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Level 3

An apple a day keeps the doctor away

28th December, 2013

<http://www.breakingnewsenglish.com/1312/131228-apples.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

New research says eating an apple every day can protect your body from a heart attack. The research is from Oxford University in England. The researchers said if people in England over 50 years old ate a daily apple, 8,500 fewer people would die each year from heart attacks and strokes. They added that if all adults ate more fruit and vegetables every day, there would be 11,000 fewer deaths in England. Lead researcher Dr Adam Briggs explained how healthier eating can have big effects on our health. He said: "It just shows how effective small changes in diet can be, and that both drugs and healthier living can make a real difference in preventing heart disease and stroke."

The phrase "an apple a day keeps the doctor away" entered the English language over 100 years ago. People in the 19th century knew about the benefits of apples. Scientists in the 21st century are still telling us. Apples contain chemicals that lower cholesterol in our bodies. Too much cholesterol increases the risk of having a heart attack. Wikipedia.com says there are more than 7,500 different kinds of apples. In 2010, we ate 69 million tons of the fruit. China grows nearly half of the world's apples. The USA is the second-leading producer, with around six per cent of world production. People do many things with apples, from eating them raw, baking them, stewing them, and making sauces and cakes with them.

Sources: <http://www.bbc.co.uk/news/health-25413939>
http://www.upi.com/Health_News/2013/12/30/An-apple-a-day-to-all-age-50-and-older-prevents-deaths/UPI-53131388456397/
<http://en.wikipedia.org/wiki/Apple>

WARM-UPS

1. APPLES: Students walk around the class and talk to other students about apples. 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.

new research / heart attack / fruit and vegetables / healthier eating / diet / difference / an apple a day / benefits / chemicals / cholesterol / raw / baking / sauces / cakes

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

3. HEART ATTACK: How can we lower the risk of having a heart attack? Complete this table with your partner(s). Change partners often and share what you wrote.

	The best thing to do	What you do about this
Food		
Exercise		
Vitamins		
Lifestyle		
Cholesterol		
Stress		

4. NO MORE: Students A **strongly** believe scientists will one day make heart attacks a thing of the past; Students B **strongly** believe this will not happen. Change partners again and talk about your conversations.

5. FOOD: Rank these and share your rankings with your partner. Put the best at the top. Change partners often and share your rankings.

- apples
- garlic
- chocolate
- spaghetti
- yoghurt
- steak
- potatoes
- pizza

6. DOCTOR: Spend one minute writing down all of the different words you associate with the word "doctor". 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/1312/131228-apples.html>

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

- | | |
|--|-------|
| a. Researchers from a French university found new things about apples. | T / F |
| b. Thousands of over-50-year-olds would not die early if they ate apples. | T / F |
| c. 11,000 fewer adults in England would die if they ate healthier food. | T / F |
| d. A doctor said only big changes in diet can make a difference to health. | T / F |
| e. The phrase "an apple a day keeps the doctor away" is 300 years old. | T / F |
| f. Apples contain chemicals that help lower cholesterol in our body. | T / F |
| g. There are over 7,500 different kinds of apples in the world. | T / F |
| h. China grows over half of the world's apples. | T / F |

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

- | | |
|--------------|----------------|
| 1. protect | a. food |
| 2. daily | b. successful |
| 3. effects | c. reduce |
| 4. effective | d. came into |
| 5. diet | e. results |
| 6. phrase | f. good points |
| 7. entered | g. guard |
| 8. benefits | h. uncooked |
| 9. lower | i. expression |
| 10. raw | j. every day |

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

- | | |
|--|--------------------------|
| 1. eating an apple every day can | a. effects on our health |
| 2. 8,500 fewer | b. kinds of apples |
| 3. healthier eating can have big | c. a real difference |
| 4. how effective small changes | d. are still telling us |
| 5. healthier living can make | e. protect your body |
| 6. an apple a day keeps | f. cakes with them |
| 7. Scientists in the 21st century | g. in diet can be |
| 8. Apples contain chemicals that | h. the doctor away |
| 9. there are more than 7,500 different | i. lower cholesterol |
| 10. making sauces and | j. people would die |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

