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## Level 3

# Smaller plates help reduce obesity

17th September, 2015

<http://www.breakingnewsenglish.com/1509/150917-obesity.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/1509/150917-obesity.html>

New research suggests there is a simple and easy way that helps people to stop over-eating. Researchers say there is an alternative to fancy diets. They say that using smaller plates, knives, forks, glasses and other tableware could reduce the amount of food we eat. Many of us tend to use the size of the plate as a measure of how much we can eat. If we use a large plate, we fill the plate with food, which often means we eat too much. Research from Cambridge University in the U.K. suggests that smaller plates could lower the amount of food we eat. British people could reduce their calorie intake by up to 16 per cent, while Americans could see a reduction of up to 29 per cent in calories.

The research team looked at data from 6,711 people who took part in the eating trials. Dr Gareth Hollands, one of the leaders of the research, said that many people think it is, "obvious that the larger the portion size, the more people eat," but said that until now, there was little research on this. He added that it was wrong to think people ate too much because of a lack of self-control. He said: "Helping people to avoid 'over-serving' themselves or others with larger portions of food or drink by reducing their size, availability and appeal in shops, restaurants and in the home, is likely to be a good way of helping lots of people to reduce their risk of overeating."

Sources: <http://www.belfasttelegraph.co.uk/breakingnews/offbeat/smaller-tableware-could-help-reduce-overeating-and-obesity-31525875.html>  
<http://www.medicaldaily.com/how-stop-overeating-starting-plates-cut-over-500-calories-day-using-smaller-tableware-352484>  
<http://www.webmd.boots.com/diet/news/20150914/smaller-plates-tackle-obesity>

# WARM-UPS

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

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

*research / over-eating / alternative / forks / measure / plate / amount / calorie intake / research / trials / obvious / portion / self-control / availability / restaurants / risk*

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

**3. OVER-EATING:** What can we do to stop over-eating? Complete this table with your partner(s). Change partners often and share what you wrote.

	What to do	How this can help
Restaurants		
Education		
TV commercials		
Family meals		
Snacks		
Doctors		

**4. SMALLER PLATES:** Students A **strongly** believe smaller plates is the answer to losing weight; Students B **strongly** believe not. Change partners again and talk about your conversations.

**5. LOSING WEIGHT:** Rank these ways to lose weight with your partner. Put the best ones at the top. Change partners often and share your rankings.

- smaller plates
- become vegetarian
- swim
- no dinner
- eat more fruit
- no cakes or chocolate
- don't sit down
- diet

**6. PLATE:** Spend one minute writing down all of the different words you associate with the word "plate". 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/1509/150917-obesity.html>

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

- |  |       |
|--|-------|
| a. New research says losing weight is extremely difficult.                 | T / F |
| b. The research says smaller knives and forks could help you lose weight.  | T / F |
| c. The article says many of us put a small amount of food on a big plate.  | T / F |
| d. British people could reduce calorie intake by 16% with smaller plates.  | T / F |
| e. Researchers tested over 6,711 different plates of food.                 | T / F |
| f. There is a lot of research on plate size and the amount of food we eat. | T / F |
| g. A researcher said overeating was not because of having no self-control. | T / F |
| h. The researcher said restaurants should help us to not overeat.          | T / F |

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

- |            |                   |
|------------|-------------------|
| 1. way     | a. information    |
| 2. reduce  | b. volume         |
| 3. large   | c. consume        |
| 4. amount  | d. keep away from |
| 5. eat     | e. cut            |
| 6. data    | f. tests          |
| 7. trials  | g. method         |
| 8. obvious | h. probable       |
| 9. avoid   | i. big            |
| 10. likely | j. clear          |

