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**Level 6 – 27th January, 2019**

## **Slim people's genes help them stay slim**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/1901/190127-genes.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/1901/190127-genes.html>

New research suggests that people's genes are key to helping them stay slim. A study from Cambridge University in the U.K. discovered that thin people had DNA that contained variants which helped them stay slim and fewer variants linked to being overweight. Researcher Sadaf Farooqi, professor of metabolism and medicine, said: "We've found that there are genes associated with thinness." She added: "Genes play at least 40 per cent of a role in people's weight. It's much more than people realize." This might help explain why some people are naturally skinny while others have big problems with keeping their weight down and seem to pile on the pounds so easily.

The study is published in the journal PLOS Genetics. The researchers said they undertook the study to find out why so many people struggle with their weight. Over 30 per cent of American adults are obese, while a staggering 94.5 per cent of adults on the South Pacific island of Nauru are overweight. Professor Farooqi said she wanted to help people who are struggling with their weight. She said: "It's easy to rush to judgment and criticize people for their weight, but the science shows that things are far more complex." She added: "Healthy, thin people are generally thin because they have a lower burden of genes that increase a person's chances of being overweight and not because they are morally superior."

Sources: <https://edition.cnn.com/2019/01/25/health/thinness-and-obesity-due-to-genes-study-intl/index.html>  
<https://www.bbc.com/news/health-46976031>  
<https://medicalxpress.com/news/2019-01-slim-people-genetic-advantage-weight.html>

# WARM-UPS

**1. STAYING SLIM:** Students walk around the class and talk to other students about staying slim. 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 / genes / slim / overweight / study / metabolism / medicine / skinny / journal / struggle / easy / rush / judgment / science / complex / healthy / superior

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

**3. DNA:** Students A **strongly** believe our DNA should be changed to keep us at a healthy weight; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

**4. WEIGHT:** How can people control their weight? What are the difficulties in doing this? Complete this table with your partner(s). Change partners often and share what you wrote.

	How to control weight	Problems
Food		
Exercise		
Hobbies		
Transport		
Drinks		
TV / Computers		

**5. OVERWEIGHT:** Spend one minute writing down all of the different words you associate with the word "overweight". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. GENES:** Rank these with your partner. Put the DNA you would like to change at the top. Change partners often and share your rankings.

- eye color
- hair color
- weight
- intelligence
- illnesses
- energy levels
- aging process
- complexion

# VOCABULARY MATCHING

## Paragraph 1

- |               |   |
|---------------|---|
| 1. suggests   | a. A form or version of something that is different in some way from other forms of the same thing. |
| 2. key        | b. Very thin (about someone's body).  |
| 3. variant    | c. Causes one to think that something exists or is the case.  |
| 4. metabolism | d. Of major or crucial importance.  |
| 5. realize    | e. The chemical processes that occur inside a living thing in order to maintain life.               |
| 6. skinny     | f. Understand clearly.  |
| 7. pile on    | g. Add to something quickly.  |

## Paragraph 2

- |                |   |
|----------------|---|
| 8. journal     | h. Show the faults of someone or something in a disapproving way.                         |
| 9. struggle    | i. A newspaper or magazine that deals with a particular subject or professional activity. |
| 10. obese      | j. Astonishing or shocking.   |
| 11. staggering | k. Not easy to analyze or understand.   |
| 12. criticize  | l. Have difficulty handling or coping with something.                                     |
| 13. complex    | m. Higher in rank, status, or quality.  |
| 14. superior   | n. Unhealthily overweight.  |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1901/190127-genes.html>

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

- a. Researchers found a key to help people lose weight. **T / F**
- b. A professor of metabolism and medicine was one of the researchers. **T / F**
- c. Genes play at least a 40% role in people's weight. **T / F**
- d. The article said some people seem to easily pile on the pounds. **T / F**
- e. The article said over 40% of American adults are obese. **T / F**
- f. Over 94% of adults on the island of Nauru are overweight. **T / F**
- g. The professor didn't want to help people who struggle with their weight. **T / F**
- h. The professor said thinner people are morally superior. **T / F**

