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**Level 4 – 8th May 2023**

## Internet use could lower risk of dementia

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

<https://breakingnewsenglish.com/2305/230508-daily-internet-use-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-4.html>

Being online could help the mental health of older people. Researchers found that regular Internet use could cut the risk of dementia in over-50s. The study found a link between being online and better mental health. It said being online may help to develop and maintain cognitive abilities, which can "compensate for brain aging and reduce the risk of dementia". Internet use may increase cognitive longevity.

Researchers looked at health and retirement data from 18,000 adults aged over 50. They were all dementia-free at the start of the 16-year research. Everyone was asked every two years about their mental wellbeing and Internet use. Those who were online for two hours a day were half as likely to have signs of dementia. People who used the Internet for 6 to 8 hours a day may increase the risks of getting dementia.

Sources: <https://gizmodo.com/internet-use-dementia-risk-hours-online-brain-health-1850405066>  
<https://edition.cnn.com/2023/05/03/health/internet-use-dementia-risk-wellness/index.html>  
<https://nypost.com/2023/05/03/daily-internet-use-may-lower-older-adults-dementia-risk-study/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-4.html>

## PARAGRAPH ONE:

- |                         |                    |
|-------------------------|--------------------|
| 1. the mental health    | a. abilities       |
| 2. regular Internet     | b. of dementia     |
| 3. The study found      | c. may help        |
| 4. It said being online | d. use             |
| 5. maintain cognitive   | e. longevity       |
| 6. compensate           | f. of older people |
| 7. reduce the risk      | g. a link          |
| 8. increase cognitive   | h. for brain aging |

## PARAGRAPH TWO:

- |                            |                     |
|----------------------------|---------------------|
| 1. health and retirement   | a. wellbeing        |
| 2. 18,000 adults aged      | b. free             |
| 3. They were all dementia- | c. every two years  |
| 4. the start of the        | d. getting dementia |
| 5. Everyone was asked      | e. data             |
| 6. about their mental      | f. likely to        |
| 7. half as                 | g. over 50          |
| 8. increase the risks of   | h. 16-year research |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-4.html>

Being online could help the mental (1) \_\_\_\_\_ people.

Researchers (2) \_\_\_\_\_ Internet use could

(3) \_\_\_\_\_ of dementia in over-50s. The study found a

link between being (4) \_\_\_\_\_ mental health. It said

being online may help to develop and maintain cognitive abilities, which can

"(5) \_\_\_\_\_ aging and reduce the risk of dementia".

Internet (6) \_\_\_\_\_ cognitive longevity.

Researchers looked (7) \_\_\_\_\_ retirement data from

18,000 adults aged over 50. They were (8) \_\_\_\_\_ at

the start of the 16-year research. Everyone was

(9) \_\_\_\_\_ years about (10) \_\_\_\_\_

and Internet use. Those who were online for two hours a day were

(11) \_\_\_\_\_ to have signs of dementia. People who used

the Internet for 6 to 8 hours a day may increase

(12) \_\_\_\_\_ getting dementia.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-4.html>

Being online could help the mental health of older people. Researchers found that regular Internet use could cut the risk of dementia in over-50s. The study found a link between being online and better mental health. It said being online may help to develop and maintain cognitive abilities, which can "compensate for brain aging and reduce the risk of dementia". Internet use may increase cognitive longevity. Researchers looked at health and retirement data from 18,000 adults aged over 50. They were all dementia-free at the start of the 16-year research. Everyone was asked every two years about their mental well-being and Internet use. Those who were online for two hours a day were half as likely to have signs of dementia. People who used the Internet for 6 to 8 hours a day may increase the risk of getting dementia.

# INTERNET USE SURVEY

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use-4.html>

Write five GOOD questions about Internet use 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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) \_\_\_\_\_

*Internet use could lower risk of dementia – 8th May 2023*  
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## 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/2305/230508-daily-internet-use-4.html>

Write about **Internet use** for 10 minutes. Read and talk about your partner’s paper.

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