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Level 6

Housework not good exercise, says study

21st October, 2013

<http://www.breakingnewsenglish.com/1310/131021-housework.html>

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

A new study suggests housework is not the quality form of exercise many people consider it to be. The report even went as far as saying that those who did the most housework were usually those most overweight. The study is called, "Does doing housework keep you healthy? The contribution of domestic physical activity to meeting current recommendations for health". It questions whether physical activities such as do-it-yourself, gardening and housework are such good exercise. It acknowledges that any activity is better than none, but says, "there is a danger that those undertaking domestic 'chores' may assume that this activity is moderate intensity" and wrongly count it as proper exercise.

A total of 4,563 adults participated in the survey, which was based on participants' weekly physical activity. The analysis from this research showed that people who included housework as part of their weekly exercise tended to be heavier. Research leader professor Marie Murphy said: "Housework is physical activity and any physical activity should theoretically increase the amount of calories [burnt]. But we found that housework was inversely related to leanness, which suggests that either people are overestimating the amount of moderate intensity physical activity they do through housework, or are eating too much to compensate for the amount of activity undertaken."

Sources: <http://www.sciencedaily.com/releases/2013/10/131017214855.htm>
<http://www.medicaldaily.com/household-chores-may-not-help-you-stay-thin-people-who-consider-housework-exercise-are-most-260345>
<http://www.bbc.co.uk/news/health-24570276>

WARM-UPS

1. HOUSEWORK: Students walk around the class and talk to other students about housework. Change partners often and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

quality / exercise / overweight / domestic / contribution / do-it-yourself / danger / survey / participants / analysis / calories / leanness / overestimating / compensate

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

3. PHYSICAL ACTIVITY: How physical are these activities? (10 = very; 1 = not at all). How can you make them burn more calories? Complete this table with your partner(s). Change partners often and share what you wrote.

Activity	1 - 10	Why that score?	How to make more physical?
Vacuuming			
Weeding			
Washing dishes			
Washing the car			
Cutting the grass			
Cleaning windows			

4. HISTORY: Students A **strongly** believe housework will be history one day, being replaced with technology; Students B **strongly** believe people will always do housework. Change partners again and talk about your conversations.

5. CHORES: Rank these and share your rankings with your partner. Put the things you hate most at the top. Change partners often and share your rankings.

- washing the dishes
- vacuuming
- ironing
- food shopping
- hanging out the washing
- cooking
- cleaning windows
- doing the dusting

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

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

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

- | | |
|----------------------------------------------------------------------------|-------|
| a. People who do the most housework tend to be more overweight. | T / F |
| b. The study on housework is called "Increasing health with housework". | T / F |
| c. The study said gardening is great exercise. | T / F |
| d. People perhaps wrongly think that housework is healthier than it is. | T / F |
| e. Over 45,000 people participated in a survey on their weekly activities. | T / F |
| f. A professor said physical activity does not always burn calories. | T / F |
| g. The study found that housework did not make people slimmer. | T / F |
| h. The professor said people eat too much after doing housework. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|--------------------|--------------|
| 1. suggests | a. average |
| 2. recommendations | b. consumed |
| 3. acknowledges | c. include |
| 4. moderate | d. balance |
| 5. count | e. advice |
| 6. participated | f. linked |
| 7. burnt | g. argues |
| 8. related | h. done |
| 9. compensate for | i. accepts |
| 10. undertaken | j. took part |

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

- | | |
|------------------------------------------|-----------------------------|
| 1. not the quality form of exercise many | a. related to leanness |
| 2. physical activities such | b. 'chores' |
| 3. any activity is | c. the amount |
| 4. domestic | d. people consider it to be |
| 5. wrongly count it | e. to compensate |
| 6. tended to | f. better than none |
| 7. increase the amount of calories | g. be heavier |
| 8. housework was inversely | h. as proper exercise |
| 9. people are overestimating | i. burnt |
| 10. eating too much | j. as do-it-yourself |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

