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Level 3

Study finds why children don't eat their greens

11th October, 2017

<https://breakingnewsenglish.com/1710/171011-eating-greens.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Everyone knows that many young children don't like eating their greens. Parents have a hard time getting their children to eat vegetables like broccoli and Brussel sprouts. A new study may have an answer about why this is. The study looked at the eating habits of two- to four-year-olds. It found that not liking greens is because of a child's genes. This means parents do not have to stress out over their children not eating enough vegetables. Many parents worry because they cannot get their children to eat healthily. The study found that changes in two genes can make children dislike greens. The changes put some youngsters off trying new food and can turn them into fussy eaters.

The study found that changes in DNA can affect how some small children taste things differently. These children think many green vegetables taste very bitter. Children without the DNA changes do not think these vegetables are bitter. Natasha Cole, a member of an obesity prevention program at Illinois University, said it was not surprising some children have a very sensitive taste. She said this makes them think things like broccoli are bitter. She said the new research could help to find new ways of tackling childhood obesity. Ms Cole says there needs to be more research. She said: "There is a huge gap in the research when children [move] from a milk-based diet to foods that the rest of the family eats."

Sources: <http://www.deccanchronicle.com/lifestyle/health-and-wellbeing/091017/not-liking-green-could-be-in-your-genes.html>
<http://www.dailymail.co.uk/sciencetech/article-4961092/Picky-eating-gene-mutation-discovered-scientists.html>
<https://medicalxpress.com/news/2017-10-picky-eater-nature-nurture-behavior.html>

WARM-UPS

1. EATING GREENS: Students walk around the class and talk to other students about eating greens. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

young children / greens / answer / eating habits / genes / stress / worry / fussy / study / DNA / bitter / obesity / research / childhood / sensitive / milk-based diets

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

3. VEGETARIAN: Students A **strongly** believe a vegetarian diet is the best; Students B **strongly** believe a vegetarian diet isn't the best. Change partners again and talk about your conversations.

4. CHILDREN: How can we get children to eat more greens? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good things	Bad things
Vegetable shape		
Vegetable size		
Mixed with other food		
Rewards of toys		
Disguised vegetables		
Sauces		

5. DNA: Spend one minute writing down all of the different words you associate with the word "DNA". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. VEGETABLES: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- broccoli
- corn
- spinach
- green peas
- tomatoes
- cabbage
- Brussel sprouts
- celery

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

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

- a. The article says it is easy for parents to get children to eat their greens. **T / F**
- b. Researchers looked at the eating habits of ten-year-olds. **T / F**
- c. A study said children dislike vegetables because of their jeans. **T / F**
- d. The study said that DNA can make children fussy eaters. **T / F**
- e. The article says most children think vegetables are too bitter. **T / F**
- f. A researcher wasn't surprised that some children have a sensitive taste. **T / F**
- g. The researcher said the study could help fight obesity. **T / F**
- h. The researcher said more research was needed. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|----------------------|---------------|
| 1. hard | a. methods |
| 2. answer | b. discovered |
| 3. stress out | c. sharp |
| 4. found | d. solution |
| 5. fussy | e. change |
| 6. affect | f. fighting |
| 7. bitter | g. difficult |
| 8. ways | h. very big |
| 9. tackling | i. worry |
| 10. huge | j. choosy |

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

- | | |
|--|----------------------|
| 1. have a hard time getting their children | a. out |
| 2. the eating habits of two- | b. eaters |
| 3. parents do not have to stress | c. based diet |
| 4. The changes put some youngsters | d. to four-year-olds |
| 5. turn them into fussy | e. taste very bitter |
| 6. changes in | f. to eat vegetables |
| 7. children think many green vegetables | g. obesity |
| 8. some children have a very sensitive | h. DNA |
| 9. find new ways of tackling childhood | i. off |
| 10. a milk- | j. taste |

GAP FILL

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Everyone knows that many young children don't like eating their greens. Parents have a (1) _____ time getting their children to eat vegetables like broccoli and Brussel sprouts. A new study may have an (2) _____ about why this is. The study looked at the eating (3) _____ of two- to four-year-olds. It found that not liking greens is because of a child's (4) _____. This means parents do not have to (5) _____ out over their children not eating enough vegetables. Many parents worry because they cannot get their children to eat (6) _____. The study found that changes in two genes can make children dislike greens. The changes put some (7) _____ off trying new food and can turn them into (8) _____ eaters.

