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Level 4

Keeping cold could keep you thinner

10th January, 2015

<http://www.breakingnewsenglish.com/1501/150110-fat-4.html>

Contents

The Reading	2
Matching	3
Listening Gap Fill	4
Survey	5
Discussion	6
Writing	7

Please try the harder Level 5 and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1501/150110-fat-4.html>

Scientists in California found that the cold could help us lose weight.

Being in the cold increases levels of a protein that makes brown fat.

This burns energy and helps us lose weight. White fat stores energy and so we put on weight. The researchers said air conditioning and heating keep us warm. This means we do need so much brown fat.

Workers who work in cold temperatures outside have a lot more brown fat than people who work indoors.

The research was on two groups of mice. One group was given the brown-fat protein. This group gained 30 per cent less weight after having a high-fat diet. This research could help obese people, who have lower levels of brown fat than thinner people. The head researcher said the protein could greatly help the treatment and prevention of obesity. Higher levels of the protein could lead to weight loss, even if people eat the same amount of food.

Sources: <http://medicalxpress.com/news/2015-01-trigger-energy-burning-brown-fat-chill.html>
<https://www.yahoo.com/health/science-gives-us-a-potential-new-reason-to-love-107512716382.html>
<http://www.webmd.com/diet/news/20150108/cooler-temps-may-boost-calorie-burning-brown-fat-mouse-study-suggests>

MATCHING

From <http://www.breakingnewsenglish.com/1501/150110-fat-4.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|-------------------|
| 1. the cold could help | a. energy |
| 2. the cold increases levels of | b. temperatures |
| 3. This burns | c. a protein |
| 4. we put | d. indoors |
| 5. air | e. us lose weight |
| 6. we do need so | f. conditioning |
| 7. Workers who work in cold | g. much brown fat |
| 8. people who work | h. on weight |

PARAGRAPH TWO:

- | | |
|-----------------------------------|--------------------------|
| 1. The research was on two | a. less weight |
| 2. One group was given the brown- | b. amount of food |
| 3. This group gained 30 per cent | c. fat diet |
| 4. a high- | d. thinner people |
| 5. help obese | e. groups of mice |
| 6. lower levels of brown fat than | f. prevention of obesity |
| 7. help the treatment and | g. people |
| 8. if people eat the same | h. fat protein |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1501/150110-fat-4.html>

Scientists in California found (1) _____ help us lose weight. Being in the cold increases (2) _____ that makes brown fat. This burns energy (3) _____ weight. White fat stores energy and so (4) _____. The researchers said air conditioning and heating keep us warm. This means (5) _____ much brown fat. Workers who work in cold temperatures outside have a lot more brown fat than people (6) _____.

The research (7) _____ of mice. One group was given the brown-fat protein. This group gained 30 per cent (8) _____ having a high-fat diet. This research (9) _____ people, who have lower levels of brown fat than thinner people. The head researcher said the protein (10) _____ the treatment and prevention of obesity. Higher levels of the protein could (11) _____ loss, even if people eat the (12) _____ food.

THE COLD SURVEY

From <http://www.breakingnewsenglish.com/1501/150110-fat-4.html>

Write five GOOD questions about the cold 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) _____
- g) _____
- h) _____

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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) _____
- g) _____
- h) _____