A new study suggests housework is not the quality (1) _____ of exercise many people (2) _____ it to be. The report even went as far as saying that those who did the most housework were usually those most (3) _____. The study is called, "Does doing housework keep you healthy? The contribution of domestic physical activity to (4) _____ current recommendations for health". It questions whether physical activities such as do-it-yourself, (5) _____ and housework are such good exercise. It acknowledges that any activity is better than none, but says, "there is a (6) _____ that those (7) _____ domestic 'chores' may assume that this activity is moderate intensity" and wrongly (8) _____ it as proper exercise.

danger
meeting
overweight
undertaking
form
count
consider
gardening

A total of 4,563 adults participated in the survey, which was (9) _____ on participants' weekly physical activity. The analysis from this research showed that people who (10) _____ housework as part of their weekly exercise (11) _____ to be heavier. Research leader professor Marie Murphy said: "Housework is physical activity and any physical activity should (12) _____ increase the amount of calories (13) _____. But we found that housework was inversely related to (14) _____, which suggests that either people are (15) _____ the amount of moderate intensity physical activity they do through housework, or are eating too much to (16) _____ for the amount of activity undertaken."

overestimating
burnt
included
compensate
based
theoretically
leanness
tended

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

- 1) not the quality form of exercise many people ____
 - a. considered it to be
 - b. considers it to be
 - c. consider it to be
 - d. considering it to be
- 2) those who did the most housework were usually ____
 - a. these most overweight
 - b. them most overweight
 - c. those most overweight
 - d. whose most overweight
- 3) The contribution of domestic physical activity to meeting ____ for health
 - a. currant recommendation
 - b. currency recommendations
 - c. current recommendations
 - d. current recommendation
- 4) that those undertaking ____
 - a. domesticated chores
 - b. domestic chores
 - c. domestics chores
 - d. domesticated chores
- 5) assume that this activity is moderate intensity" and wrongly count it ____
 - a. has proper exercise
 - b. as proper exercise
 - c. was properly exercise
 - d. as properly exercise
- 6) people who included housework as part of their weekly exercise ____ heavier
 - a. tend it to be
 - b. tended two be
 - c. tended to be
 - d. ten that to be
- 7) any physical activity should theoretically increase the amount ____
 - a. of calories burned
 - b. of calories burnt
 - c. of calories burn
 - d. of calories burn it
- 8) But we found that housework was inversely ____
 - a. related to leanness
 - b. related to meanness
 - c. related to mean less
 - d. related to lean us
- 9) people are overestimating the amount of moderate intensity physical ____
 - a. actively they do
 - b. activities they do
 - c. activeness they do
 - d. activity they do
- 10) eating too much to compensate for the amount ____
 - a. of activity overtaken
 - b. of activity undertaking
 - c. of activity under take them
 - d. of activity undertaken

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

A new study suggests housework is (1) _____ of exercise many people consider it to be. The report even (2) _____ saying that those who did the most housework were usually those most overweight. The study is called, "Does doing housework keep you healthy? The contribution (3) _____ activity to meeting current recommendations for health". It questions whether physical activities such (4) _____, gardening and housework are such good exercise. It acknowledges that any activity (5) _____, but says, "there is a danger that those undertaking domestic 'chores' may assume that this activity is moderate intensity" and (6) _____ proper exercise.

