

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

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

www.freeeslmaterials.com/sean_banville_lessons.html

Level 0

Fasting may lead to health benefits

27th February, 2017

<http://www.breakingnewsenglish.com/1702/170227-fasting-diet-0.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

Google +



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

THE READING

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-0.html>

Scientists did tests on mice. They showed that fasting can be healthy. Fasting is eating little or nothing for a day or two. It can help diabetes, heart disease and cancer. The scientists gave the mice low-calorie food for four days. Then the mice had 10% of their normal food for three days. This helped the pancreas in the mice.

The pancreas makes insulin in our body. Insulin breaks down sugar in the blood. People with diabetes have too much sugar. They have health problems and can die. People with diabetes do not produce any insulin or do not produce enough. Scientists said fasting made more insulin. They now want to do the tests on humans.

Sources: <http://www.nhs.uk/news/2017/02February/Pages/Fasting-diet-may-help-regenerate-diabetic-pancreas.aspx>
<http://www.sciencealert.com/this-fasting-diet-could-reverse-diabetes-and-repair-the-pancreas-says-new-research>
<https://en.wikipedia.org/wiki/Fasting>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-0.html>

PARAGRAPH ONE:

- | | |
|--|---------------------|
| 1. Scientists did tests | a. food |
| 2. They showed that fasting | b. for a day or two |
| 3. Fasting is eating little or nothing | c. the mice |
| 4. heart | d. calorie food |
| 5. The scientists gave the mice low- | e. on mice |
| 6. 10% of their normal | f. three days |
| 7. for | g. can be healthy |
| 8. This helped the pancreas in | h. disease |

PARAGRAPH TWO:

- | | |
|------------------------------|------------------------|
| 1. The pancreas makes | a. made more insulin |
| 2. Insulin breaks down sugar | b. do not produce any |
| 3. People with | c. in the blood |
| 4. have too | d. the tests on humans |
| 5. People with diabetes | e. insulin in our body |
| 6. do not | f. much sugar |
| 7. Scientists said fasting | g. produce enough |
| 8. They now want to do | h. diabetes |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-0.html>

Scientists (1) _____ mice. They showed that fasting can be healthy. Fasting (2) _____ or nothing (3) _____ two. It can help diabetes, heart (4) _____. The scientists gave the mice low-calorie food (5) _____. Then the mice had 10% (6) _____ food for three days. This helped the pancreas in the mice.

The pancreas makes insulin (7) _____. Insulin breaks down (8) _____ blood. People with diabetes (9) _____ sugar. They have health problems and can die. People with diabetes (10) _____ insulin or do not produce enough. Scientists said fasting (11) _____. They now want to do the (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-0.html>

Scientists did test on mice. They showed that fasting can be healthy. Fasting is eating little or nothing for a day or two. It can help diabetes, heart disease and cancer. The scientists gave the mice low-calorie food for four days. Then the mice had 10% of their normal food for three days. This helped the pancreas in the mice. The pancreas makes insulin in our body. Insulin breaks down sugar in the blood. People with diabetes have too much sugar. They have health problems and can die. People with diabetes do not produce any insulin or do not produce enough. Scientists said fasting made more insulin. They now want to do the test on humans.

FASTING SURVEY

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-4.html>

Write five GOOD questions about fasting 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) _____

Fasting may lead to health benefits – 27th February, 2017
More free lessons at 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) _____

WRITING

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-0.html>

Write about **fasting** for 10 minutes. Read and talk about your partner's paper.