New research says eating an apple every day can (1) _____ your body from a heart attack. The (2) _____ is from Oxford University in England. The researchers said if people in England over 50 years old ate a daily apple, 8,500 fewer people would die each year from heart attacks and (3) _____. They added that if all (4) _____ ate more fruit and vegetables every day, there would be 11,000 (5) _____ deaths in England. Lead researcher Dr Adam Briggs explained how healthier eating can have big (6) _____ on our health. He said: "It just shows how effective small changes in (7) _____ can be, and that both drugs and healthier living can make a real (8) _____ in preventing heart disease and stroke."

effects
adults
research
diet
difference
protect
fewer
strokes

The (9) _____ "an apple a day keeps the doctor away" entered the English language over 100 years ago. People in the 19th century knew about the (10) _____ of apples. Scientists in the 21st century are still telling us. Apples contain chemicals that lower (11) _____ in our bodies. Too much cholesterol increases the (12) _____ of having a heart attack. Wikipedia.com says there are more than 7,500 different (13) _____ of apples. In 2010, we ate 69 million tons of the fruit. China grows nearly half of the world's apples. The USA is the second-leading (14) _____, with around six per cent of world production. People do many things with apples, from eating them (15) _____, baking them, stewing them, and making (16) _____ and cakes with them.

risk
raw
benefits
producer
phrase
sausages
cholesterol
kinds

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

- 1) New research says eating an apple every day can protect your body _____ attack.
 - a. for a heart
 - b. form a heart
 - c. from a heart
 - d. free a heart
- 2) 8,500 fewer people would die each year from heart attacks _____
 - a. and stroke
 - b. and stokes
 - c. and stroked
 - d. and strokes
- 3) healthier eating can have big effects _____
 - a. in our health
 - b. on our health
 - c. and our health
 - d. an our health
- 4) It just shows how effective small changes _____
 - a. in diet can been
 - b. in diet can be
 - c. in diet can being
 - d. in diet can bee
- 5) both drugs and healthier living can make a real difference in preventing _____
 - a. heart diseased
 - b. heart decease
 - c. heart disease
 - d. heart diseases
- 6) The phrase "an apple a day keeps the doctor away" entered the English language
 - a. entrance the English
 - b. entered the English
 - c. entered in the English
 - d. entering the English
- 7) People in the 19th century knew about the _____
 - a. beneficial of apples
 - b. benefits of apples
 - c. benefits off apples
 - d. benefit of apples
- 8) Apples contain chemicals that lower cholesterol _____
 - a. in your bodies
 - b. in our bodies
 - c. in our body
 - d. in their bodies
- 9) Wikipedia.com says there are more than 7,500 different _____
 - a. kind of apples
 - b. kinds off apples
 - c. kind off apples
 - d. kinds of apples
- 10) The USA is the second- _____
 - a. lead-in producer
 - b. leaking producer
 - c. leading producer
 - d. leaving producer

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

New research says eating an apple every (1) _____ body from a heart attack. The research is from Oxford University in England. The researchers said if people in England (2) _____ a daily apple, 8,500 fewer people would die each year from heart attacks and strokes. They added (3) _____ ate more fruit and vegetables every day, there would be (4) _____ in England. Lead researcher Dr Adam Briggs explained how healthier eating can have big effects on our health. He said: "It just shows (5) _____ changes in diet can be, and that both drugs and healthier living can make a real (6) _____ heart disease and stroke."