## 2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- |                      |                 |
|----------------------|-----------------|
| 1. <b>key</b>        | a. increase     |
| 2. <b>discovered</b> | b. likelihood   |
| 3. <b>associated</b> | c. understand   |
| 4. <b>realize</b>    | d. complicated  |
| 5. <b>pile on</b>    | e. found        |
| 6. <b>undertook</b>  | f. better       |
| 7. <b>staggering</b> | g. linked       |
| 8. <b>complex</b>    | h. did          |
| 9. <b>chances</b>    | i. amazing      |
| 10. <b>superior</b>  | j. instrumental |

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

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1. people's genes are key to         | a. of being overweight    |
| 2. professor of metabolism           | b. the pounds             |
| 3. there are genes associated        | c. superior               |
| 4. some people are                   | d. to judgment            |
| 5. pile on                           | e. with thinness          |
| 6. so many people struggle           | f. more complex           |
| 7. It's easy to rush                 | g. naturally skinny       |
| 8. science shows that things are far | h. with their weight      |
| 9. increase a person's chances       | i. and medicine           |
| 10. they are morally                 | j. helping them stay slim |

# GAP FILL

From <https://breakingnewsenglish.com/1901/190127-genes.html>

New research suggests that people's genes are (1) \_\_\_\_\_ to helping them stay slim. A study from Cambridge University in the U.K. discovered that thin people had DNA that (2) \_\_\_\_\_ variants which helped them stay slim and (3) \_\_\_\_\_ variants linked to being overweight. Researcher Sadaf Farooqi, professor of (4) \_\_\_\_\_ and medicine, said: "We've found that there are genes associated with thinness." She added: "Genes play at (5) \_\_\_\_\_ 40 per cent of a role in people's weight. It's much more than people (6) \_\_\_\_\_." This might help explain why some people are (7) \_\_\_\_\_ skinny while others have big problems with keeping their weight down and seem to (8) \_\_\_\_\_ on the pounds so easily.

*contained*  
*realize*  
*metabolism*  
*pile*  
*key*  
*naturally*  
*fewer*  
*least*

The study is published in the (9) \_\_\_\_\_ PLOS Genetics. The researchers said they undertook the study to find out why so many people (10) \_\_\_\_\_ with their weight. Over 30 per cent of American adults are obese, while a (11) \_\_\_\_\_ 94.5 per cent of adults on the South Pacific island of Nauru are (12) \_\_\_\_\_. Professor Farooqi said she wanted to help people who are struggling with their weight. She said: "It's easy to (13) \_\_\_\_\_ to judgment and criticize people for their weight, but the science shows that things are far more (14) \_\_\_\_\_." She added: "Healthy, thin people are generally thin because they have a (15) \_\_\_\_\_ burden of genes that increase a person's chances of being overweight and not because they are (16) \_\_\_\_\_ superior."

*complex*  
*overweight*  
*journal*  
*morally*  
*struggle*  
*lower*  
*rush*  
*staggering*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1901/190127-genes.html>

- 1) New research suggests that people's genes are key to helping \_\_\_\_\_
  - a. them stay slims
  - b. them stay slimmer
  - c. them stay slimmed
  - d. them stay slim
- 2) the U.K. discovered that thin people had DNA that \_\_\_\_\_
  - a. containing variants
  - b. contented variants
  - c. contained variants
  - d. constrained variants
- 3) She added: "Genes play at least 40 per cent of \_\_\_\_\_ people's weight."
  - a. a roll in
  - b. a role in
  - c. are role in
  - d. our role in
- 4) This might help explain why some people are \_\_\_\_\_
  - a. naturally skinned
  - b. naturally skinny
  - c. naturally skin knee
  - d. naturally skinny knee
- 5) problems with keeping their weight down and seem to pile on the \_\_\_\_\_
  - a. pounds sown easily
  - b. pounds sew easily
  - c. pound so easily
  - d. pounds so easily
- 6) Over 30% of American adults are obese, while a \_\_\_\_\_ of adults...
  - a. staggering 94.5%
  - b. stagger in 94.5%
  - c. stag gathering 94.5%
  - d. stage gathering 94.5%
- 7) Farooqi said she wanted to help people who are \_\_\_\_\_ their weight
  - a. struggling with
  - b. struggle in with
  - c. struggling within
  - d. struggles in with
- 8) criticize people for their weight, but the science shows that things are far \_\_\_\_\_
  - a. mire complex
  - b. mare complex
  - c. moor complex
  - d. more complex
- 9) Healthy, thin people are generally thin because they have a lower \_\_\_\_\_
  - a. bird on of genes
  - b. bard on of genes
  - c. burden of genes
  - d. board on of genes
- 10) a person's chances of being overweight and not because they are \_\_\_\_\_
  - a. morally superiors
  - b. morally superior
  - c. morally superiority
  - d. morally super rear

