

# www.**Breaking News English**.com

Ready-to-use ESL/EFL Lessons by Sean Banville

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

**The Breaking News English.com Resource Book**

<http://www.breakingnewsenglish.com/book.html>

## **Wrinkles give clues to bone condition**

<http://www.breakingnewsenglish.com/1106/110606-wrinkles.html>

### **Contents**

The Article	2
Warm-ups	3
Before Reading / Listening	4
While Reading / Listening	5
Listening Gap Fill	6
After Reading / Listening	7
Student Survey	8
Discussion	9
Language Work	10
Writing	11
Homework	12
Answers	13

6th July, 2011

# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1106/110606-wrinkles.html>

A new study shows that the depth of the wrinkles on a woman's face could hold important clues about the health of her bones. The research was conducted by the Yale School of Medicine in the USA. It involved 114 women ranging in age from their late 40s to early 50s. Lead researcher Dr Lubna Pal looked at the relationship between skin wrinkling and bone mineral density. Dr Pal assessed wrinkles at 11 different places on the face and neck. She also checked skin rigidity on the forehead and cheeks. Pal said: "For the older patient, her bigger concern is what is happening to her skin. The clinician's concern is what is happening to her bones. Our question was, can we fine-tune the patient to get a sense of the bone issues?"

Dr Pal says the study shows a definite connection between the thickness of a woman's bones and the depth of her wrinkles. She said women who had the deepest wrinkles were far more likely to have thinner bones. Having less dense bones means you have a greater chance of suffering from hip and other fractures. These are common causes of non-disease-related death in older people. The research suggests that instead of spending money on anti-aging and anti-wrinkle creams, women should invest in a bone density screening. Dr Judith Turgeon said: "The cost of a fracture would far outweigh the cost of a screen like this." It might even be the case your worry lines will decrease if you know you have strong bones.

# WARM-UPS

**1. WRINKLES:** Walk around the class and talk to other students about wrinkles. Change partners often. Sit with your first partner(s) and share your findings.

**2. CHAT:** In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

*a new study / important clues / ranging in age / relationship / cheeks / forehead / connection / thickness / hip fractures / common causes / anti-aging / screening*

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

**3. AGING:** Complete this table with your partner(s). Change partners and share what you wrote. Change and share again.

	How much do you worry?	How to keep young looking?
wrinkles		
teeth		
stomach		
hair		
eyes		
hearing		

**4. AGELESS:** Students A **strongly** believe scientists will keep us all looking young in the future; Students B **strongly** believe this won't happen. Change partners again and talk about your conversations.

**5. AVOIDING WRINKLES:** What's the best way? Rank these and share your rankings with your partner. Put the best at the top. Change partners and share your rankings again.

- anti-wrinkling creams
- cosmetic surgery
- avoid the sun
- exercise
- eat well
- facial massages
- avoid stress
- laser treatments

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

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1106/110606-wrinkles.html>

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

- |  |       |
|--|-------|
| a. The length of wrinkles gives scientists information on bone health. | T / F |
| b. The research is from a team at Harvard University in the USA.       | T / F |
| c. The team checked wrinkles at 11 different facial locations.         | T / F |
| d. Older patients worry more about their skin than their bones.        | T / F |
| e. A researcher says wrinkles and bone density are clearly linked.     | T / F |
| f. Less dense bones gives you greater protection from hip damage.      | T / F |
| g. Fractures are not the biggest cause of death in the aged.           | T / F |
| h. The researchers encourage people to have their wrinkles screened.   | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |              |                |
|--------------|----------------|
| 1. clues     | a. thickness   |
| 2. conducted | b. hints       |
| 3. density   | c. idea        |
| 4. concern   | d. probable    |
| 5. sense     | e. worry       |
| 6. definite  | f. check       |
| 7. likely    | g. carried out |
| 8. chance    | h. spend       |
| 9. invest    | i. clear       |
| 10. screen   | j. likelihood  |