The study found that changes in (9) _____ can affect how some small children taste things (10) _____. These children think many green vegetables taste very bitter. Children without the DNA changes do not think these vegetables are (11) _____. Natasha Cole, a member of an (12) _____ prevention program at Illinois University, said it was not surprising some children have a very sensitive taste. She said this makes them think (13) _____ like broccoli are bitter. She said the new research could help to find new (14) _____ of tackling childhood obesity. Ms Cole says there needs to be more research. She said: "There is a huge (15) _____ in the research when children [move] from a milk-(16) _____ diet to foods that the rest of the family eats."

habits
healthily
hard
answer
fussy
stress
youngsters
genes

ways
differently
obesity
based
DNA
gap
bitter
things

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

- 1) Everyone knows that many young children don't like eating _____
 - a. they greens
 - b. them greens
 - c. there greens
 - d. their greens
- 2) It found that not liking greens is because of a _____
 - a. child's jeans
 - b. child's dunes
 - c. child's genies
 - d. child's genes
- 3) This means parents do not have to stress out over their children not _____
 - a. eating enough
 - b. eaten enough
 - c. eat in enough
 - d. eat thing enough
- 4) Many parents worry because they cannot get their children _____
 - a. too eat healthily
 - b. to eat healthily
 - c. to eaten healthily
 - d. to eat healthy
- 5) The changes put some youngsters off trying new food and can turn them _____
 - a. onto fussy eaters
 - b. into fussy eaters
 - c. unto fussy eaters
 - d. as to fussy eaters
- 6) changes in DNA can affect how some small children taste _____
 - a. things different
 - b. thing differences
 - c. things differently
 - d. thing differently
- 7) These children think many green vegetables _____
 - a. tastes very bitterly
 - b. taste very bitter
 - c. tasted very bitter
 - d. taste very bitterly
- 8) said it was not surprising some children have a very _____
 - a. sensitivity taste
 - b. sensitive tastes
 - c. sensitive taste
 - d. sensitively tasted
- 9) She said the new research could help to find new ways of _____ obesity
 - a. taking childhood
 - b. tackle in childhood
 - c. tack cling childhood
 - d. tackling childhood
- 10) There is a huge gap in the research when children move from a _____
 - a. milk-based diet
 - b. milk-baste diet
 - c. milk-pasted diet
 - d. milk-basted diet

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Everyone knows that many young children don't (1) _____ greens. Parents (2) _____ getting their children to eat vegetables like broccoli and Brussel sprouts. A new study may have an answer (3) _____ is. The study looked at the eating habits of two- to four-year-olds. It found that not liking greens is because of a child's genes. This means parents do not have (4) _____ over their children not eating enough vegetables. Many parents worry because they cannot get their children to eat healthily. The study found that changes (5) _____ can make children dislike greens. The changes put some youngsters off trying new food and can turn them into (6) _____.

The study found that changes in DNA (7) _____ some small children taste things differently. These children think many green vegetables (8) _____. Children without the DNA changes do not think these vegetables are bitter. Natasha Cole, (9) _____ an obesity prevention program at Illinois University, said it was not surprising some children (10) _____ sensitive taste. She said this makes them think things like broccoli are bitter. She said the new research could help to (11) _____ of tackling childhood obesity. Ms Cole says there needs to be more research. She said: "There is a huge gap in the research when children [move] from a (12) _____ to foods that the rest of the family eats."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