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

- |                                 |                              |
|---------------------------------|------------------------------|
| 1. a simple and easy            | a. overeating                |
| 2. an alternative to            | b. intake                    |
| 3. a measure of how             | c. the more people eat       |
| 4. reduce their calorie         | d. much we can eat           |
| 5. a reduction of up to         | e. part in the eating trials |
| 6. people who took              | f. way                       |
| 7. the larger the portion size, | g. fancy diets               |
| 8. a lack of self-              | h. portions                  |
| 9. larger                       | i. 29 per cent in calories   |
| 10. reduce their risk of        | j. control                   |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

New research suggests there is a (1) \_\_\_\_\_ and easy way that helps people to stop over-eating. Researchers say there is an (2) \_\_\_\_\_ to fancy diets. They say that using smaller plates, knives, forks, glasses and other tableware could (3) \_\_\_\_\_ the amount of food we eat. Many of us (4) \_\_\_\_\_ to use the size of the plate as a measure of how much we can eat. If we use a large plate, we fill the plate with food, which (5) \_\_\_\_\_ means we eat too much. Research from Cambridge University in the U.K. suggests that smaller plates could (6) \_\_\_\_\_ the amount of food we eat. British people could reduce their (7) \_\_\_\_\_ intake by up to 16 per cent, while Americans could see a (8) \_\_\_\_\_ of up to 29 per cent in calories.

*lower*  
*reduction*  
*reduce*  
*calorie*  
*simple*  
*tend*  
*alternative*  
*often*

The research team looked at (9) \_\_\_\_\_ from 6,711 people who took part in the eating (10) \_\_\_\_\_. Dr Gareth Hollands, one of the leaders of the research, said that many people think it is, "(11) \_\_\_\_\_ that the larger the portion size, the more people eat," but said that until now, there was little research on this. He added that it was (12) \_\_\_\_\_ to think people ate too much because of a (13) \_\_\_\_\_ of self-control. He said: "Helping people to (14) \_\_\_\_\_ 'over-serving' themselves or others with larger (15) \_\_\_\_\_ of food or drink by reducing their size, availability and appeal in shops, restaurants and in the home, is likely to be a good way of helping lots of people to reduce their (16) \_\_\_\_\_ of overeating."

*avoid*  
*wrong*  
*trials*  
*risk*  
*portions*  
*data*  
*lack*  
*obvious*

# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

- 1) there is a simple and easy way that helps people to \_\_\_\_\_
  - a. stops over-eating
  - b. stopping over-eating
  - c. stop over-eating
  - d. stopped over-eating
- 2) Researchers say there is an alternative \_\_\_\_\_
  - a. to fancy diet
  - b. two fancy diets
  - c. to fancy diets
  - d. too fancy diets
- 3) Many of us tend to use the size of the plate as a measure of how \_\_\_\_\_
  - a. much we can eat
  - b. much we can't eat
  - c. much you can eat
  - d. much we could eat
- 4) British people could reduce \_\_\_\_\_
  - a. their calorie outtake
  - b. their calories intake
  - c. their calorie intake
  - d. there calorie intake
- 5) Americans could see a reduction of up to 29 per \_\_\_\_\_
  - a. cent on calories
  - b. cent an calories
  - c. cent in calories
  - d. cent on calories
- 6) The research team looked at data from 6,711 people who took part \_\_\_\_\_
  - a. in the eating trails
  - b. in the eating tails
  - c. in the eating trials
  - d. in the eating toils
- 7) it is obvious that the larger the portion size, the \_\_\_\_\_
  - a. much people eat
  - b. many people eat
  - c. most people eat
  - d. more people eat
- 8) He added that it was wrong to think people ate too much because of \_\_\_\_\_
  - a. a lack of self-control
  - b. a lack on self-control
  - c. a luck of self-control
  - d. a luck of self-control
- 9) Helping people to avoid 'over-serving' themselves or others \_\_\_\_\_
  - a. with larger persons
  - b. with larger partitions
  - c. with larger potions
  - d. with larger portions
- 10) a good way of helping lots of people to reduce their \_\_\_\_\_
  - a. risky of overeating
  - b. risks of overeating
  - c. risk of overeating
  - d. risked of overeating