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

- |  |                             |
|--|-----------------------------|
| 1. the depth of the wrinkles               | a. to have thinner bones    |
| 2. women ranging in age from their         | b. and bone mineral density |
| 3. the relationship between skin wrinkling | c. the cost of a screen     |
| 4. She also checked skin rigidity on       | d. of the bone issues       |
| 5. get a sense                             | e. definite connection      |
| 6. the study shows a                       | f. on a woman's face        |
| 7. far more likely                         | g. the forehead             |
| 8. suffering from hip                      | h. creams                   |
| 9. anti-aging and anti-wrinkle             | i. late 40s to early 50s    |
| 10. far outweigh                           | j. and other fractures      |

Wrinkles give clues to bone condition – 6th July, 2011

# WHILE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1106/110606-wrinkles.html>

**GAP FILL:** Put the words into the gaps in the text.

A new study shows that the (1) \_\_\_\_\_ of the wrinkles on a woman's face could hold important (2) \_\_\_\_\_ about the health of her bones. The research was conducted by the Yale School of Medicine in the USA. It involved 114 women (3) \_\_\_\_\_ in age from their late 40s to early 50s. Lead researcher Dr Lubna Pal looked at the relationship between skin wrinkling and bone mineral (4) \_\_\_\_\_. Dr Pal assessed wrinkles at 11 different places on the face and neck. She also checked skin rigidity on the forehead and (5) \_\_\_\_\_. Pal said: "For the older patient, her bigger (6) \_\_\_\_\_ is what is happening to her skin. The clinician's concern is what is happening to her bones. Our question was, can we fine-(7) \_\_\_\_\_ the patient to get a (8) \_\_\_\_\_ of the bone issues?"

*ranging*  
*tune*  
*cheeks*  
*clues*  
*concern*  
*sense*  
*depth*  
*density*

Dr Pal says the study shows a (9) \_\_\_\_\_ connection between the thickness of a woman's bones and the depth of her wrinkles. She said women who had the deepest wrinkles were (10) \_\_\_\_\_ more likely to have thinner bones. Having (11) \_\_\_\_\_ dense bones means you have a greater chance of suffering from hip and other fractures. These are common (12) \_\_\_\_\_ of non-disease-related death in older people. The research suggests that instead of spending money on anti-aging and anti-wrinkle creams, women should (13) \_\_\_\_\_ in a bone density screening. Dr Judith Turgeon said: "The (14) \_\_\_\_\_ of a fracture would far outweigh the cost of a (15) \_\_\_\_\_ like this." It might even be the case your worry lines will (16) \_\_\_\_\_ if you know you have strong bones.

*invest*  
*far*  
*decrease*  
*causes*  
*screen*  
*definite*  
*cost*  
*less*

Wrinkles give clues to bone condition – 6th July, 2011

## LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1106/110606-wrinkles.html>

A new study shows \_\_\_\_\_ wrinkles on a woman's face could hold important clues about \_\_\_\_\_ bones. The research was conducted by the Yale School of Medicine in the USA. It involved 114 women \_\_\_\_\_ their late 40s to early 50s. Lead researcher Dr Lubna Pal looked at the relationship between skin wrinkling and bone mineral density. Dr Pal assessed wrinkles at 11 different places on the face and neck. She also \_\_\_\_\_ on the forehead and cheeks. Pal said: "For the older patient, her bigger concern is what is happening to her skin. The \_\_\_\_\_ what is happening to her bones. Our question was, can we fine-tune the patient to \_\_\_\_\_ bone issues?"

Dr Pal says the study shows \_\_\_\_\_ between the thickness of a woman's bones and the depth of her wrinkles. She said women who had the deepest wrinkles \_\_\_\_\_ to have thinner bones. Having less dense bones means you have a greater chance of suffering from hip \_\_\_\_\_. These are common causes of non-disease-related death in older people. The research suggests that instead of spending money on anti-aging and \_\_\_\_\_, women should invest in a bone density screening. Dr Judith Turgeon said: "The cost of a fracture would \_\_\_\_\_ of a screen like this." It might even be the case \_\_\_\_\_ decrease if you know you have strong bones.