1. What two vegetables were mentioned?
2. How old were the children the study looked at?
3. What can't many parents get their children to do healthily?
4. How many genes did the research say changed children's tastes?
5. What kind of eaters do some youngsters become?
6. What do changes in DNA change in some children?
7. What kind of prevention program is Natasha Cole a member of?
8. What kind of taste do some children think vegetables have?
9. What did Natasha Cole say there needs to be more of?
10. What kind of diets do children move from?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

- 1) What two vegetables were mentioned?
 - a) cabbage and Brussel sprouts
 - b) lettuce and cabbage
 - c) broccoli and Brussel sprouts
 - d) Brussel sprouts and corn
- 2) How old were the children the study looked at?
 - a) two to four
 - b) two to five
 - c) two to seven
 - d) two to ten
- 3) What can't many parents get their children to do healthily?
 - a) eat
 - b) sleep
 - c) cook
 - d) wash the dishes
- 4) How many genes did the research say changed children's tastes?
 - a) 1
 - b) 2
 - c) 3
 - d) 4
- 5) What kind of eaters do some youngsters become?
 - a) bored
 - b) unhealthy
 - c) healthy
 - d) fussy
- 6) What do changes in DNA change in some children?
 - a) their
 - b) their taste
 - c) their height
 - d) their personality
- 7) What kind of prevention program is Natasha Cole a member of?
 - a) obesity prevention
 - b) taste prevention
 - c) DNA prevention
 - d) a cooking programme
- 8) What kind of taste do some children think vegetables have?
 - a) sweet
 - b) sour
 - c) bitter
 - d) savory
- 9) What did Natasha Cole say there needs to be more of?
 - a) DNA
 - b) bitterness
 - c) food
 - d) research
- 10) What kind of diets do children move from?
 - a) milk-based diets
 - b) vegetarian diets
 - c) Mediterranean diets
 - d) fruit-based diets

ROLE PLAY

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Role A – Broccoli

You think broccoli is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): corn, tomatoes or Brussel sprouts.

Role B – Corn

You think corn is the best vegetable. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): broccoli, tomatoes or Brussel sprouts.

Role C – Tomatoes

You think tomatoes are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): corn, broccoli or Brussel sprouts.

Role D – Brussel Sprouts

You think Brussel sprouts are the best vegetables. Tell the others three reasons why. Tell them what is wrong with their vegetables. Also, tell the others which is the worst of these (and why): corn, tomatoes or broccoli.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

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

eat	greens
------------	---------------

- 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">• everyone• answer• four• enough• two• fussy	<ul style="list-style-type: none">• differently• member• sensitive• help• huge• rest
---	---

EATING GREENS SURVEY

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Write five GOOD questions about eating greens 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.

EATING GREENS DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'vegetable'?
3. Have you always eaten your greens?
4. Why are vegetables so important?
5. What are the good things about being a vegetarian?
6. What is your favourite vegetable?
7. Why do so many children dislike vegetables?
8. What food do you dislike?
9. Do parents worry too much about their children?
10. Do you know anyone who is a fussy eater?

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EATING GREENS DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'green'?
13. What do you think about what you read?
14. What do you think of vegetables?
15. What are the bad things about being a vegetarian?
16. How healthy is your diet?
17. How can you get children to eat more vegetables?
18. How could this research help to fight obesity?
19. What is your perfect diet?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Everyone knows that many young children don't like eating their (1) _____. Parents have a hard time getting their children to eat vegetables (2) _____ broccoli and Brussel sprouts. A new study may have an answer about why this is. The study looked (3) _____ the eating habits of two- to four-year-olds. It found that not liking greens is because of a child's (4) _____. This means parents do not have to stress out over their children not eating enough vegetables. Many parents worry because they cannot get their children to eat (5) _____. The study found that changes in two genes can make children dislike greens. The changes put some youngsters off trying new food and can turn them into (6) _____ eaters.