The phrase "an apple a day (7) _____ " entered the English language over 100 years ago. People in the 19th century knew about the benefits of apples. Scientists in the 21st (8) _____ telling us. Apples contain chemicals that lower cholesterol in our bodies. Too much cholesterol (9) _____ having a heart attack. Wikipedia.com says there are (10) _____ different kinds of apples. In 2010, we ate 69 million tons of the fruit. China grows nearly half of the world's apples. The USA is the (11) _____, with around six per cent of world production. People do many things with apples, from eating them raw, baking them, stewing them, and (12) _____ with them.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

1. Where is the research from?

2. How many lives of over 50-year-olds could be saved?

3. How many lives of adults could be saved if they ate apples every day?

4. Who is Dr Adam Briggs?

5. What two things can make a real difference in preventing heart disease?

6. When did people start using the phrase "an apple a day...?"

7. What did people in the 19th century know?

8. What do apples reduce in our bodies?

9. How many different kinds of apples are there?

10. Which country grows 6% of the world's apples?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

1. Where is the research from?
 - a) The Apple University
 - b) Yale University
 - c) Oxford University
 - d) Université de la Pomme
2. How many lives of over 50-year-olds could be saved?
 - a) 8,500
 - b) 5,800
 - c) 58,000
 - d) 85,000
3. How many lives of adults could be saved if they ate apples every day?
 - a) 110,000
 - b) 111,000
 - c) 11,100
 - d) 11,000
4. Who is Dr Adam Briggs?
 - a) an apple grower
 - b) the lead researcher
 - c) someone whose life was saved by apples
 - d) a nutritionist
5. What two things can make a real difference in preventing heart disease?
 - a) apples and rice
 - b) apples and drugs
 - c) drugs and healthier living
 - d) healthier living and chocolate
6. When did people start using the phrase "an apple a day..."?
 - a) in the 18th century
 - b) before 1914
 - c) when apples were first discovered
 - d) April 17, 1931
7. What did people in the 19th century know?
 - a) how to make kinds of apples
 - b) how to make apple pie
 - c) why some apples were green and some were red
 - d) that apples were good for us
8. What do apples reduce in our bodies?
 - a) apple juice
 - b) cholesterol
 - c) protein
 - d) our height
9. How many different kinds of apples are there?
 - a) over 7,500
 - b) exactly 7,500
 - c) slightly less than 7,500
 - d) no more than 7,500
10. Which country grows 6% of the world's apples?
 - a) UXZ
 - b) UK
 - c) UAE
 - d) USA

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

Role A – Apples

You think apples are the healthiest thing we can eat. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least healthy of these (and why): milk, spinach or fish.

Role B – Milk

You think milk is the healthiest thing we can eat. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least healthy of these (and why): apples, spinach or fish.

Role C – Spinach

You think spinach is the healthiest thing we can eat. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least healthy of these (and why): milk, apples or fish.

Role D – Fish

You think fish is the healthiest thing we can eat. Tell the others three reasons why. Tell them things that are wrong with their things. Also, tell the others which is the least healthy of these (and why): milk, spinach or apples.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

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

heart	attack
--------------	---------------

- 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">• new• 50• all• 11,000• just• real	<ul style="list-style-type: none">• away• 19• risk• 7,500• second• cakes
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APPLES SURVEY

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

Write five GOOD questions about apples 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.

APPLES 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 'apple'?
- c) What do you think of apples?
- d) Why are apples so healthy?
- e) Will you eat apples more often from now?
- f) How much fruit and vegetables do you eat every day?
- g) How healthy is the food you eat?
- h) How would you describe an apple to someone who had never seen one?
- i) What small changes do you need to make to your diet from today?
- j) Do you worry about your health?

An apple a day keeps the doctor away – 28th December, 2013
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APPLES DISCUSSION

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

- a) Did you like reading this article? Why/not?
- b) Do you believe that "an apple a day keeps the doctor away"?
- c) Why are scientists only telling us now that apples are good for us?
- d) What is cholesterol?
- e) Do you know what your cholesterol level is?
- f) Are you surprised there are more than 7,500 kinds of apples?
- g) What apples do people grow in your country?
- h) Why do people say, "As American as apple pie"?
- i) What's the best dish or dessert that uses apples?
- j) What questions would you like to ask an apple expert?