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

New research suggests (1) \_\_\_\_\_ and easy way that helps people to stop over-eating. Researchers say there is (2) \_\_\_\_\_ fancy diets. They say that using smaller plates, knives, forks, glasses and other tableware could (3) \_\_\_\_\_ of food we eat. Many (4) \_\_\_\_\_ use the size of the plate as a measure of how much we can eat. If we use a large plate, we fill the plate with food, which often means we eat too much. Research from Cambridge University in the U.K. suggests that smaller plates could (5) \_\_\_\_\_ of food we eat. British people could reduce their calorie intake by up to 16 per cent, while Americans (6) \_\_\_\_\_ of up to 29 per cent in calories.

The research team (7) \_\_\_\_\_ from 6,711 people who took part in the eating trials. Dr Gareth Hollands, one of the leaders of the research, said that many people think (8) \_\_\_\_\_ the larger the portion size, the more people eat," but (9) \_\_\_\_\_, there was little research on this. He added that it was wrong to think people ate too much because of a (10) \_\_\_\_\_. He said: "Helping people to avoid 'over-serving' themselves or others with larger portions of food or drink by reducing their size, availability (11) \_\_\_\_\_, restaurants and in the home, is likely to be a good way of helping lots of people (12) \_\_\_\_\_ risk of overeating."

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

1. What could smaller plates be an alternative to?

---

2. What do many of use to measure how much food we can eat?

---

3. Which university conducted the research?

---

4. Who could reduce their calorie intake by up to 16%?

---

5. By how much could Americans see a reduction in their calorie intake?

---

6. What did 6,711 people take part in?

---

7. Who is Gareth Hollands?

---

8. Until when was there little research on plate size and eating amounts?

---

9. What might many people think is the reason for over-eating?

---

10. Where else could people reduce plate size besides shops and the home?

---



# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

1. What could smaller plates be an alternative to?
  - a) smaller shopping bags
  - b) bowls
  - c) fancy diets
  - d) calories
2. What do many of use to measure how much food we can eat?
  - a) our plate
  - b) weighing scales
  - c) a ruler
  - d) an iPad
3. Which university conducted the research?
  - a) Cambridge University
  - b) Yale University
  - c) Tokyo University
  - d) The University of Food
4. Who could reduce their calorie intake by up to 16%?
  - a) plate makers
  - b) British people
  - c) everyone
  - d) vegetarians
5. By how much could Americans see a reduction in their calorie intake?
  - a) 26%
  - b) 27%
  - c) 28%
  - d) 29%
6. What did 6,711 people take part in?
  - a) an eating contest
  - b) eating trials
  - c) a plate-making course
  - d) a fruit-only diet
7. Who is Gareth Hollands?
  - a) a researcher
  - b) a plate maker
  - c) an expert on nutrition
  - d) a famous vegetarian
8. Until when was there little research on plate size and eating amounts?
  - a) 1999
  - b) January
  - c) now
  - d) the 15th of last month
9. What might many people think is the reason for over-eating?
  - a) TV commercials
  - b) the brain
  - c) chocolate
  - d) a lack of self-control
10. Where else could people reduce plate size besides shops and the home?
  - a) restaurants
  - b) malls
  - c) bakeries
  - d) plate factories

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

## **Role A – Smaller plates**

You think using smaller plates is the best way to lose weight. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least useful of these (and why): swimming, becoming a vegetarian or eating more fruit.

## **Role B – Swimming**

You think swimming is the best way to lose weight. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least useful of these (and why): using smaller plates, becoming a vegetarian or eating more fruit.

## **Role C – Becoming a vegetarian**

You think becoming a vegetarian is the best way to lose weight. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least useful of these (and why): swimming, using smaller plates or eating more fruit.