The study found that changes in DNA can affect how some small children taste things (7) _____. These children think many green vegetables taste very bitter. Children without the DNA changes do not think (8) _____ vegetables are bitter. Natasha Cole, a member of an obesity prevention program at Illinois University, said it was not (9) _____ some children have a very sensitive taste. She said this (10) _____ them think things like broccoli are bitter. She said the new research could help to find new ways of tackling childhood obesity. Ms Cole says (11) _____ needs to be more research. She said: "There is a huge gap in the research when children [move] from a milk-based diet to foods that the (12) _____ of the family eats."

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

- | | | | | |
|-----|---------------|----------------|-----------------|-----------------|
| 1. | (a) green | (b) greens | (c) greenery | (d) greener |
| 2. | (a) similar | (b) like | (c) likely | (d) same |
| 3. | (a) in | (b) by | (c) to | (d) at |
| 4. | (a) jeans | (b) genes | (c) gems | (d) germs |
| 5. | (a) healthy | (b) healthily | (c) healthful | (d) health |
| 6. | (a) fussing | (b) fuss | (c) fussy | (d) fuse |
| 7. | (a) different | (b) difference | (c) differently | (d) differences |
| 8. | (a) them | (b) those | (c) these | (d) they |
| 9. | (a) surprised | (b) surprises | (c) surprise | (d) surprising |
| 10. | (a) makes | (b) does | (c) keeps | (d) takes |
| 11. | (a) there | (b) they're | (c) their | (d) they |
| 12. | (a) jest | (b) fest | (c) rest | (d) nest |

SPELLING

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Paragraph 1

1. eat ealbeevtsg like broccoli
2. A new study may have an neawrs
3. not eating oguhne
4. get their children to eat yltahheli
5. The changes put some eruyngsots off
6. turn them into ufsys eaters

Paragraph 2

7. changes in DNA can afeftc how
8. taste very tertbi
9. an tboeyis prevention program
10. children have a very tesneivsi taste
11. there needs to be more rrshceea
12. move from a milk-aedsb diet

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Number these lines in the correct order.

- () out over their children not eating enough vegetables. Many parents worry because they cannot get their children
- () to eat healthily. The study found that changes in two genes can make children dislike greens. The changes put
- () is a huge gap in the research when children [move] from a milk-based diet to foods that the rest of the family eats."
- () answer about why this is. The study looked at the eating habits of two- to four-year-
- () think these vegetables are bitter. Natasha Cole, a member of an obesity prevention program
- () taste. She said this makes them think things like broccoli are bitter. She said the new research could
- () some youngsters off trying new food and can turn them into fussy eaters.
- () olds. It found that not liking greens is because of a child's genes. This means parents do not have to stress
- () differently. These children think many green vegetables taste very bitter. Children without the DNA changes do not
- () at Illinois University, said it was not surprising some children have a very sensitive
- () The study found that changes in DNA can affect how some small children taste things
- () help to find new ways of tackling childhood obesity. Ms Cole says there needs to be more research. She said: "There
- () time getting their children to eat vegetables like broccoli and Brussel sprouts. A new study may have an
- (**1**) Everyone knows that many young children don't like eating their greens. Parents have a hard

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

1. don't children young Many greens their eating like .
2. an answer about why this is A new study may have .
3. eat because get to worry cannot children Parents they their .
4. dislike genes greens can Changes make in children two .
5. changes trying put new some food youngsters The off .
6. how things some DNA small can children affect taste .
7. vegetables green many think Children bitter very taste .
8. sensitive very a have children some Surprising taste .
9. find childhood new obesity ways Help of to tackling .
10. a milk- to diet based from move children When foods .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Everyone knows that *many* / *much* young children don't like eating their greens. Parents have a *hard* / *hardly* time getting their children to eat vegetables *likely* / *like* broccoli and Brussel sprouts. A new study may have an answer about why *these* / *this* is. The study looked at the eating *habitats* / *habits* of two- to four-year-olds. It found that not liking greens is because of a child's *genes* / *jeans*. This means parents do not have to stress *in* / *out* over their children not eating *plenty* / *enough* vegetables. Many parents worry because they cannot get their children to eat healthily. The study found that changes in two genes can *make* / *do* children dislike greens. The changes put some youngsters off trying new food and can turn them into *fuss* / *fussy* eaters.