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/1312/131228-apples.html>

New research says (1) _____ an apple every day can protect your body from a heart attack. The research is from Oxford University in England. The researchers said if people in England over 50 years old ate a (2) _____ apple, 8,500 fewer people would die each year from heart attacks and strokes. They added that if all adults ate more fruit and vegetables every day, there would be 11,000 fewer (3) _____ in England. Lead researcher Dr Adam Briggs explained (4) _____ healthier eating can have big effects on our health. He said: "It just shows how (5) _____ small changes in diet can be, and that both drugs and healthier living can make a real difference (6) _____ preventing heart disease and stroke."

The phrase "an apple a day keeps the doctor away" (7) _____ the English language over 100 years ago. People in the 19th century knew about the (8) _____ of apples. Scientists in the 21st century are still telling us. Apples contain chemicals that (9) _____ cholesterol in our bodies. Too much cholesterol increases the risk of having a heart attack. Wikipedia.com says there are more than 7,500 different (10) _____ of apples. In 2010, we ate 69 million tons of the fruit. China grows nearly half of the world's apples. The USA is the second-leading producer, with around six per cent of world production. People do many things with apples, from eating them (11) _____, baking them, (12) _____ them, and making sauces and cakes with them.

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

- | | | | | |
|-----|-----------------|-------------|----------------|-------------------|
| 1. | (a) eating | (b) eats | (c) ate | (d) eaten |
| 2. | (a) day | (b) days | (c) daily | (d) day's |
| 3. | (a) dead | (b) deadens | (c) dies | (d) deaths |
| 4. | (a) what | (b) how | (c) which | (d) however |
| 5. | (a) effectively | (b) effects | (c) effect | (d) effective |
| 6. | (a) out | (b) up | (c) in | (d) on |
| 7. | (a) came | (b) entered | (c) wrote | (d) invented |
| 8. | (a) benefits | (b) benefit | (c) beneficial | (d) beneficiaries |
| 9. | (a) lower | (b) less | (c) reduces | (d) cuts |
| 10. | (a) benefits | (b) helps | (c) kinds | (d) cares |
| 11. | (a) saw | (b) jaw | (c) paw | (d) raw |
| 12. | (a) folding | (b) stewing | (c) beating | (d) whisking |

SPELLING

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

Paragraph 1

1. New ecehrrsa
2. rcptteo your body from a heart attack
3. fruit and evstgeleab
4. taihehrle eating
5. It just shows how tffeeicve small changes in diet can be
6. preventing heart sedisea

Paragraph 2

7. the English glganeua
8. the ibefntse of apples
9. Apples contain mceahscli
10. rlcletseooh increases the risk of having a heart attack
11. six per cent of world rnitpudooc
12. making ausces and cakes

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

Number these lines in the correct order.

- () leading producer, with around six per cent of world production. People do many things
- () with apples, from eating them raw, baking them, stewing them, and making sauces and cakes with them.
- () and healthier living can make a real difference in preventing heart disease and stroke."
- () of having a heart attack. Wikipedia.com says there are more than 7,500 different kinds of apples. In 2010, we ate 69
- () adults ate more fruit and vegetables every day, there would be 11,000 fewer
- () telling us. Apples contain chemicals that lower cholesterol in our bodies. Too much cholesterol increases the risk
- () on our health. He said: "It just shows how effective small changes in diet can be, and that both drugs
- () million tons of the fruit. China grows nearly half of the world's apples. The USA is the second-
- () daily apple, 8,500 fewer people would die each year from heart attacks and strokes. They added that if all
- (**1**) New research says eating an apple every day can protect your body from a heart attack. The research is
- () from Oxford University in England. The researchers said if people in England over 50 years old ate a
- () ago. People in the 19th century knew about the benefits of apples. Scientists in the 21st century are still
- () The phrase "an apple a day keeps the doctor away" entered the English language over 100 years
- () deaths in England. Lead researcher Dr Adam Briggs explained how healthier eating can have big effects

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

1. your Eating every protect apple can body an day.

