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## **Level 2**

# **Workers must take lunch breaks**

**8th June, 2014**

<http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-2.html>

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**Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-2.html>

A new study shows many people work through their lunch hour. This is unhealthy. People get sick and take time off work. The study is from a health group in the U.K. Researchers interviewed over 2,000 people about what they do at lunch. Twenty per cent said they took no lunch break. They worked through their lunch hour. Half of the people said they ate their lunch at their desk. They went online, answered e-mails or went on Facebook. One in five people went outside for lunch to go shopping or get some air. Just three per cent of workers went to the gym.

The health group told companies that all staff should take a regular lunch break. Workers need more exercise at work so they do not get ill. A spokeswoman said: "Full-time workers spend a [lot] of their week at work or travelling to and from it. Finding ways to build in time to do at least 30 minutes of...physical activity, five times a week, can be a challenge." She warned that employees get sick because they do not take breaks, so companies lose money. She said we needed to find answers to the problem of inactivity. We should take responsibility for our own health.

Sources: <http://www.bbc.com/news/uk-27726859>  
<http://www.belfasttelegraph.co.uk/news/local-national/uk/staff-need-breaks-to-stay-healthy-30333728.html>  
<http://www.scotsman.com/news/health/working-late-and-dining-at-desk-poses-health-risk-1-3435282>

# MATCHING

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-2.html>

## PARAGRAPH ONE:

- |                            |                      |
|----------------------------|----------------------|
| 1. This is                 | a. time off work     |
| 2. get sick and take       | b. e-mails           |
| 3. Researchers interviewed | c. unhealthy         |
| 4. They worked through     | d. to the gym        |
| 5. ate their lunch         | e. over 2,000 people |
| 6. answered                | f. air               |
| 7. get some                | g. at their desk     |
| 8. workers went            | h. their lunch hour  |

## PARAGRAPH TWO:

- |                                    |                         |
|------------------------------------|-------------------------|
| 1. all staff should take a regular | a. money                |
| 2. Workers need more               | b. time workers         |
| 3. Full-                           | c. to the problem       |
| 4. Finding ways to build           | d. exercise at work     |
| 5. at least 30 minutes             | e. for our own health   |
| 6. companies lose                  | f. in time              |
| 7. find answers                    | g. of physical activity |
| 8. take responsibility             | h. lunch break          |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-2.html>

A new study shows many people (1) \_\_\_\_\_ lunch hour. This is unhealthy. People get sick and (2) \_\_\_\_\_. The study is from a health group in the U.K. Researchers (3) \_\_\_\_\_ people about what they do at lunch. Twenty per cent said they took no lunch break. They worked through their lunch hour. (4) \_\_\_\_\_ said they ate their lunch at their desk. They went online, answered e-mails or went on Facebook. (5) \_\_\_\_\_ went outside for lunch to go shopping or get some air. Just three per cent of workers (6) \_\_\_\_\_.

The health group told companies that all staff (7) \_\_\_\_\_ lunch break. Workers need more exercise at work so they (8) \_\_\_\_\_. A spokeswoman said: "Full-time workers spend a [lot] of their week at work or travelling to and from it. Finding (9) \_\_\_\_\_ time to do at least 30 minutes (10) \_\_\_\_\_, five times a week, can be a challenge." She warned that employees get sick because they do not take breaks, so (11) \_\_\_\_\_. She said we needed to find answers to the problem of inactivity. We should take (12) \_\_\_\_\_ own health.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-2.html>

A new study shows many people work through their lunch hour. This is unhealthy. People get sick and take time off work. The study is from a health group in the U.K. Researchers interviewed over 2,000 people about what they do at lunch. Twenty percentsaid they took no lunch break. They worked through their lunch hour. Half of the people said they ate their lunch at their desk. They went online, answered e-mails or went on Facebook. One in five people went outside for lunch to go shopping or get some air. Just three percent of workers went to the gym. The health group told companies that all staff should take a regular lunch break. Workers need more exercise at work so they don't get ill. A spokeswoman said: "Full-time workers spend a [lot] of their week at work or traveling to and from it. Finding ways to build in time to do at least 30 minutes of... physical activity, five times a week, can be a challenge." She warned that employees get sick because they don't take breaks, so companies lose money. She said we needed to find answers to the problem of inactivity. We should take responsibility for our own health.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

---

b)

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c)

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d)

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e)

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f)

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g)

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h)

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*Workers must take lunch breaks – 8th June, 2014*  
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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

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b)

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c)

---

d)

---

e)

---

f)

---

g)

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h)

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