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Level 1

Smaller plates help reduce obesity

17th September, 2015

<http://www.breakingnewsenglish.com/1509/150917-obesity-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1509/150917-obesity-1.html>

New research says a simple, easy way to help people who over-eat is to use smaller plates, knives, forks, and glasses. This is instead of going on a diet. Many people use their plate as a guide. If they use a large plate, they fill it with food. This means they eat too much. Cambridge University says British people could cut their calories by up to 16 per cent, while Americans could cut theirs by up to 29 per cent.

The researchers looked at a lot of data. Dr Gareth Hollands said there was not a lot of research on portion sizes and how much people eat. He added that it was wrong to think that people who ate too much had no self-control. Restaurants and shops can help people to stop over-eating by using smaller plates. People should also do this at home. This is a good way of helping lots of people to stop eating too much.

Sources: <http://www.belfasttelegraph.co.uk/breakingnews/offbeat/smaller-tableware-could-help-reduce-overeating-and-obesity-31525875.html>
<http://www.medicaldaily.com/how-stop-overeating-starting-plates-cut-over-500-calories-day-using-smaller-tableware-352484>
<http://www.webmd.boots.com/diet/news/20150914/smaller-plates-tackle-obesity>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1509/150917-obesity-1.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|---------------------------|
| 1. a simple, easy | a. of going on a diet |
| 2. use | b. eat too much |
| 3. This is instead | c. way to help people |
| 4. Many people use their plate as | d. their calories |
| 5. If they use a large plate, | e. to 29 per cent |
| 6. This means they | f. smaller plates |
| 7. people could cut | g. they fill it with food |
| 8. by up | h. a guide |

PARAGRAPH TWO:

- | | |
|---------------------------|---------------------------|
| 1. The researchers looked | a. think that |
| 2. there was not a lot | b. too much |
| 3. it was wrong to | c. this at home |
| 4. no self- | d. of research |
| 5. stop over-eating by | e. helping lots of people |
| 6. People should also do | f. control |
| 7. This is a good way of | g. at a lot of data |
| 8. stop eating | h. using smaller plates |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1509/150917-obesity-1.html>

New research (1) _____ way to help people who over-(2) _____ smaller plates, knives, forks, and glasses. (3) _____ going on a diet.

Many people use their plate as a guide. If they use a large plate, (4) _____ food. This means they eat too much.

Cambridge University says British people (5) _____ calories by up to 16 per cent, while Americans could cut (6) _____ 29 per cent.

The researchers looked (7) _____. Dr Gareth Hollands said there (8) _____ research on portion sizes and how (9) _____. He added that it was wrong to think that people (10) _____ had no self-control. Restaurants and shops can help people to stop over-(11) _____ smaller plates. People should also do this at home. This is (12) _____ helping lots of people to stop eating too much.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1509/150917-obesity-1.html>

New research says a simple, easy way to help people who over-eat is to use smaller plates, knives, forks, and glasses. This is instead of going on a diet. Many people use their plate as a guide. If they use a large plate, they fill it with food. This means they eat too much. Cambridge University says British people could cut their calories by up to 16 percent, while Americans could cut theirs by up to 29 percent. The researchers looked at a lot of data. Dr Gareth Holland said there was not a lot of research on portion sizes and how much people eat. He added that it was wrong to think that people who eat too much had no self-control. Restaurants and shops can help people to stop over-eating by using smaller plates. People should also do this at home. This is a good way of helping a lot of people to stop eating too much.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a)

b)

c)

d)

e)

f)

g)

h)

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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)

g)

h)