## **Role D – Eating more fruit**

You think eating more fruit is the best way to lose weight. Tell the others three reasons why. Tell them things that are wrong with their ways. Also, tell the others which is the least useful of these (and why): swimming, becoming a vegetarian or using smaller plates.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

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

<b>reduce</b>	<b>obesity</b>
---------------	----------------

- 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"><li>• way</li><li>• diets</li><li>• tend</li><li>• fill</li><li>• lower</li><li>• calories</li></ul>	<ul style="list-style-type: none"><li>• data</li><li>• leaders</li><li>• now</li><li>• lack</li><li>• others</li><li>• risk</li></ul>
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# OBESITY SURVEY

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

Write five GOOD questions about obesity 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.

# **OBEISITY DISCUSSION**

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

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the word 'obesity'?
- 3) What do you think about what you read?
- 4) How does the size of your plates affect how much you eat?
- 5) What's the best way to lose weight?
- 6) What experiences do you have of going on a diet?
- 7) Should restaurants give smaller portions?
- 8) Why do we eat too much?
- 9) How healthy is your daily diet?
- 10) How can we get more information about calories in food?

*Smaller plates help reduce obesity – 17th September, 2015*  
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# **OBEISITY DISCUSSION**

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

- 11) Did you like reading this article? Why/not?
- 12) When is it difficult to stop overeating?
- 13) What size of portions do you eat every day?
- 14) Will you now change the size of your tableware?
- 15) A saying says, 'Your eyes are bigger than your stomach'. Is this true?
- 16) What do you think of restaurants that offer 'super' sizes?
- 17) Should restaurants use smaller plates and spoons?
- 18) How much self-control do you have with food?
- 19) What can restaurants do to help people to stop overeating?
- 20) What questions would you like to ask the researchers?

# 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/1509/150917-obesity.html>

New research suggests there is a simple and (1) \_\_\_\_\_ way that helps people to stop over-eating. Researchers say there is an alternative to (2) \_\_\_\_\_ diets. They say that using smaller plates, knives, forks, glasses and other tableware could reduce the amount of food we eat. Many of us (3) \_\_\_\_\_ to use the size of the plate as a measure of how much we can eat. If we use a large plate, we fill the plate with food, which often (4) \_\_\_\_\_ we eat too much. Research from Cambridge University in the U.K. suggests that smaller plates could (5) \_\_\_\_\_ the amount of food we eat. British people could reduce their calorie intake by up to 16 per cent, while Americans could see a reduction of up to 29 per cent (6) \_\_\_\_\_ calories.

The research team looked (7) \_\_\_\_\_ data from 6,711 people who took part in the eating (8) \_\_\_\_\_. Dr Gareth Hollands, one of the leaders of the research, said that many people think it is, "(9) \_\_\_\_\_ that the larger the portion size, the more people eat," but said that until now, there was little research on this. He added that it was wrong to think people ate too much because of a (10) \_\_\_\_\_ of self-control. He said: "Helping people to avoid 'over-serving' themselves or others with larger portions of food or drink (11) \_\_\_\_\_ reducing their size, availability and appeal in shops, restaurants and in the home, is (12) \_\_\_\_\_ to be a good way of helping lots of people to reduce their risk of overeating."

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

- |     |               |              |                |               |
|-----|---------------|--------------|----------------|---------------|
| 1.  | (a) easy      | (b) eases    | (c) ease       | (d) easily    |
| 2.  | (a) focal     | (b) frolic   | (c) fancy      | (d) finalize  |
| 3.  | (a) mend      | (b) bend     | (c) tend       | (d) fend      |
| 4.  | (a) meanings  | (b) meaning  | (c) moans      | (d) means     |
| 5.  | (a) lower     | (b) allow    | (c) lowly      | (d) allowance |
| 6.  | (a) on        | (b) in       | (c) to         | (d) of        |
| 7.  | (a) as        | (b) by       | (c) of         | (d) at        |
| 8.  | (a) toils     | (b) trials   | (c) tails      | (d) trails    |
| 9.  | (a) oblivious | (b) observes | (c) obvious    | (d) obstacles |
| 10. | (a) hack      | (b) rack     | (c) pack       | (d) lack      |
| 11. | (a) to        | (b) of       | (c) at         | (d) by        |
| 12. | (a) liking    | (b) likely   | (c) likelihood | (d) likes     |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