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1901/190127-genes.html>

New research suggests that people's (1) \_\_\_\_\_ to helping them stay slim. A study from Cambridge University in the U.K. discovered that thin people had DNA that contained (2) \_\_\_\_\_ them stay slim and fewer variants linked to being overweight. Researcher Sadaf Farooqi, professor (3) \_\_\_\_\_ medicine, said: "We've found that there (4) \_\_\_\_\_ with thinness." She added: "Genes play at least 40 per cent of a role in people's weight. It's much more than people realize." This might help explain why some people (5) \_\_\_\_\_ while others have big problems with keeping their weight down and seem to pile on the (6) \_\_\_\_\_.

The study is published (7) \_\_\_\_\_ PLOS Genetics. The researchers said they undertook the study to find out why so many people (8) \_\_\_\_\_ weight. Over 30 per cent of American adults are obese, while a staggering 94.5 per cent (9) \_\_\_\_\_ the South Pacific island of Nauru are overweight. Professor Farooqi said she wanted to help people who are struggling with their weight. She said: "It's easy to rush to judgment (10) \_\_\_\_\_ for their weight, but the science shows that things are far more complex." She added: "Healthy, thin people are generally thin because they have (11) \_\_\_\_\_ of genes that increase a person's chances of being overweight and not because they (12) \_\_\_\_\_."



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1901/190127-genes.html>

1. What university are the researchers from?
2. What is one of the researchers a professor of?
3. What did the professor find that genes are associated with?
4. How much of a role do genes play in people's weight?
5. What did the article say overweight people pile on?
6. What is the name of the journal the research is published in?
7. How many American adults did the article say were obese?
8. Where are 94.5 per cent of people overweight?
9. What did the professor say science showed?
10. What did the professor say thinner people have a lower burden of?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1901/190127-genes.html>

- 1) What university are the researchers from?
  - a) MIT
  - b) Sydney University
  - c) Oxford University
  - d) Cambridge University
- 2) What is one of the researchers a professor of?
  - a) metabolism and nutrition
  - b) metabolism and medicine
  - c) nutrition and medicine
  - d) physics and chemistry
- 3) What did the professor find that genes are associated with?
  - a) nutrition
  - b) obesity
  - c) thinness
  - d) happiness
- 4) How much of a role do genes play in people's weight?
  - a) at least a 40% role
  - b) at least a 50% role
  - c) at least a 60% role
  - d) at least a 70% role
- 5) What did the article say overweight people pile on?
  - a) the action
  - b) pressure
  - c) the pounds
  - d) the pain
- 6) What is the name of the journal the research is published in?
  - a) Genes and Nutrition
  - b) PLOS Genetics
  - c) Weight and DNA
  - d) Genetics and Obesity
- 7) How many American adults did the article say were obese?
  - a) exactly 30 per cent
  - b) around 30 per cent
  - c) under 30 per cent
  - d) over 30 per cent
- 8) Where are 94.5 per cent of people overweight?
  - a) Nauru
  - b) Samoa
  - c) Hawaii
  - d) Belize
- 9) What did the professor say science showed?
  - a) progress
  - b) our weight
  - c) things are far more complex
  - d) things are straightforward
- 10) What did the professor say thinner people have a lower burden of?
  - a) debt
  - b) genes that increase chances of being overweight
  - c) fat
  - d) genes that make us thin

# ROLE PLAY

From <https://breakingnewsenglish.com/1901/190127-genes.html>

## **Role A – Eye Color**

You think eye color is the best thing to change your DNA for. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): hair color, complexion or weight.

