

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.freeslmaterials.com/sean_banville_lessons.html

Level 0 – 5th January 2023

Drinking water often helps us to live longer

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

<https://breakingnewsenglish.com/2301/230105-staying-hydrated-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

THE READING

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-0.html>

Water is the source of life. We cannot live without it. Water helps us to live longer. People who drink lots of water are healthier. They get fewer health problems and old-age illnesses, like heart and lung disease. They live longer than people who do not drink a lot. Drinking water makes us look younger.

Researchers looked at 11,000 people over 30 years. The people went to hospital five times or more - three times in their 50s, and twice in their 70s, 80s and 90s. Water may slow down ageing and help us to live a longer, disease-free life. Half of us do not drink enough. An adult needs over 1.5 litres of water every day.

Sources: <https://neurosciencenews.com/hydration-aging-22156/>
<https://www.telegraph.co.uk/news/2023/01/02/drink-water-could-help-live-longer/>
<https://nypost.com/2023/01/02/dehydration-in-middle-age-increases-death-risk-20/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|------------------------|
| 1. Water is the source | a. longer |
| 2. People who drink lots of | b. of life |
| 3. They get fewer health | c. us look younger |
| 4. old-age | d. problems |
| 5. heart and | e. drink a lot |
| 6. They live | f. water are healthier |
| 7. people who do not | g. lung disease |
| 8. Drinking water makes | h. illnesses |

PARAGRAPH TWO:

- | | |
|----------------------------|------------------------|
| 1. Researchers looked | a. 70s |
| 2. The people went | b. more |
| 3. five times or | c. enough |
| 4. three times in | d. to hospital |
| 5. twice in their | e. 1.5 litres of water |
| 6. Water may slow | f. their 50s |
| 7. Half of us do not drink | g. down ageing |
| 8. An adult needs over | h. at 11,000 people |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-0.html>

Water is the (1) _____ . We cannot live without it.

Water helps (2) _____ longer. People who drink

(3) _____ are healthier. They get fewer health

problems and old-age illnesses, like (4) _____

disease. They (5) _____ people who do not drink

a lot. Drinking water (6) _____ younger.

Researchers looked at 11,000 (7) _____ years.

The people went to hospital (8) _____ more -

three times in their 50s, and (9) _____ 70s, 80s

and 90s. Water (10) _____ ageing and help us to

(11) _____, disease-free life. Half of us do not

drink enough. An (12) _____ 1.5 litres of water

every day.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-0.html>

Wateristhesourceoflife.Wecannotlivewithoutit.Waterhelpsuslivelonger.Peoplewhodrinklotsofwaterarehealthier.Theygetfewerhealthproblemsandold-ageillnesses,likeheartandlungdisease.Theylive longerthanpeoplewhodonotdrinkalot.Drinkingwatermakesuslookyounger.Researcherslookedat11,000peopleover30years.Thepeoplewenttohospitalfivetimesormore-threetimesintheir50s, andtwiceintheir70s,80sand90s.Watermayslowdownageingandhelpustolivealonger,disease-free life.Half of us donot drink enough.An adult needsover1.5litresofwatereveryday.

STAYING HYDRATED SURVEY

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-0.html>

Write five GOOD questions about staying hydrated 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) _____

Drinking water often helps us to live longer – 5th January 2023
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) _____

WRITING

From <https://breakingnewsenglish.com/2301/230105-staying-hydrated-0.html>

Write about **staying hydrated** for 10 minutes. Read and talk about your partner’s paper.