## Paragraph 1

1. research gstsusge there is a simple and easy way
2. an evntartiale to fancy diets
3. a reeamsu of how much we can eat
4. lower the mnutao of food we eat
5. ciloare intake
6. a noitecrud of up to 29 per cent

## Paragraph 2

7. people who took part in the eating itlsra
8. people think it is uosbovi
9. a lack of self-lrtccon
10. iodav 'over-serving'
11. size, iitbaylviaal and appeal
12. kleyil to be a good way



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

**Number these lines in the correct order.**

- ( ) the portion size, the more people eat," but said that until now, there was little research on
- ( ) of food we eat. Many of us tend to use the size of the plate as a measure of how much we can eat. If we
- ( ) trials. Dr Gareth Hollands, one of the leaders of the research, said that many people think it is, "obvious that the larger
- ( ) reducing their size, availability and appeal in shops, restaurants and in the home, is
- ( ) The research team looked at data from 6,711 people who took part in the eating
- ( ) eating. Researchers say there is an alternative to fancy diets. They say that using smaller
- ( ) use a large plate, we fill the plate with food, which often means we eat too much. Research from Cambridge University in
- ( ) plates, knives, forks, glasses and other tableware could reduce the amount
- ( ) this. He added that it was wrong to think people ate too much because of a lack of self-control. He said: "Helping
- ( ) likely to be a good way of helping lots of people to reduce their risk of overeating."
- ( ) calorie intake by up to 16 per cent, while Americans could see a reduction of up to 29 per cent in calories.
- ( **1** ) New research suggests there is a simple and easy way that helps people to stop over-
- ( ) people to avoid 'over-serving' themselves or others with larger portions of food or drink by
- ( ) the U.K. suggests that smaller plates could lower the amount of food we eat. British people could reduce their

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

1. fancy Researchers is to there alternative diets say an .

---

2. a use measure the size Many of of the us plate tend as to .

---

3. fill a food we use with , we plate plate If the large .

---

4. plates could lower the amount of food we eat Smaller .

---

5. to up by intake calorie their reduce could people British 16% .

---

6. from data at looked team research The people 6,711 .

---

7. research , little this now was on Until there .

---

8. ate control of of too self a much People - lack because .

---

9. to themselves avoid 'over Helping - people serving' .

---

10. of people to reduce their risk of overeating Helping lots .

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

New research *suggests / suggesting* there is a simple and *easily / easy* way that helps people to stop over-eating. Researchers say there is an *alternative / alternation* to fancy diets. They say that using smaller plates, knives, forks, glasses and other tableware could *reduction / reduce* the amount of food we eat. Many of us *fend / tend* to use the size of the plate as a measure of how much we can eat. If we *use / usage* a large plate, we fill the plate with food, which often *meaning / means* we eat too much. Research from Cambridge University *in / at* the U.K. suggests that smaller plates could lower the amount of food we eat. British people could reduce their calorie *intake / outtake* by up to 16 per cent, while Americans could see a reduction of *high / up* to 29 per cent in calories.

The research team looked *at / in* data from 6,711 people who took part in the eating *trials / trails*. Dr Gareth Hollands, one of the *leadership / leaders* of the research, said that many people think it is, "*obvious / oblivious* that the larger the *portion / potion* size, the more people eat," but said that until now, there was little research *on / to* this. He added that it was wrong to think people ate too much because of a *slack / lack* of self-control. He said: "Helping people to *avoid / avoiding* 'over-serving' themselves or others with larger portions of food or drink by reducing their size, *available / availability* and appeal in shops, restaurants and in the home, is likely to be a good way of helping lots of people to reduce *them / their* risk of overeating."