## **Role B – Hair Color**

You think hair color is the best thing to change your DNA for. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): eye color, complexion or weight.

## **Role C – Complexion**

You think complexion is the best thing to change your DNA for. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): hair color, eye color or weight.

## **Role D – Weight**

You think weight is the best thing to change your DNA for. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): hair color, complexion or eye color.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1901/190127-genes.html>

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

<b>genes</b>	<b>slim</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>• key</li><li>• helped</li><li>• medicine</li><li>• role</li><li>• explain</li><li>• pile</li></ul>	<ul style="list-style-type: none"><li>• journal</li><li>• adults</li><li>• struggling</li><li>• rush</li><li>• lower</li><li>• morally</li></ul>
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# STAYING SLIM SURVEY

From <https://breakingnewsenglish.com/1901/190127-genes.html>

Write five GOOD questions about staying slim 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.

# STAYING SLIM DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'gene'?
3. What do you know about genes?
4. What do you think of your weight?
5. Do you think it's OK to alter genes?
6. Should we alter our genes to keep us slim?
7. How can people keep from being overweight?
8. What is the best way to stay slim?
9. What advice do you have for overweight people?
10. Can you eat what you want without piling on the pounds?

*Slim people's genes help them stay slim – 27th January, 2019*  
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# STAYING SLIM DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'slim'?
13. What do you think about what you read?
14. Why are so many people overweight on the island of Nauru?
15. Why do people 'rush' to criticize people who are overweight?
16. Should we all be vegetarian to be a healthier weight?
17. Will we all be a healthy weight in the future?
18. Why did the researcher suggest thin people might be 'morally superior'?
19. What are your experiences of dieting?
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 <https://breakingnewsenglish.com/1901/190127-genes.html>

New research suggests that people's genes are (1) \_\_\_\_\_ to helping them stay slim. A study from Cambridge University in the U.K. discovered that thin people had DNA that contained (2) \_\_\_\_\_ which helped them stay slim and fewer variants linked to (3) \_\_\_\_\_ overweight. Researcher Sadaf Farooqi, professor of metabolism and medicine, said: "We've found that there are genes associated (4) \_\_\_\_\_ thinness." She added: "Genes play at least 40 per cent of a role (5) \_\_\_\_\_ people's weight. It's much more than people realize." This might help explain why some people are naturally skinny while others have big problems with keeping their weight down and seem to (6) \_\_\_\_\_ on the pounds so easily.

The study is (7) \_\_\_\_\_ in the journal PLOS Genetics. The researchers said they undertook the study to find out why so many people struggle (8) \_\_\_\_\_ their weight. Over 30 per cent of American adults are obese, while a (9) \_\_\_\_\_ 94.5 per cent of adults on the South Pacific island of Nauru are overweight. Professor Farooqi said she wanted to help people who are struggling with their weight. She said: "It's easy to (10) \_\_\_\_\_ to judgment and criticize people for their weight, but the science shows that things are far more complex." She added: "Healthy, thin people are (11) \_\_\_\_\_ thin because they have a lower burden of genes that increase a person's chances of being overweight and not because they are (12) \_\_\_\_\_ superior."

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

- |     |                |                |                 |               |
|-----|----------------|----------------|-----------------|---------------|
| 1.  | (a) key        | (b) lock       | (c) instrument  | (d) royal     |
| 2.  | (a) vacancies  | (b) vagaries   | (c) variants    | (d) validates |
| 3.  | (a) been       | (b) be         | (c) being       | (d) begin     |
| 4.  | (a) at         | (b) of         | (c) by          | (d) with      |
| 5.  | (a) in         | (b) on         | (c) of          | (d) by        |
| 6.  | (a) rile       | (b) pile       | (c) bile        | (d) tile      |
| 7.  | (a) publishes  | (b) publishing | (c) publication | (d) published |
| 8.  | (a) by         | (b) with       | (c) of          | (d) in        |
| 9.  | (a) stagger    | (b) staggered  | (c) staggering  | (d) staggers  |
| 10. | (a) mush       | (b) rush       | (c) push        | (d) gush      |
| 11. | (a) generalize | (b) generality | (c) general     | (d) generally |
| 12. | (a) morality   | (b) morally    | (c) morals      | (d) moral     |



