

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

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

breakingnewsenglish.com/book.html

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

www.freematerials.com/sean_banville_lessons.html

Level 2

Millions more have high blood pressure

16th November, 2017

<https://breakingnewsenglish.com/1711/171116-blood-pressure-2.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 0, 1 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 <https://breakingnewsenglish.com/1711/171116-blood-pressure-2.html>

Millions more people around the world have high blood pressure. For many decades, doctors said high blood pressure started at a reading of 140 over 90. The American Heart Association (AHA) changed these numbers. It said the disease should be treated sooner. It said high blood pressure now starts at 130 over 80*. Blood pressure is when your heart pushes blood around your body. If this pushing is too strong, it puts stress on your heart and arteries. This can lead to heart attacks and strokes. Normal blood pressure is less than 120 over 80.

Health problems can happen at 130 over 80. The AHA said it is possible for people to have this level of blood pressure without medicine. The new reading is "a yellow light" that warns you need to lower your blood pressure, mainly without medicine. People with high blood pressure need to make lifestyle changes. They should lose weight, exercise more, eat healthier food, avoid alcohol and salt, quit smoking, and avoid stress. The new reading of 130 over 80 means that 46 per cent of adults in the USA have high blood pressure. This is up from 32 per cent using the old numbers.

* Written as 130/80

Sources: <https://medicalxpress.com/news/2017-11-adults-high-blood-pressure-guidelines.html>
<https://www.bloomberg.com/news/articles/2017-11-13/thirty-million-americans-just-got-high-blood-pressure>
<https://www.newsday.com/news/health/new-high-blood-pressure-systolic-guidelines-1.14967340>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-2.html>

PARAGRAPH ONE:

- | | |
|--------------------------------------|--------------------|
| 1. Health problems can happen | a. in the USA |
| 2. it is possible for people to | b. at 130 over 80 |
| 3. you need to lower your | c. salt |
| 4. They should lose | d. the old numbers |
| 5. avoid alcohol and | e. of 130 over 80 |
| 6. The new reading | f. have this level |
| 7. 46 per cent of adults | g. weight |
| 8. This is up from 32 per cent using | h. blood pressure |

PARAGRAPH TWO:

- | | |
|--------------------------------|--------------------|
| 1. Health problems can happen | a. and salt |
| 2. a yellow light that | b. blood pressure |
| 3. need to make lifestyle | c. warns you |
| 4. They should lose | d. the old numbers |
| 5. avoid alcohol | e. at 130 over 80 |
| 6. The new reading | f. weight |
| 7. adults in the USA have high | g. of 130 over 80 |
| 8. up from 32 per cent using | h. changes |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-2.html>

Millions more people around the (1) _____ blood pressure. (2) _____, doctors said high blood pressure started at a reading of 140 over 90. The American Heart Association (AHA) changed these numbers. It said the disease should (3) _____. It said high blood pressure now starts at 130 over 80. Blood pressure is when (4) _____ blood around your body. If this pushing is too strong, it (5) _____ your heart and arteries. This can lead to heart (6) _____. Normal blood pressure is less than 120 over 80.

Health problems (7) _____ 130 over 80. The AHA said it is possible for people to (8) _____ of blood pressure without medicine. The new reading is "a yellow light" that warns you (9) _____ your blood pressure, mainly without medicine. People with high blood pressure need to (10) _____. They should lose weight, exercise more, eat healthier food, (11) _____ salt, quit smoking, and avoid stress. The new reading of 130 over 80 means that 46 per cent of adults in the USA have high blood pressure. This is up from 32 per cent (12) _____ numbers.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-2.html>

Millions more people around the world have high blood pressure. For many decades, doctors said high blood pressure started at a reading of 140 over 90. The American Heart Association (AHA) changed these numbers. It said the disease should be treated sooner. It said high blood pressure now starts at 130 over 80. Blood pressure is when your heart pushes blood around your body. If this pushing is too strong, it puts stress on your heart and arteries. This can lead to heart attacks and strokes. Normal blood pressure is less than 120 over 80. Health problems can happen at 130 over 80. The AHA said it is possible for people to have this level of blood pressure without medicine. The new reading is "a yellow light" that warns you need to lower your blood pressure, mainly without medicine. People with high blood pressure need to make lifestyle changes. They should lose weight, exercise more, eat healthier food, avoid alcohol and salt, quit smoking, and avoid stress. The new reading of 130 over 80 means that 46 percent of adults in the USA have high blood pressure. This is up from 32 percent using the old numbers.

BLOOD PRESSURE SURVEY

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-4.html>

Write five GOOD questions about Blood pressure 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) _____

Millions more have high blood pressure – 16th November, 2017
More free lessons at 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) _____