Wrinkles give clues to bone condition – 6th July, 2011

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1106/110606-wrinkles.html>

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

<b>wrinkle</b>	<b>bone</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>• new</li><li>• ranging</li><li>• lead</li><li>• 11</li><li>• older</li><li>• tune</li></ul>	<ul style="list-style-type: none"><li>• definite</li><li>• likely</li><li>• chance</li><li>• instead</li><li>• invest</li><li>• case</li></ul>
--	--

# STUDENT WRINKLES SURVEY

From <http://www.BreakingNewsEnglish.com/1106/110606-wrinkles.html>

Write five GOOD questions about wrinkles 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.

Wrinkles give clues to bone condition – 6th July, 2011



# WRINKLES DISCUSSION

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'wrinkles'?
- c) Do you worry about wrinkles?
- d) What do you think about the study in this article?
- e) Do you think wrinkles can be attractive?
- f) Would (Do) you do anything to keep wrinkles away?
- g) What can wrinkles tell us about a person?
- h) Do people worry about wrinkles too much?
- i) Why didn't the research look at wrinkles on men?
- j) Is there a difference between wrinkles on women and wrinkles on men?

*Wrinkles give clues to bone condition – 6th July, 2011*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

---

# WRINKLES DISCUSSION

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

- a) Did you like reading this article?
- b) Do you think there's a connection between wrinkles and bone density?
- c) Would you have plastic surgery to remove wrinkles?
- d) Do you worry about what you'll look like when you get older?
- e) What can you do now to slow down the wrinkling process?
- f) Do you think anti-aging and anti-wrinkle creams work?
- g) What kind of wrinkles are best?
- h) In English, we call wrinkles names like "crow's feet" and "laughter lines"  
What do you think of these names?
- i) What do you think of the word "wrinkles"?
- j) What questions would you like to ask Dr Lubna Pal?

# LANGUAGE – MULTIPLE CHOICE

From <http://www.BreakingNewsEnglish.com/1106/110606-wrinkles.html>

A new study shows that the (1) \_\_\_\_ of the wrinkles on a woman's face could hold important clues about the health of her bones. The research was conducted (2) \_\_\_\_ the Yale School of Medicine in the USA. It involved 114 women (3) \_\_\_\_ in age from their late 40s to early 50s. Lead researcher Dr Lubna Pal looked at the relationship between skin wrinkling and bone mineral density. Dr Pal (4) \_\_\_\_ wrinkles at 11 different places on the face and neck. She also checked skin rigidity on the (5) \_\_\_\_ and cheeks. Pal said: "For the older patient, her bigger concern is what is happening to her skin. The clinician's concern is what is happening to her bones. Our question was, can we fine-(6) \_\_\_\_ the patient to get a sense of the bone issues?"

Dr Pal says the study shows a (7) \_\_\_\_ connection between the thickness of a woman's bones and the depth of her wrinkles. She said women who had the deepest wrinkles were (8) \_\_\_\_ more likely to have thinner bones. Having less dense bones means you have a greater chance of suffering from hip and other fractures. These are (9) \_\_\_\_ causes of non-disease-related death in older people. The research suggests that instead of spending money on anti-aging and anti-wrinkle creams, women should invest (10) \_\_\_\_ a bone density screening. Dr Judith Turgeon said: "The cost of a fracture would far (11) \_\_\_\_ the cost of a screen like this." It might even be the (12) \_\_\_\_ your worry lines will decrease if you know you have strong bones.

