

# www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[www.breakingnewsenglish.com/book.html](http://www.breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freeeslmaterials.com/sean\\_banville\\_lessons.html](http://www.freeeslmaterials.com/sean_banville_lessons.html)

## **Level 0**

# **60 is the new middle age, not 50**

**19th April**

<http://www.breakingnewsenglish.com/1504/150419-middle-age.html>

## **Contents**

The Reading	2
Vocabulary Matching	3
Listening Gap Fill	4
No Spaces	5
Writing and Speaking	6
Writing	7

Please try Levels 1, 2 and 3. They are (a little) harder.

**Twitter**



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

**Facebook**



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

**Google +**



<https://plus.google.com/+SeanBanville>

# THE READING

From <http://www.breakingnewsenglish.com/1504/150419-middle-age.html>

People think middle age is around the age of 50. This is when we grow 'old'. A new study says middle age starts at 60 or older. The biggest reason is we are living longer. We are healthier, eat better, exercise more and we have nicer lifestyles. Life expectancies have increased. People who are 50 are not old. They are not even middle aged.

Britain's National Health Service (NHS) said the study is not 100 per cent true. There are things that can make us die younger. There may be new diseases and infections. Drugs may no longer work. There are also more people with diabetes and obesity. The NHS said we should eat healthy food and exercise to live longer.

Sources: <http://www.today.com/health/60-really-new-50-scientists-say-t15411>  
<http://www.nhs.uk/news/2015/04April/Pages/60-the-new-40-claims-media.aspx>  
[http://www.huffingtonpost.com/2015/04/16/60-is-the-new-middle-age\\_n\\_7079006.html](http://www.huffingtonpost.com/2015/04/16/60-is-the-new-middle-age_n_7079006.html)

# VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1504/150419-middle-age.html>

## PARAGRAPH ONE:

- |                             |                      |
|-----------------------------|----------------------|
| 1. This is when we          | a. lifestyles        |
| 2. middle age starts at 60  | b. grow 'old'        |
| 3. The biggest reason is we | c. are not old       |
| 4. exercise                 | d. increased         |
| 5. we have nicer            | e. or older          |
| 6. Life expectancies have   | f. even middle aged  |
| 7. People who are 50        | g. are living longer |
| 8. They are not             | h. more              |

## PARAGRAPH TWO:

- |                           |                         |
|---------------------------|-------------------------|
| 1. Britain's National     | a. work                 |
| 2. the study is not       | b. us die younger       |
| 3. things that can make   | c. eat healthy food     |
| 4. There may be new       | d. 100 per cent true    |
| 5. Drugs may no longer    | e. diabetes             |
| 6. more people with       | f. Health Service (NHS) |
| 7. The NHS said we should | g. longer               |
| 8. exercise to live       | h. diseases             |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1504/150419-middle-age.html>

People think middle age (1) \_\_\_\_\_ of 50. This is when we grow 'old'. A (2) \_\_\_\_\_ middle age starts at 60 or older. The (3) \_\_\_\_\_ we are living longer. We are healthier, (4) \_\_\_\_\_ more and we have (5) \_\_\_\_\_. Life expectancies have increased. People who (6) \_\_\_\_\_. They are not even middle aged.

Britain's National Health Service (NHS)

(7) \_\_\_\_\_ not 100 per cent true. There

(8) \_\_\_\_\_ can make us die younger. There

(9) \_\_\_\_\_ and infections. Drugs

(10) \_\_\_\_\_. There are also more people

(11) \_\_\_\_\_ obesity. The NHS said we should eat

healthy food (12) \_\_\_\_\_ live longer.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1504/150419-middle-age.html>

People think middle age is around the age of 50. This is when we grow 'old'.

A new study says middle age starts at 60 or older. The biggest reason is we

are living longer. We are healthier, eat better, exercise more and we have

nicer lifestyles. Life expectancies have increased. People who are 50 are

not old. They are not even middle aged. Britain's National Health Service (

NHS) said the study is not 100 percent true. There are things that can make

us die younger. There may be new diseases and infections. Drugs may not

work longer. There are also more people with diabetes and obesity. The

NHS said we should eat healthy food and exercise to live longer.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*60 is the new middle age, not 50 – 19th April*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