**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/1509/150917-obesity.html>

N\_w r\_s\_\_rch s\_gg\_sts th\_r\_\_s\_\_s\_mpl\_\_nd\_\_sy w\_y  
th\_t h\_lps p\_\_pl\_t\_\_st\_p\_v\_r-\_\_t\_ng. R\_s\_\_rch\_rs s\_y  
th\_r\_\_s\_\_n\_\_lt\_rn\_t\_v\_\_t\_\_fncy d\_\_ts. Th\_y s\_y th\_t  
\_\_s\_ng sm\_ll\_r pl\_t\_s, kn\_v\_s, f\_rks, gl\_ss\_s\_\_nd\_\_th\_r  
t\_bl\_w\_r\_\_c\_\_ld r\_d\_c\_\_th\_\_m\_\_nt\_\_f f\_\_d w\_\_\_\_t.  
M\_ny\_\_f\_\_s\_t\_nd t\_\_s\_\_th\_\_s\_z\_\_\_\_f th\_\_pl\_t\_\_s\_\_  
m\_\_s\_r\_\_f h\_w m\_ch w\_\_c\_n\_\_t. \_\_f w\_\_s\_\_l\_rg\_\_  
pl\_t\_\_, w\_\_f\_ll th\_\_pl\_t\_\_w\_th f\_\_d, wh\_ch\_\_ft\_n m\_\_ns  
w\_\_\_\_t t\_\_m\_ch. R\_s\_\_rch fr\_m C\_mbr\_dg\_\_n\_v\_rs\_ty  
\_\_n th\_\_\_.K. s\_gg\_sts th\_t sm\_ll\_r pl\_t\_s c\_\_ld l\_w\_r  
th\_\_m\_\_nt\_\_f f\_\_d w\_\_\_\_t. Br\_t\_sh p\_\_pl\_\_c\_\_ld  
r\_d\_c\_\_th\_\_r c\_l\_r\_\_nt\_k\_\_by\_\_p\_t\_\_16 p\_r\_c\_nt,  
wh\_l\_\_m\_r\_c\_ns c\_\_ld s\_\_r\_d\_ct\_\_n\_\_f\_\_p\_t\_\_29  
p\_r\_c\_nt\_\_n c\_l\_r\_\_s.

Th\_r\_s\_\_rch t\_\_m l\_\_k\_d\_\_t d\_t\_\_fr\_m 6,711 p\_\_pl\_\_  
wh\_\_t\_\_k p\_rt\_\_n th\_\_\_\_t\_ng tr\_\_ls. Dr G\_r\_th  
H\_ll\_nds, \_\_n\_\_f th\_\_l\_\_d\_rs\_\_f th\_r\_s\_\_rch, s\_\_d th\_t  
m\_ny p\_\_pl\_\_th\_nk\_\_t\_s, "bv\_\_s th\_t th\_\_l\_rg\_r th\_\_  
p\_rt\_\_n s\_z\_\_, th\_\_m\_r\_\_p\_\_pl\_\_\_\_t," b\_t s\_\_d th\_t  
\_\_nt\_l\_n\_w, th\_r\_\_w\_s lttl\_r\_s\_\_rch\_\_n th\_s. H\_\_dd\_d  
th\_t\_\_t w\_s wr\_ng t\_\_th\_nk p\_\_pl\_\_t\_\_t\_\_m\_ch  
b\_c\_\_s\_\_f\_\_l\_ck\_\_f s\_lf-c\_ntr\_l. H\_\_s\_\_d: "H\_lp\_ng  
p\_\_pl\_\_t\_\_v\_\_d 'v\_r-s\_rv\_ng' th\_ms\_lv\_s\_\_r\_\_th\_rs  
w\_th l\_rg\_r p\_rt\_\_ns\_\_f f\_\_d\_\_r dr\_nk by r\_d\_c\_ng  
th\_\_r\_\_s\_z\_\_,\_\_v\_\_l\_b\_l\_ty\_\_nd\_\_pp\_\_l\_\_n sh\_ps,  
r\_st\_\_r\_nts\_\_nd\_\_n th\_\_h\_m\_\_,\_\_s l\_k\_ly t\_\_b\_\_g\_\_d  
w\_y\_\_f h\_lp\_ng l\_ts\_\_f p\_\_pl\_\_t\_\_r\_d\_c\_\_th\_\_r r\_sk\_\_f  
\_\_v\_r\_\_t\_\_ng."