A total of 4,563 adults participated in the survey, (7) _____ participants' weekly physical activity. The analysis from this research showed that (8) _____ housework as part of their weekly exercise (9) _____. Research leader professor Marie Murphy said: "Housework is physical activity and any physical activity should theoretically increase the amount (10) _____. But we found that housework was inversely (11) _____, which suggests that either people are overestimating the amount of moderate intensity physical activity they do through housework, or are eating (12) _____ for the amount of activity undertaken."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

1. Who did the study say were the most overweight?

2. What question is asked in the study's title?

3. Apart from housework, what other activities are mentioned?

4. What does the study acknowledge?

5. What might people be doing wrong?

6. What was the survey about?

7. Who is Maria Murphy?

8. What did Maria Murphy say physical activity should increase?

9. What was housework inversely related to?

10. What do some people do after housework?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

1. Who did the study say were the most overweight?
 - a) those who did the most housework
 - b) researchers
 - c) those who did little housework
 - d) those who did no housework
2. What question is in the study's title?
 - a) Is housework good or bad?
 - b) Can housework lengthen your life?
 - c) Does housework keep you healthy?
 - d) Is vacuuming better than jogging?
3. Apart from housework, what other activities are mentioned?
 - a) homework and office work
 - b) gardening and DIY
 - c) sleeping and napping
 - d) parachuting and origami
4. What does the study acknowledge?
 - a) no exercise is better than housework
 - b) housework is fun
 - c) we must all do housework
 - d) any exercise is better than none
5. What might people be doing wrong?
 - a) thinking housework is exercise
 - b) drying the dishes
 - c) ironing the reverse side of shirts
 - d) counting calories
6. What was the survey about?
 - a) research
 - b) overweight people
 - c) eating too much
 - d) weekly physical activity
7. Who is Maria Murphy?
 - a) author of "More Housework Please"
 - b) a professor
 - c) a housework expert
 - d) a market researcher
8. What did Maria Murphy say physical activity should increase?
 - a) moderate intensity activity
 - b) weight
 - c) overeating
 - d) the number of calories burnt
9. What was housework inversely related to?
 - a) meanness
 - b) 3.14
 - c) leanness
 - d) husbands
10. What do some people do after housework?
 - a) take a nap
 - b) eat too much
 - c) more housework
 - d) compensate

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

Role A – Washing dishes

You think washing dishes is the best exercise. Tell the others three reasons why. Tell them things that are wrong with their activities. Also, tell the others which is the least healthy of these (and why): vacuuming, hanging out washing or weeding the garden.

Role B – Vacuuming

You think vacuuming is the best exercise. Tell the others three reasons why. Tell them things that are wrong with their activities. Also, tell the others which is the least healthy of these (and why): washing dishes, hanging out washing or weeding the garden.

Role C – Hanging out washing

You think hanging out washing is the best exercise. Tell the others three reasons why. Tell them things that are wrong with their activities. Also, tell the others which is the least healthy of these (and why): vacuuming, washing dishes or weeding the garden.

Role D – Weeding the garden

You think weeding the garden is the best exercise. Tell the others three reasons why. Tell them things that are wrong with their activities. Also, tell the others which is the least healthy of these (and why): vacuuming, hanging out washing or washing dishes.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

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

house	work

- 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">• quality• far• keep• yourself• none• count	<ul style="list-style-type: none">• adults• part• increase• leanness• either• eating
------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------

HOUSEWORK SURVEY

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

Write five GOOD questions about housework 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.

HOUSEWORK DISCUSSION

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'housework'?
- c) What do you think of housework?
- d) Do you think doing housework is good exercise?
- e) What would you rather do, housework or homework?
- f) How can it be that people who do the most housework are overweight?
- g) What exercise do you do to stay healthy?
- h) Which is best for your health – gardening, do-it-yourself or housework?
- i) What can people do to make housework more enjoyable?

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HOUSEWORK DISCUSSION

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

- a) Did you like reading this article? Why/not?
- b) What would you say about your weekly physical activity?
- c) Do computers, iPads, games, etc., stop you from exercising?
- d) Which form of housework do you like least?
- e) Which is better, ironing or washing the dishes?
- f) What can people do to burn more calories doing housework?
- g) How can housework possibly be "inversely related to leanness"?
- h) Do you think you should eat less to be healthier?
- i) What questions would you like to ask professor Murphy?