2. heart each people , attacks year would from die fewer. 8,500

3. and vegetables every day If all adults ate more fruit.

4. be can diet in changes small effective how shows just It.

5. a healthier make difference and can real Drugs living.

6. day a apple "an phrase The . away" doctor the keeps

7. about the knew benefits in century the People 19th.

8. lower contain that cholesterol Apples chemicals.

9. different 7,500 than more are There apples of kinds.

10. them Stewing them , and making sauces and cakes with.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

New research says eating an apple every day can *protect / protection* your body from a heart attack. The research is from Oxford University in England. The researchers said if people in England over 50 years old ate a *day / daily* apple, 8,500 fewer people would die each year *for / from* heart attacks and strokes. They added that if *all / every* adults ate more fruit and vegetables every day, there would be 11,000 *few / fewer* deaths in England. Lead researcher Dr Adam Briggs explained how *health / healthier* eating can have big *effects / affects* on our health. He said: "It just shows how effective small changes in diet can *do / be*, and that both drugs and healthier *living / livelihood* can make a *real / really* difference in preventing heart disease and stroke."

The phrase "an apple a day keeps the doctor *out / away*" entered the English language over 100 years ago. People in the 19th century *know / knew* about the benefits *of / for* apples. Scientists in the 21st century are still telling *them / us*. Apples contain chemicals that lower cholesterol in *your / our* bodies. Too much cholesterol increases the *risky / risk* of having a heart attack. Wikipedia.com says there are more than 7,500 different *kind / kinds* of apples. In 2010, we ate 69 million tons of *a / the* fruit. China grows nearly *half / halve* of the world's apples. The USA is the second-leading producer, with *around / round* six per cent of world production. People do many things with apples, from eating *them / it* raw, baking them, stewing them, and making sauces and *cakes / caked* with them.

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/1312/131228-apples.html>

N_w r_s__rch s_ys __t_ng _n _ppl_ _v_ry d_y c_n
pr_t_ct y__r b_dy fr_m _h__rt tt_ck. Th_r_s__rch_s
fr_m _xf_rd _n_v_rs_ty _n _ngl_nd. Th_r_s__rch_rs
s__d _f p__pl_ _n _ngl_nd _v_r 50 y__rs ld_t_ _
d__ly _ppl_, 8,500 f_w_r p__pl_ w__ld d__ __ch y__r
fr_m h__rt tt_cks _nd str_k_s. Th_y _dd_d th_t _f _ll
_d_lts _t_m_r_ fr__t _nd v_g_t_bls _v_ry d_y, th_r_
w__ld b_ 11,000 f_w_r d__ths _n _ngl_nd. L__d
r_s__rch_r Dr _d_m Br_ggs _xpl__n_d h_w h__lth__r
__t_ng c_n h_v_ b_g _ff_cts _n __r h__lth. H_s__d:
"t_j_st sh_ws h_w _ff_ct_v_ sm_ll ch_ng_s _n d__t c_n
b_, _nd th_t b_th dr_gs _nd h__lth__r l_v_ng c_n m_k_
__r__l d_ff_r_nc_ _n pr_v_nt_ng h__rt d_s__s _nd
str_k_."