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

new research suggests there is a simple and easy way that helps people to stop over-eating researchers say there is an alternative to fancy diets they say that using smaller plates knives forks glasses and other tableware could reduce the amount of food we eat many of us tend to use the size of the plate as a measure of how much we can eat if we use a large plate we fill the plate with food which often means we eat too much research from cambridge university in the uk suggests that smaller plates could lower the amount of food we eat british people could reduce their calorie intake by up to 16 per cent while americans could see a reduction of up to 29 per cent in calories

the research team looked at data from 6711 people who took part in the eating trials dr gareth hollands one of the leaders of the research said that many people think it is "obvious that the larger the portion size the more people eat" but said that until now there was little research on this he added that it was wrong to think people ate too much because of a lack of self-control he said "helping people to avoid 'over-serving' themselves or others with larger portions of food or drink by reducing their size availability and appeal in shops restaurants and in the home is likely to be a good way of helping lots of people to reduce their risk of overeating"

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1509/150917-obesity.html>

New research suggests there is a simple and easy way that helps people to stop over-eating. Researchers say there is an alternative to fancy diets. They say that using smaller plates, knives, forks, glasses and other tableware could reduce the amount of food we eat. Many of us tend to use the size of the plate as a measure of how much we can eat. If we use a large plate, we fill the plate with food, which often means we eat too much. Research from Cambridge University in the U.K. suggests that smaller plates could lower the amount of food we eat. British people could reduce their calorie intake by up to 16 percent, while Americans could see a reduction of up to 29 percent in calories. The research team looked at data from 6,711 people who took part in the eating trials. Dr Gareth Hollands, one of the leaders of the research, said that many people think it is, "obvious that the larger the portion size, the more people eat," but said that until now, there was little research on this. He added that it was wrong to think people eat too much because of a lack of self-control. He said: "Helping people to avoid 'overserving' themselves or others with larger portions of food or drink by reducing their size, availability and appeal in shops, restaurants and in the home, is likely to be a good way of helping lots of people to reduce their risk of over-eating."







# 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 over-eating and plate size. Share what you discover with your partner(s) in the next lesson.

**3. OBESITY:** Make a poster about obesity. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. SMALLER PLATES:** Write a magazine article about using smaller plates. Include imaginary interviews with people who think this will make people eat less, and with those who think it won'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 an expert on obesity. Ask him/her three questions about obesity. Give him/her three of your ideas. 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 F    d T    e F    f F    g T    h T

## SYNONYM MATCH (p.4)

- |            |                   |
|------------|-------------------|
| 1. way     | a. method         |
| 2. reduce  | b. cut            |
| 3. large   | c. big            |
| 4. amount  | d. volume         |
| 5. eat     | e. consume        |
| 6. data    | f. information    |
| 7. trials  | g. tests          |
| 8. obvious | h. clear          |
| 9. avoid   | i. keep away from |
| 10. likely | j. probable       |

## COMPREHENSION QUESTIONS (p.8)

1. Fancy diets
2. Our plate
3. Cambridge University
4. British people
5. 29%
6. Eating trials
7. A research leader
8. Now
9. A lack of self-control
10. Restaurants

## MULTIPLE CHOICE - QUIZ (p.9)

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

## ALL OTHER EXERCISES

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