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 <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

A new study suggests housework is not the (1) _____ form of exercise many people consider it to be. The report even went as (2) _____ as saying that those who did the most housework were usually those most overweight. The study is called, "Does doing housework keep you healthy? The contribution (3) _____ domestic physical activity to meeting current recommendations for health". It questions whether physical activities such (4) _____ do-it-yourself, gardening and housework are such good exercise. It acknowledges that (5) _____ activity is better than none, but says, "there is a danger that those undertaking domestic 'chores' may assume that this activity is moderate intensity" and wrongly (6) _____ it as proper exercise.

A total of 4,563 adults participated (7) _____ the survey, which was based on participants' weekly physical activity. The analysis from this research showed that people who included housework as part of their weekly exercise (8) _____ to be heavier. Research leader professor Marie Murphy said: "Housework is physical activity and any physical activity should (9) _____ increase the amount of calories [burnt]. But we found that housework was inversely (10) _____ to leanness, which suggests that either people are overestimating the amount of moderate intensity physical activity they do (11) _____ housework, or are eating too much to compensate for the amount of activity (12) _____."

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

- | | | | | |
|-----|---------------|-------------------|--------------|-----------------|
| 1. | (a) quantity | (b) quantify | (c) qualify | (d) quality |
| 2. | (a) remote | (b) distant | (c) near | (d) far |
| 3. | (a) for | (b) of | (c) from | (d) as |
| 4. | (a) like | (b) being | (c) as | (d) things |
| 5. | (a) every | (b) all | (c) any | (d) much |
| 6. | (a) count | (b) chalk | (c) chart | (d) clock |
| 7. | (a) under | (b) in | (c) on | (d) at |
| 8. | (a) tended | (b) extended | (c) intended | (d) tendered |
| 9. | (a) theories | (b) theoretically | (c) theory | (d) theoretical |
| 10. | (a) relating | (b) relations | (c) related | (d) relativity |
| 11. | (a) though | (b) trough | (c) through | (d) thorough |
| 12. | (a) overtaken | (b) mistaken | (c) partaken | (d) undertaken |

SPELLING

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

Paragraph 1

1. ialtuqy form of exercise
2. usually those most eweohigvrt
3. meeting current esiedrontcmmnao
4. It clnekadsegwo that any activity is better than none
5. domestic rscoeh
6. oaedetmr intensity

Paragraph 2

7. 4,563 adults ipcaartetdpi
8. slaniysa from this research
9. activity should lrteecolyitha increase the amount of calories
10. snreilyev related to leanness
11. eating too much to mnepoactse
12. the amount of activity ndktnreaeu

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

Number these lines in the correct order.

- () that housework was inversely related to leanness, which suggests that either people are
- () as do-it-yourself, gardening and housework are such good exercise. It acknowledges that
- () physical activity should theoretically increase the amount of calories [burnt]. But we found
- () assume that this activity is moderate intensity" and wrongly count it as proper exercise.
- () any activity is better than none, but says, "there is a danger that those undertaking domestic 'chores' may
- () are eating too much to compensate for the amount of activity undertaken."
- () tended to be heavier. Research leader professor Marie Murphy said: "Housework is physical activity and any
- () physical activity. The analysis from this research showed that people who included housework as part of their weekly exercise
- () overestimating the amount of moderate intensity physical activity they do through housework, or
- () it to be. The report even went as far as saying that those who did the most housework were usually
- () of domestic physical activity to meeting current recommendations for health". It questions whether physical activities such
- () those most overweight. The study is called, "Does doing housework keep you healthy? The contribution
- () A total of 4,563 adults participated in the survey, which was based on participants' weekly
- (**1**) A new study suggests housework is not the quality form of exercise many people consider

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

1. quality Housework form is of not exercise a.

2. the Those the were did housework heaviest who most.

3. health for recommendations current Meeting.

4. none acknowledges activity than It any better that is.