# SPELLING

From <https://breakingnewsenglish.com/1901/190127-genes.html>

## Paragraph 1

1. DNA that contained vrntaasi
2. professor of ibmtsmaleo and medicine
3. genes edaiastcso with thinness
4. much more than people reieazl
5. some people are tluraylna skinny
6. pile on the dopnus

## Paragraph 2

7. The study is published in the onaujlr
8. people rsgulgte with their weight
9. 30% of American adults are oebse
10. iitrecicz people
11. they have a lower runbed
12. they are morally uoisprer

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1901/190127-genes.html>

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

- ( ) in the U.K. discovered that thin people had DNA that contained variants which
- ( ) with thinness." She added: "Genes play at least 40 per cent of a role in people's weight. It's much more than people
- ( ) metabolism and medicine, said: "We've found that there are genes associated
- ( ) The study is published in the journal PLOS Genetics. The researchers said they undertook the
- ( **1** ) New research suggests that people's genes are key to helping them stay slim. A study from Cambridge University
- ( ) 94.5 per cent of adults on the South Pacific island of Nauru are overweight. Professor Farooqi said she wanted
- ( ) study to find out why so many people struggle with their weight. Over 30 per cent of American adults are obese, while a staggering
- ( ) problems with keeping their weight down and seem to pile on the pounds so easily.
- ( ) helped them stay slim and fewer variants linked to being overweight. Researcher Sadaf Farooqi, professor of
- ( ) generally thin because they have a lower burden of genes that increase a person's
- ( ) realize." This might help explain why some people are naturally skinny while others have big
- ( ) people for their weight, but the science shows that things are far more complex." She added: "Healthy, thin people are
- ( ) chances of being overweight and not because they are morally superior."
- ( ) to help people who are struggling with their weight. She said: "It's easy to rush to judgment and criticize

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1901/190127-genes.html>

1. them . genes are key helping to People's
2. helped variants contained that DNA which stay . them
3. are that associated genes there Found thinness . with
4. people explain are why some naturally Help skinny .
5. their big problems with weight down . keeping Have
6. Why so many their people with struggle weight .
7. 30% Over adults of are obese . American
8. struggling people who Help are with weight . their
9. more Science things that far shows are complex .
10. increase Genes chances people's overweight . of being

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1901/190127-genes.html>

New research suggests that people's genes are *lock / key* to helping them stay slim. A study from Cambridge University in the U.K. *discovery / discovered* that thin people had DNA that contained *variants / variations* which helped them stay slim and fewer variants linked to *been / being* overweight. Researcher Sadaf Farooqi, professor of *metabolic / metabolism* and medicine, said: "We've found that there are genes *associated / associate* with thinness." She added: "Genes play at *last / least* 40 per cent of a role in people's weight. It's much more than people *realize / reality*." This might help explain why some people are naturally *skinny / skinned* while others have big problems with keeping their weight down and seem to pile on the pounds so *easy / easily*.

The study is published in the journal PLOS Genetics. The researchers said they undertook the study to find out *why / what* so many people struggle with their weight. Over 30 per cent of American adults are *obesity / obese*, while a staggering 94.5 per cent of adults on the South Pacific island *at / of* Nauru are overweight. Professor Farooqi said she wanted to help people *whom / who* are struggling with their weight. She said: "It's easy to *rush / brush* to judgment and *criticize / critical* people for their weight, but the science shows that things are *far / for* more complex." She added: "Healthy, thin people are *generality / generally* thin because they have a lower burden of genes that increase *a / the* person's chances of being overweight and not because they are *morally / morality* superior."

