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Level 2 – 5th January 2023

Drinking water often helps us to live longer

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<https://breakingnewsenglish.com/2301/230105-staying-hydrated-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-2.html>

We know that water is the source of life. No plant, animal or human can survive without it. A new study says it is important for our health and to live longer. Researchers from the USA say people who drink a lot of water every day are healthier and live longer than those who do not. They said people who stay well hydrated develop fewer serious health problems and old-age illnesses, like heart and lung disease. They added that adults who do not drink enough water are more likely to die younger. These adults are also more likely to get old quicker.

Researchers looked at data from 11,000 hospital patients over a 30-year period. The patients had visited a hospital at least five times - three times when they were in their 50s, and twice when they were aged between 70 and 90. The lead researcher said: "The results suggest that proper hydration may slow down ageing and prolong a disease-free life." She said people should drink more fluids, like water and juice, and fruit and vegetables with lots of water in them. She added that half of people worldwide do not drink enough. The average adult needs at least 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-2.html>

PARAGRAPH ONE:

- | | |
|------------------------------|--------------------------|
| 1. We know that water | a. younger |
| 2. No plant, animal or human | b. old quicker |
| 3. it is important | c. health problems |
| 4. people who stay well | d. for our health |
| 5. develop fewer serious | e. lung disease |
| 6. heart and | f. is the source of life |
| 7. more likely to die | g. hydrated |
| 8. more likely to get | h. can survive |

PARAGRAPH TWO:

- | | |
|------------------------------|-------------------------|
| 1. data from 11,000 hospital | a. five times |
| 2. over a 30- | b. at least 1.5 litres |
| 3. The patients had | c. their 50s |
| 4. at least | d. year period |
| 5. when they were in | e. like water and juice |
| 6. proper hydration may slow | f. patients |
| 7. drink more fluids, | g. down ageing |
| 8. The average adult needs | h. visited a hospital |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-2.html>

We know that water is the (1) _____. No plant, animal or human can survive without it. A new study says it is important for our health and (2) _____. Researchers from the USA say people who drink a lot of water every day are healthier and live longer than (3) _____ not. They said people who stay well hydrated develop (4) _____ problems and old-age illnesses, like heart and lung disease. They (5) _____ who do not drink enough water are more likely to die younger. These adults are also more likely to (6) _____.

Researchers (7) _____ from 11,000 hospital patients over a 30-year period. The patients had visited a hospital (8) _____ times - three times when they were in their 50s, and twice when they were aged between 70 and 90. The lead researcher said: "The results (9) _____ hydration may slow down ageing and prolong a disease-free life." She said people should (10) _____, like water and juice, and fruit and vegetables with lots of water in them. She added that (11) _____ worldwide do not drink enough. The (12) _____ at least 1.5 litres of water every day.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-2.html>

We know that water is the source of life. No plant, animal or human can survive without it. A new study says it is important for our health and to live longer. Researchers from the USA say people who drink a lot of water every day are healthier and live longer than those who do not. They said people who stay well hydrated develop fewer serious health problems and old-age illnesses, like heart and lung disease. They added that adults who do not drink enough water are more likely to die younger. These adults are also more likely to get old quicker. Researchers looked at data from 11,000 hospital patients over a 30-year period. The patients had visited a hospital at least five times - three times when they were in their 50s, and twice when they were aged between 70 and 90. The lead researcher said: "The results suggest that proper hydration may slow down ageing and prolong a disease-free life." She said people should drink more fluids, like water and juice, and fruit and vegetables with a lot of water in them. She added that half of people worldwide do not drink enough. The average adult needs at least 1.5 litres of water every day.

STAYING HYDRATED SURVEY

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-2.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) _____