5. exercise proper being as housework count Wrongly.

6. in participated adults 4,563 of total A survey the.

7. as People included who . of exercise their housework part

8. burnt calories of amount the increase Theoretically.

9. amount The activity physical intensity moderate of.

10. the for Compensate undertaken activity of amount.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

A new study suggests housework is not the *qualitative / quality* form of exercise many people consider it to *have / be*. The report even went as *far / near* as saying that those who did the most housework were *usual / usually* those most overweight. The study is called, "Does doing housework keep you healthy? The *contribution / contributory* of domestic physical activity to meeting *current / presently* recommendations for health". It questions whether physical activities such *like / as* do-it-yourself, gardening and housework are *such / so* good exercise. It acknowledges that any activity is better than none, but says, "there is a danger that those *overtaking / undertaking* domestic 'chores' may assume that this activity is moderate intensity" and wrongly count it as *properly / proper* exercise.

A total of 4,563 adults participated *on / in* the survey, which was based on participants' weekly physical activity. The *analysis / analysed* from this research showed that people who *inclusive / included* housework as part of their weekly exercise *tended / intended* to be heavier. Research leader professor Marie Murphy said: "Housework is physical activity and any physical activity should *theoretical / theoretically* increase the amount of calories *burnt / extinguished*. But we found that housework was *conversely / inversely* related to leanness, which *suggests / suggestions* that either people are overestimating the amount of *moderated / moderate* intensity physical activity they do through housework, or are eating too much to compensate *of / for* the amount of activity undertaken."

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 <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

_ n_w st_dy s_gg_sts h__s_w_rk _s n_t th_ q__l_ty
f_rm _f _x_rc_s _m_ny p__pl_ c_ns_d_r_t t_b_. Th_
r_p_rt _v_n w_nt _s f_r _s_s_y_ng th_t th_s_ wh_d_d
th_ _m_st h__s_w_rk w_r_ _s__lly th_s_ _m_st
_v_rw__ght. Th_ st_dy _s c_ll_d, "D__s d__ng
h__s_w_rk k__p y__ h__lthy? Th_ c_ntr_b_t_n _f
d_m_st_c phys_c_l _ct_v_ty t_ m__t_ng c_rr_nt
r_c_mm_nd_t__ns f_r h__lth". _t q__st__ns wh_th_r
phys_c_l _ct_v_t__s s_ch _s d_-t-y__rs lf, g_rd_n_ng
_nd h__s_w_rk _r_ s_ch g__d _x_rc_s_. _t
_ckn_wl_dg_s th_t _ny _ct_v_ty _s b_tt_r th_n n_n_,
b_t_s_ys, "th_r_ _s _d_ng_r th_t th_s_ _nd_r_t_k_ng
d_m_st_c 'ch_r_s' m_y _ss_m_ th_t th_s _ct_v_ty _s
m_d_r_t_ _nt_ns_ty" _nd wr_ngly c__nt _t _s pr_p_r
_x_rc_s_.

_ t_t_l _f 4,563 _d_lts p_rt_c_p_t_d _n th_ s_rv_y,
wh_ch w_s b_s_d _n p_rt_c_p_nts' w__kly phys_c_l
_ct_v_ty. Th_ _n_ly_s fr_m th_s r_s__rch sh_w_d th_t
p__pl_ wh_ _ncl_d_d h__s_w_rk _s p_rt _f th__r
w__kly _x_rc_s_ t_nd_d t_b_ h__v__r. R_s__rch
l__d_r pr_f_ss_r M_r__ M_rphy s__d: "H__s_w_rk _s
phys_c_l _ct_v_ty _nd _ny phys_c_l _ct_v_ty sh__ld
th__r_t_c_lly _ncr__s th_ _m__nt _f c_l_r__s [b_rnt].
B_t w_ f__nd th_t h__s_w_rk w_s _nv_rs_ly r_l_t_d t_
l__nn_ss, wh_ch s_gg_sts th_t __th_r p__pl_ _r_
_v_rst_m_t_ng th_ _m__nt _f m_d_r_t_ _nt_ns_ty
phys_c_l _ct_v_ty th_y d_ thr__gh h__s_w_rk, _r_r_
__t_ng t__m_ch t_ c_m_p_ns_t_ f_r th_ _m__nt _f
_ct_v_ty _nd_r_t_k_n."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