**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 <https://breakingnewsenglish.com/1901/190127-genes.html>

N\_w r\_s\_\_ r c h s\_g g\_s t s t h\_t p\_\_ p l\_' s g\_n\_s  
\_r k\_y t\_ h\_l p\_n g t h\_m s t\_y s l\_m . A s t\_d y  
f\_r\_m C\_m b r\_d g\_ U n\_v\_r s\_t y \_n t h\_ U . K . d\_s  
c\_v\_r\_d t h\_t t h\_n p\_\_ p l\_ h\_d D N A t h\_t c\_n  
t\_\_ n\_d v\_r\_\_ n t s w h\_c h h\_l p\_d t h\_m s t\_y s  
l\_m \_n d f\_w\_r v\_r\_\_ n t s l\_n k\_d t\_ b\_\_ n g \_v\_r  
w\_\_ g h t . R\_s\_\_ r c h\_r S\_d\_f F\_r\_\_ q\_ , p r\_f\_s s\_r  
\_f m\_t\_b\_l\_s m \_n d m\_d\_c\_n\_ , s\_\_ d : " W\_' v\_ f\_\_  
n d t h\_t t h\_r\_\_ r\_ g\_n\_s \_s s\_c\_\_ t\_d w\_t h t h\_n  
n\_s s . " S h\_ \_d d\_d : " G\_n\_s p\_l\_y \_t l\_\_ s t 4 0  
p\_r c\_n t \_f \_ r\_l\_ \_n p\_\_ p l\_' s w\_\_ g h t . I t ' s  
m\_c h m\_r\_ t h\_n p\_\_ p l\_ r\_\_ l\_z\_ . " T h\_s m\_g h t  
h\_l p \_x p l\_\_ n w h\_y s\_m\_ p\_\_ p l\_ \_r\_ n\_t\_r\_l\_l\_y s  
k\_n n\_y w h\_l\_ \_t h\_r s h\_v\_ b\_g p r\_b\_l\_m s w\_t h  
k\_\_ p\_n g t h\_\_ r w\_\_ g h t d\_w n \_n d s\_\_ m t\_  
p\_l\_ \_n t h\_ p\_\_ n d s s\_ \_ s\_l\_y .

T h\_ s t\_d y \_s p\_b\_l\_s h\_d \_n t h\_ j\_\_ r\_n\_l P L O S  
G\_n\_t\_c\_s . T h\_ r\_s\_\_ r c h\_r s s\_\_ d t h\_y \_n d\_r t\_\_  
k t h\_ s t\_d y t\_ f\_n d \_\_ t w h\_y s\_ m\_n\_y p\_\_ p  
l\_ s t\_r\_g g\_l\_ w\_t h t h\_\_ r w\_\_ g h t . O v\_r 3 0  
p\_r c\_n t \_f A m\_r\_c\_n \_d\_l\_t s \_r\_ \_b\_s\_ , w h\_l\_ \_s  
t\_g g\_r\_n g 9 4 . 5 p\_r c\_n t \_f \_d\_l\_t s \_n t h\_ S\_\_  
t h P\_c\_f\_c \_s l\_n d \_f N\_\_ r\_\_ r\_ \_v\_r w\_\_ g h t . P  
r\_f\_s s\_r F\_r\_\_ q\_ s\_\_ d s h\_ w\_n t\_d t\_ h\_l p p\_\_ p  
l\_ w h\_ \_r\_ s t\_r\_g g\_l\_n g w\_t h t h\_\_ r w\_\_ g h t .  
S h\_ s\_\_ d : " I t ' s \_\_ s\_y t\_ r\_s h t\_ j\_d g m\_n t  
\_n d c\_r\_t\_c\_z\_ p\_\_ p l\_ f\_r t h\_\_ r w\_\_ g h t , b\_t  
t h\_ s c\_\_ n\_c\_ s h\_w s t h\_t t h\_n g s \_r\_ f\_r m\_r\_  
c\_m p\_l\_x . " S h\_ \_d d\_d : " H\_\_ l\_t h\_y , t h\_n p\_\_ p  
l\_ \_r\_ g\_n\_r\_l\_l\_y t h\_n b\_c\_\_ s\_ t h\_y h\_v\_ \_ l\_w\_r  
b\_r d\_n \_f g\_n\_s t h\_t \_n c\_r\_\_ s\_ \_ p\_r s\_n ' s c\_h\_n  
c\_s \_f b\_\_ n g \_v\_r w\_\_ g h t \_n d n\_t b\_c\_\_ s\_ t  
h\_y \_r\_ m\_r\_l\_l\_y s\_p\_r\_\_ r . "

