nd n_tr_t__n w_s _
m_j_r f_ct_r b_h_nd st_nt_d gr_wth _nd _ r_s_ _n
ch_ldh__d _b_s_ty. _t s__d _mpr_v_d d__ts _ncr__s_d
th_ _v_r_g_ h__ght _f ch_ldr_n _n Ch_n_. N_n_t__n-
y__r-_ld b_ys th_r_ w_r_ 8cm t_ll_r _n 2019 th_n _n
1985. R_s__rch_rs _ttr_b_t_ th_s t_ _mpr_v_d
n_tr_t__n. Th_ l__d __th_r _f th_ r_p_rt _rg_d
c__ntr__s t_ _d_pt p_l_c__s th_t _nc__r_g_d h__lth__r
__t_ng, b_t t_ b_ _w_r_ _f th_ p_r_ls _f _xc_ss_v_
w__ght g__n.

PUNCTUATE THE TEXT AND ADD CAPITALS

poor diet and nutrition may be behind an average height gap of 20cm between the tallest and shortest children in different countries researchers from imperial college london conducted a global analysis of the body mass index bmi of schoolchildren and adolescents around the world this involved measuring the height and weight of millions of children and teenagers they discovered that the worlds tallest 19yearolds at 1838cm lived in the netherlands while the shortest at 1601cm lived in east timor the researchers said teenagers in northwest and central europe were the tallest in the world on average the shortest children lived in south and southeast asia latin america and east africa

the study was extremely comprehensive it involved analysing data from 65 million children aged five to 19 years old in 193 countries the researchers reported that childrens height and weight varied enormously in different regions the team warned that a lack of quality food and nutrition was a major factor behind stunted growth and a rise in childhood obesity it said improved diets increased the average height of children in china nineteenyearold boys there were 8cm taller in 2019 than in 1985 researchers attribute this to improved nutrition the lead author of the report urged countries to adopt policies that encouraged healthier eating but to be aware of the perils of excessive weight gain

PUT A SLASH (/) WHERE THE SPACES ARE

Poordietandnutritionmaybebehindanaverageheightgapof20cmbetweenthetallestandshortestchildrenindifferentcountries.ResearchersfromImperialCollegeLondonconductedaglobalanalysisoftheBodyMassIndex(BMI)ofschoolchildrenandadolescentsaroundtheworld.Thisinvolvedmeasuringtheheightandweightofmillionsofchildrenandteenagers.Theydiscoveredthattheworld'stallest19-year-olds,at183.8cm,livedintheNetherlands,whiletheshortest,at160.1cm,livedinEastTimor.TheresearcherssaidteenagersinnorthwestandcentralEuropewerethetallestintheworld.OnaveragetheshortestchildrenlivedinSouthandSouth-EastAsia,LatinAmericaandEastAfrica.Thestudywasextremelycomprehensive.Itinvolvedanalysingdatafrom65millionchildrenagedfiveto19yearsoldin193countries.Theresearchersreportedthatchildren'sheightandweightvariedenormouslyindifferentregions.Theteamwarnedthatalackofqualityfoodandnutritionwasamajorfactorbehindstuntedgrowthandariseinchildhoodobesity.ItsaidimproveddietsincreasedtheaverageheightofchildreninChina.Nineteen-year-oldboystherewere8cmtallerin2019thanin1985.Researchersattributethistoimprovednutrition.Theleadauthorofthereporturgedcountriestoadoptpoliciesthatencouragedhealthiereating,buttobeawareoftheperilsofexcessiveweightgain.

FREE WRITING

Write about **diet and height** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

It is the government's responsibility to ensure all children are well fed. Discuss.

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

3. DIET AND HEIGHT: Make a poster about diet and height. Show your work to your classmates in the next lesson. Did you all have similar things?

4. GOVERNMENT: Write a magazine article about the government making laws to ensure children have the correct diet. 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 diet and height. Ask him/her three questions about diet and height. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1.	b	2.	e	3.	a	4.	c	5.	d	6.	g	7.	f
8.	j	9.	h	10.	k	11.	m	12.	i	13.	l	14.	n

TRUE / FALSE (p.5)

a	F	b	F	c	T	d	F	e	T	f	T	g	T	h	F

SYNONYM MATCH (p.5)

1. g	2. d	3. i	4. b	5. f
6. c	7. a	8. j	9. e	10. h

COMPREHENSION QUESTIONS (p.9)

1. Poor diet and nutrition
2. Imperial
3. BMI
4. 183.8cm
5. East Africa
6. 65 million
7. It varied enormously
8. Growth
9. 8cm
10. Excessive weight gain

WORDS IN THE RIGHT ORDER (p.20)

1. The tallest and shortest children in different countries.
2. A global analysis of the Body Mass Index.
3. This involved measuring the height and weight.
4. The world's tallest 19-year-olds lived in the Netherlands.
5. Teenagers in central Europe were the tallest.
6. It involved analysing data from 65 million children.
7. Height and weight varied enormously in different regions.
8. Nutrition was a major factor behind stunted growth.
9. Increased the average height of children in China.
10. Aware of the perils of excessive weight gain.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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