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Level 1 – 5th January 2023

Drinking water often helps us to live longer

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

<https://breakingnewsenglish.com/2301/230105-staying-hydrated-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/2301/230105-staying-hydrated-1.html>

Water is the source of all life. No plant, animal or human can live without it. Researchers say water is important for us to live longer. They say people who drink a lot of water every day are healthier. They live longer than people who do not drink a lot of water. People who drink a lot get fewer health problems and old-age illnesses, like heart and lung disease. Adults who do not drink enough water are more likely to die younger, and to get old quicker.

Researchers looked at data from 11,000 hospital patients over 30 years. The patients had visited a hospital at least five times - three times in their 50s, and twice aged between 70 and 90. A researcher said: "Proper [water drinking] may slow down ageing and prolong a disease-free life." People should drink more water, juice, and fruit and vegetables with water in them. Half of people worldwide do not drink enough. An adult needs over 1.5 litres of water every day.

Sources: <https://neurosciencenews.com/hydration-aging-22156/>
<https://www.telegraph.co.uk/news/2023/01/02/drink-water-could-help-live-longer/>
<https://nypost.com/2023/01/02/dehydration-in-middle-age-increases-death-risk-20/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|-----------------------|
| 1. Water is the | a. enough water |
| 2. No plant, animal or human can | b. quicker |
| 3. water is important for | c. lung disease |
| 4. They live | d. us to live longer |
| 5. illnesses like heart and | e. to die |
| 6. Adults who do not drink | f. source of all life |
| 7. more likely | g. longer |
| 8. get old | h. live without it |

PARAGRAPH TWO:

- | | |
|------------------------------|---------------------|
| 1. data from 11,000 hospital | a. their 50s |
| 2. at least | b. worldwide |
| 3. three times in | c. free life |
| 4. prolong a disease- | d. every day |
| 5. People should | e. water in them |
| 6. vegetables with | f. patients |
| 7. Half of people | g. five times |
| 8. over 1.5 litres of water | h. drink more water |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-1.html>

Water is the (1) _____ life. No plant, animal or human can (2) _____. Researchers say water is important for us to live longer. They say people who drink a lot of water every (3) _____. They live longer than people who do not drink a lot of water. People who drink a (4) _____ health problems and old-age illnesses, like (5) _____ disease. Adults who do not drink enough water are more (6) _____ younger, and to get old quicker.

Researchers (7) _____ from 11,000 hospital patients over 30 years. The patients had visited a (8) _____ five times - three times in their 50s, and (9) _____ 70 and 90. A researcher said: "Proper [water drinking] may slow down (10) _____ a disease-free life." People should drink more water, juice, and fruit and vegetables with water in them. (11) _____ worldwide do not drink enough. An (12) _____ 1.5 litres of water every day.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-1.html>

Wateristhesourceofalllife.Noplant,animalorhumancanlivewithoutit.

Researcherssaywaterisimportantforustolivelonger.Theysaypeople whodrinkalotofwatereverydayarehealthier.Theylivelongerthanpeop lewhodonotdrinkalotofwater.Peoplewhodrinkalotgetfewerhealthpro blemsandold-ageillnesses,likeheartandlungdisease.Adultswhodono tdrinkenoughwateraremorelikelytodieyounger,andtogetoldquicker.

Researcherslookedatdatafrom11,000hospitalpatientsover30years. Thepatientshadvisitedahospitalatleastfivetimes-threetimesintheir 50s,andtweiceagedbetween70and90.Aresearchersaid:"Proper[wate rdrinking]mayslowdownageingandprolongadisease-freelife."Peop leshoulddrinkmorewater,juice,andfruitandvegetableswithwaterinth em.Halfofpeopleworldwidedonotdrinkenough.Anadultneedsover1.5 litresofwatereveryday.

STAYING HYDRATED SURVEY

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-4.html>

Write five GOOD questions about staying hydrated 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) _____

WRITING

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-1.html>

Write about **staying hydrated** for 10 minutes. Read and talk about your partner's paper.
