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## **Level 1**

# **60 is the new middle age, not 50**

**19th April, 2015**

<http://www.breakingnewsenglish.com/1504/150419-middle-age-1.html>

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# THE READING

From <http://www.breakingnewsenglish.com/1504/150419-middle-age-1.html>

People think middle age has been around the age of 50. This is when we grow 'old'. A new study from the IIAS says middle age starts at 60, 65, or older. The biggest reason is that we are living longer. We are healthier, eat better, exercise more and we have nicer lifestyles. The IIAS said life expectancies have increased, so people we once called 'old' are not really old. We should think that they are middle aged.

The researchers looked at people in 39 European countries. Britain's National Health Service (NHS) warned the study is not 100 per cent true. The researchers did not look at things that could reduce life expectancy. We don't know about the impact of all diseases and infections, or about antibiotic resistance. There are also more people with diabetes and obesity. The NHS said we should eat healthy food and exercise to live longer.

Sources: <http://www.today.com/health/60-really-new-50-scientists-say-t15411>  
<http://www.nhs.uk/news/2015/04April/Pages/60-the-new-40-claims-media.aspx>  
[http://www.huffingtonpost.com/2015/04/16/60-is-the-new-middle-age\\_n\\_7079006.html](http://www.huffingtonpost.com/2015/04/16/60-is-the-new-middle-age_n_7079006.html)

# VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1504/150419-middle-age-1.html>

## PARAGRAPH ONE:

- |                               |                          |
|-------------------------------|--------------------------|
| 1. This is when               | a. are middle aged       |
| 2. The biggest reason is that | b. we grow 'old'         |
| 3. exercise                   | c. we are living longer. |
| 4. we have nicer              | d. called 'old'          |
| 5. life expectancies          | e. more                  |
| 6. people we once             | f. old                   |
| 7. not really                 | g. have increased        |
| 8. think that they            | h. lifestyles            |

## PARAGRAPH TWO:

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1. people in 39                   | a. food               |
| 2. not 100 per cent               | b. resistance         |
| 3. things that could reduce life  | c. longer             |
| 4. the impact of all diseases and | d. and obesity        |
| 5. antibiotic                     | e. true               |
| 6. people with diabetes           | f. European countries |
| 7. we should eat healthy          | g. expectancy         |
| 8. exercise to live               | h. infections         |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1504/150419-middle-age-1.html>

People think middle age (1) \_\_\_\_\_ the age of 50. This is when we grow 'old'. A (2) \_\_\_\_\_ the IIAS says middle age starts at (3) \_\_\_\_\_. The biggest reason is that we are living longer. We are healthier, eat better, exercise more and we (4) \_\_\_\_\_. The IIAS said life expectancies (5) \_\_\_\_\_, so people we once called 'old' are not really old. We should (6) \_\_\_\_\_ are middle aged.

The researchers (7) \_\_\_\_\_ in 39 European countries. Britain's National Health Service (NHS) warned the study is (8) \_\_\_\_\_. The researchers did not look at things that could (9) \_\_\_\_\_. We don't know about the impact of all diseases (10) \_\_\_\_\_ about antibiotic resistance. There are (11) \_\_\_\_\_ with diabetes and obesity. The NHS said we should eat healthy food and exercise (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1504/150419-middle-age-1.html>

People think middle age has been around the age of 50. This is when we grow old'. A new study from the IAS says middle age starts at 60, 65, or older. The biggest reason is that we are living longer. We are healthier, eat better, exercise more and we have nicer lifestyles. The IAS said life expectancy has increased, so people we once called 'old' are not really old. We should think that they are middle aged. The researchers looked at people in 39 European countries. Britain's National Health Service (NHS) warned the study is not 100 percent true. The researchers did not look at things that could reduce life expectancy. We don't know about the impact of all diseases and infections, or about antibiotic resistance. There are also more people with diabetes and obesity. The NHS said we should eat healthy food and exercise to live longer.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

---

b)

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c)

---

d)

---

e)

---

f)

---

g)

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h)

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*60 is the new middle age, not 50 – 19th April, 2015*  
More free lessons at [www.BreakingNewsEnglish.com](http://www.BreakingNewsEnglish.com)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

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b)

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c)

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d)

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e)

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f)

---

g)

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h)

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