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

- |     |               |              |                |                |
|-----|---------------|--------------|----------------|----------------|
| 1.  | (a) deeply    | (b) deep     | (c) deeps      | (d) depth      |
| 2.  | (a) by        | (b) on       | (c) so         | (d) as         |
| 3.  | (a) raking    | (b) racing   | (c) ranging    | (d) ranking    |
| 4.  | (a) recessed  | (b) assessed | (c) compressed | (d) repressed  |
| 5.  | (a) foresight | (b) forehead | (c) foretaste  | (d) forename   |
| 6.  | (a) tonic     | (b) tint     | (c) tune       | (d) tease      |
| 7.  | (a) definite  | (b) right    | (c) link       | (d) absolutely |
| 8.  | (a) such      | (b) real     | (c) very       | (d) far        |
| 9.  | (a) park      | (b) field    | (c) heath      | (d) common     |
| 10. | (a) on        | (b) in       | (c) is         | (d) of         |
| 11. | (a) outweigh  | (b) outlive  | (c) outdo      | (d) outing     |
| 12. | (a) bag       | (b) trunk    | (c) case       | (d) box        |

Wrinkles give clues to bone condition – 6th July, 2011



# HOMework

**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 wrinkles and bone density. Share what you discover with your partner(s) in the next lesson.

**3. WRINKLES:** Make a poster about wrinkles and aging. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. WORRY LINES:** Write a magazine article about wrinkles and looking older. Include imaginary interviews with people who are for and against anti-aging creams.

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. LETTER:** Write a letter to a wrinkle expert. Ask him/her three questions about wrinkles. Give him/her three of your opinions on wrinkles. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE:

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

## SYNONYM MATCH:

- |              |                |
|--------------|----------------|
| 1. clues     | a. hints       |
| 2. conducted | b. carried out |
| 3. density   | c. thickness   |
| 4. concern   | d. worry       |
| 5. sense     | e. idea        |
| 6. definite  | f. clear       |
| 7. likely    | g. probable    |
| 8. chance    | h. likelihood  |
| 9. invest    | i. spend       |
| 10. screen   | j. check       |

## PHRASE MATCH:

- |  |                             |
|--|-----------------------------|
| 1. the depth of the wrinkles               | a. on a woman's face        |
| 2. women ranging in age from their         | b. late 40s to early 50s    |
| 3. the relationship between skin wrinkling | c. and bone mineral density |
| 4. She also checked skin rigidity on       | d. the forehead             |
| 5. get a sense                             | e. of the bone issues       |
| 6. the study shows a                       | f. definite connection      |
| 7. far more likely                         | g. to have thinner bones    |
| 8. suffering from hip                      | h. and other fractures      |
| 9. anti-aging and anti-wrinkle             | i. creams                   |
| 10. far outweigh                           | j. the cost of a screen     |

## GAP FILL:

### Wrinkles give clues to bone condition

A new study shows that the (1) **depth** of the wrinkles on a woman's face could hold important (2) **clues** about the health of her bones. The research was conducted by the Yale School of Medicine in the USA. It involved 114 women (3) **ranging** in age from their late 40s to early 50s. Lead researcher Dr Lubna Pal looked at the relationship between skin wrinkling and bone mineral (4) **density**. Dr Pal assessed wrinkles at 11 different places on the face and neck. She also checked skin rigidity on the forehead and (5) **cheeks**. Pal said: "For the older patient, her bigger (6) **concern** is what is happening to her skin. The clinician's concern is what is happening to her bones. Our question was, can we fine-(7) **tune** the patient to get a (8) **sense** of the bone issues?"

Dr Pal says the study shows a (9) **definite** connection between the thickness of a woman's bones and the depth of her wrinkles. She said women who had the deepest wrinkles were (10) **far** more likely to have thinner bones. Having (11) **less** dense bones means you have a greater chance of suffering from hip and other fractures. These are common (12) **causes** of non-disease-related death in older people. The research suggests that instead of spending money on anti-aging and anti-wrinkle creams, women should (13) **invest** in a bone density screening. Dr Judith Turgeon said: "The (14) **cost** of a fracture would far outweigh the cost of a (15) **screen** like this." It might even be the case your worry lines will (16) **decrease** if you know you have strong bones.

## LANGUAGE WORK

- 1 - d    2 - a    3 - c    4 - b    5 - b    6 - c    7 - a    8 - d    9 - d    10 - b    11 - a    12 - c

Wrinkles give clues to bone condition – 6th July, 2011