Th_phr_s_ "n _ppl_ __ d_y k__ps th_d_ct_r_w_y"
_nt_r_d th_ _ngl_sh l_ng__g_ _v_r 100 y__rs _g_.
P__pl_ _n th_ 19th c_nt_ry kn_w _b__t th_b_n_f_ts _f
_ppl_s. Sc__nt_sts _n th_ 21st c_nt_ry _r_st_ll t_ll_ng
_s. _ppl_s c_nt__n ch_m_c_ls th_t l_w_r ch_l_st_r_l_n
__r b_d__s. T__m_ch ch_l_st_r_l_n cr__s_s th_r_sk
_f h_v_ng _h__rt tt_ck. W_k_p_d__c_m_s_ys th_r_
_r_m_r_ th_n 7,500 d_ff_r_nt k_nds _f _ppl_s. _n
2010, w__t_ 69 m_ll__n t_ns _f th_fr__t. Ch_n_gr_ws
n__rly h_lf _f th_w_rld's _ppl_s. Th_ _S_ _s th_
s_c_nd-l__d_ng pr_d_c_r, w_th _r__nd s_x p_r_c_nt _f
w_rld pr_d_ct__n. P__pl_ d__m_ny th_ngs w_th _ppl_s,
fr_m __t_ng th_m r_w, b_k_ng th_m, st_w_ng th_m,
_nd m_k_ng s__c_s _nd c_k_s w_th th_m.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1312/131228-apples.html>

new research says eating an apple every day can protect your body from a heart attack the research is from oxford university in england the researchers said if people in england over 50 years old ate a daily apple 8500 fewer people would die each year from heart attacks and strokes they added that if all adults ate more fruit and vegetables every day there would be 11000 fewer deaths in england lead researcher dr adam briggs explained how healthier eating can have big effects on our health he said "it just shows how effective small changes in diet can be and that both drugs and healthier living can make a real difference in preventing heart disease and stroke"

the phrase "an apple a day keeps the doctor away" entered the english language over 100 years ago people in the 19th century knew about the benefits of apples scientists in the 21st century are still telling us apples contain chemicals that lower cholesterol in our bodies too much cholesterol increases the risk of having a heart attack wikipediacom says there are more than 7500 different kinds of apples in 2010 we ate 69 million tons of the fruit china grows nearly half of the world's apples the usa is the second-leading producer with around six per cent of world production people do many things with apples from eating them raw baking them stewing them and making sauces and cakes with them

PUT A SLASH (/) WHERE THE SPACES ARE

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New research says eating an apple every day can protect your body from a heart attack. The research is from Oxford University in England. The researchers said if people in England over 50 years old ate a daily apple, 8,500 fewer people would die each year from heart attacks and strokes. They added that if all adults ate more fruit and vegetables every day, there would be 11,000 fewer deaths in England. Lead researcher Dr Adam Brigg explained how healthier eating can have big effects on our health. He said: "It just shows how effective small changes in diet can be, and that both drugs and healthier living can make a real difference in preventing heart disease and stroke. "The phrase "an apple a day keeps the doctor away" entered the English language over 100 years ago. People in the 19th century knew about the benefits of apples. Scientists in the 21st century are still telling us. Apples contain chemicals that lower cholesterol in our bodies. Too much cholesterol increases the risk of having a heart attack. Wikipedia.com says there are more than 7,500 different kinds of apples. In 2010, we ate 69 million tons of the fruit. China grows nearly half of the world's apples. The USA is the second-leading producer, with around six percent of world production. People do many things with apples, from eating them raw, baking them, stewing them, and making sauces and cakes with them.

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

3. APPLES: Make a poster about apples and health. Show your work to your classmates in the next lesson. Did you all have similar things?

4. AN APPLE A DAY: Write a magazine article about eating an apple a day. Include imaginary interviews with people who think apples are great for our health.

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 apple expert. Ask him/her three questions about apples. Give him/her three of your opinions on them. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|--------------|----------------|
| 1. protect | a. guard |
| 2. daily | b. every day |
| 3. effects | c. results |
| 4. effective | d. successful |
| 5. diet | e. food |
| 6. phrase | f. expression |
| 7. entered | g. came into |
| 8. benefits | h. good points |
| 9. lower | i. reduce |
| 10. raw | j. uncooked |

COMPREHENSION QUESTIONS (p.8)

1. Oxford University
2. 8,500
3. 11,000
4. The lead researcher
5. Drugs and healthier living
6. Over 100 years ago
7. The health benefits of apples
8. Cholesterol
9. Over 7,500
10. The USA

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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