a new study suggests housework is not the quality form of exercise many people consider it to be the report even went as far as saying that those who did the most housework were usually those most overweight the study is called "does doing housework keep you healthy the contribution of domestic physical activity to meeting current recommendations for health" it questions whether physical activities such as do-it-yourself gardening and housework are such good exercise it acknowledges that any activity is better than none but says "there is a danger that those undertaking domestic 'chores' may assume that this activity is moderate intensity" and wrongly count it as proper exercise

a total of 4563 adults participated in the survey which was based on participants' weekly physical activity the analysis from this research showed that people who included housework as part of their weekly exercise tended to be heavier research leader professor marie murphy said "housework is physical activity and any physical activity should theoretically increase the amount of calories [burnt] but we found that housework was inversely related to leanness which suggests that either people are overestimating the amount of moderate intensity physical activity they do through housework or are eating too much to compensate for the amount of activity undertaken"

PUT A SLASH (/) WHERE THE SPACES ARE

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A new study suggests housework is not the quality form of exercise many people consider it to be. The report even went as far as saying that those who did the most housework were usually those most overweight. The study is called, "Does doing housework keep you healthy? The contribution of domestic physical activity to meeting current recommendations for health". It questions whether physical activities such as do-it-yourself, gardening and housework are such good exercise. It acknowledges that any activity is better than none, but says, "there is a danger that those undertaking domestic 'chores' may assume that this activity is moderate intensity" and wrongly count it as proper exercise. A total of 4,563 adults participated in the survey, which was based on participants' weekly physical activity. The analysis from this research showed that people who included housework as part of their weekly exercise tended to be heavier. Research leader professor Marie Murphy said: "Housework is physical activity and any physical activity should theoretically increase the amount of calories [burnt]. But we found that housework was inversely related to leanness, which suggests that either people are overestimating the amount of moderate intensity physical activity they do through housework, or are eating too much to compensate for the amount of activity undertaken."

FREE WRITING

From <http://www.BreakingNewsEnglish.com/1310/131021-housework.html>

Write about **housework** for 10 minutes. Comment on your partner’s paper.

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 housework and health. Share what you discover with your partner(s) in the next lesson.

3. HOUSEWORK: Make a poster about housework and calories burnt. Show your work to your classmates in the next lesson. Did you all have similar things?

4. EXERCISE: Write a magazine article about whether or not housework is good exercise. Include imaginary interviews with people who think it is and people who think it isn't.

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 a health expert. Ask him/her three questions about housework. Give him/her three of your ideas on how to make housework better exercise. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|--------------------|--------------|
| 1. suggests | a. argues |
| 2. recommendations | b. advice |
| 3. acknowledges | c. accepts |
| 4. moderate | d. average |
| 5. count | e. include |
| 6. participated | f. took part |
| 7. burnt | g. consumed |
| 8. related | h. linked |
| 9. compensate for | i. balance |
| 10. undertaken | j. done |

COMPREHENSION QUESTIONS (p.8)

1. Those who did the most housework
2. Does doing housework keep you healthy?
3. Do-it-yourself and gardening
4. That any exercise is better than no exercise
5. Counting housework as real exercise
6. Weekly physical activity
7. A professor and the lead researcher
8. The amount of calories burnt
9. Leanness
10. Eat too much

MULTIPLE CHOICE - QUIZ (p.9)

1. a 2. c 3. b 4. d 5. a 6. d 7. b 8. d 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 ;-)