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1901/190127-genes.html>

new research suggests that peoples genes are key to helping them stay slim a study from cambridge university in the uk discovered that thin people had dna that contained variants which helped them stay slim and fewer variants linked to being overweight researcher sadaf farooqi professor of metabolism and medicine said weve found that there are genes associated with thinness she added genes play at least 40 per cent of a role in peoples weight its much more than people realize this might help explain why some people are naturally skinny while others have big problems with keeping their weight down and seem to pile on the pounds so easily

the study is published in the journal plos genetics the researchers said they undertook the study to find out why so many people struggle with their weight over 30 per cent of american adults are obese while a staggering 945 per cent of adults on the south pacific island of nauru are overweight professor farooqi said she wanted to help people who are struggling with their weight she said its easy to rush to judgment and criticize people for their weight but the science shows that things are far more complex she added healthy thin people are generally thin because they have a lower burden of genes that increase a persons chances of being overweight and not because they are morally superior

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1901/190127-genes.html>

New research suggests that people's genes are key to helping them stay slim. A study from Cambridge University in the U.K. discovered that thin people had DNA that contained variants which helped them stay slim and fewer variants linked to being overweight. Researcher Sadaf Farooqi, professor of metabolism and medicine, said: "We've found that there are genes associated with thinness." She added: "Genes play at least 40 percent of a role in people's weight. It's much more than people realize." This might help explain why some people are naturally skinny while others have big problems with keeping their weight down and seem to pile on the pounds so easily. The study is published in the journal PLOS Genetics. The researchers said they undertook the study to find out why so many people struggle with their weight. Over 30 percent of American adults are obese, while a staggering 94.5 percent of adults on the South Pacific island of Nauru are overweight. Professor Farooqi said she wanted to help people who are struggling with their weight. She said: "It's easy for us to judge and criticize people for their weight, but the sciences show that things are far more complex." She added: "Healthy, thin people are generally thin because they have a lower burden of genes that increase a person's chances of being overweight and not because they are morally superior."







# HOMWORK

**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 this news story. Share what you discover with your partner(s) in the next lesson.

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

**4. GENETIC ENGINEERING:** Write a magazine article about engineering genes so we can all stay slim. Include imaginary interviews with people who are for and against this.

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 staying slim. Ask him/her three questions about it. Give him/her three of your ideas on how to stay slim. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. c    2. d    3. a    4. e    5. f    6. b    7. g  
8. i    9. l    10. n    11. j    12. h    13. k    14. m

## TRUE / FALSE (p.5)

- a F    b T    c T    d T    e F    f T    g F    h F

## SYNONYM MATCH (p.5)

- |               |                 |
|---------------|-----------------|
| 1. key        | a. instrumental |
| 2. discovered | b. found        |
| 3. associated | c. linked       |
| 4. realize    | d. understand   |
| 5. pile on    | e. increase     |
| 6. undertook  | f. did          |
| 7. staggering | g. amazing      |
| 8. complex    | h. complicated  |
| 9. chances    | i. likelihood   |
| 10. superior  | j. better       |

## COMPREHENSION QUESTIONS (p.9)

1. Cambridge University
2. Metabolism and medicine
3. Thinness
4. At least a 40% role
5. The pounds
6. PLOS Genetics
7. Over 30 per cent
8. Nauru
9. Things are far more complex
10. Genes that increase chances of being overweight

## WORDS IN THE RIGHT ORDER (p.20)

1. People's genes are key to helping them.
2. DNA that contained variants which helped them stay.
3. Found that there are genes associated with thinness.
4. Help explain why some people are naturally skinny.
5. Have big problems with keeping their weight down.
6. Why so many people struggle with their weight.
7. Over 30% of American adults are obese.
8. Help people who are struggling with their weight.
9. Science shows that things are far more complex.
10. Genes increase people's chances of being overweight.

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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