The study found that changes *in* / *on* DNA can affect how some small children *taste* / *tasty* things differently. These children think many green vegetables taste very *bitter* / *better*. Children without the DNA *changes* / *chances* do not think these vegetables are bitter. Natasha Cole, a member of an obesity *prevent* / *prevention* program at Illinois University, said it was not surprising some children have a very *sensitive* / *sensitivity* taste. She said this makes them *think* / *thing* things like broccoli are bitter. She said the new research could help to find new ways of *tackling* / *tacking* childhood obesity. Ms Cole says there needs to be more *researcher* / *research*. She said: "There is a huge gap in the research when children [move] from a milk-based diet to foods *what* / *that* the rest of the family eats."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

_v_ry_n_ kn_ws th_t m_ny y__ng ch_ldr_n d_n't l_k_ ___t_ng th__r gr__ns. P_r_nts h_v_ _ h_rd t_m_g_tt_ng th__r ch_ldr_n t_ ___t v_g_t_bl_s l_k_ br_cc_l_ _nd Br_ss_l spr__ts. _n_w st_dy m_y h_v_ _n _nsw_r _b__t why th_s _s. Th_ st_dy l_k_d _t th_ ___t_ng h_b_ts _f tw_- t_ f__r-y__r-lds. _t f__nd th_t n_t l_k_ng gr__ns _s b_c__s _f _ ch_ld's g_n_s. Th_s m__ns p_r_nts d_n_t h_v_ t_ str_ss ___t _v_r th__r ch_ldr_n n_t ___t_ng _n__gh v_g_t_bl_s. M_ny p_r_nts w_rry b_c__s th_y c_nn_t g_t th__r ch_ldr_n t_ ___t h__lth_ly. Th_ st_dy f__nd th_t ch_ng_s _n tw_ g_n_s c_n m_k_ ch_ldr_n d_sl_k_ gr__ns. Th_ ch_ng_s p_t s_m_ y__ngst_rs _ff try_ng n_w f__d _nd c_n t_rn th_m _nt_ f_ssy ___t_rs.

Th_ st_dy f__nd th_t ch_ng_s _n DN_ c_n _ff_ct h_w s_m_ sm_ll ch_ldr_n t_st_ th_ngs d_ff_r_ntly. Th_s_ ch_ldr_n th_nk m_ny gr__n v_g_t_bl_s t_st_ v_ry b_tt_r. Ch_ldr_n w_th__t th_ DN_ ch_ng_s d_n_t th_nk th_s_ v_g_t_bl_s _r_ b_tt_r. N_t sh_ C_l_, _m_mb_r _f _n _b_s_ty pr_v_nt__n pr_gr_m _t _ll_n__s _n_v_rs_ty, s__d _t w_s n_t s_rpr_s_ng s_m_ ch_ldr_n h_v_ v_ry s_ns_t_v_t_st_. Sh_ s__d th_s m_k_s th_m th_nk th_ngs l_k_ br_cc_l_ _r_ b_tt_r. Sh_ s__d th_ n_w r_s__rch c__ld h_lp t_ f_nd n_w w_ys _f t_ckl_ng ch_ldh__d _b_s_ty. Ms C_l_ s_ys th_r_ n__ds t_ b_m_r_r_s__rch. Sh_ s__d: "Th_r_ _s _h_g_g_p _n th_r_s__rch wh_n ch_ldr_n [m_v_] fr_m _m_lk-b_s_d d__t t_ f__ds th_t th_r_st _f th_ f_m_ly ___ts."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

everyone knows that many young children don't like eating their greens parents have a hard time getting their children to eat vegetables like broccoli and brussel sprouts a new study may have an answer about why this is the study looked at the eating habits of two- to four-year-olds it found that not liking greens is because of a child's genes this means parents do not have to stress out over their children not eating enough vegetables many parents worry because they cannot get their children to eat healthily the study found that changes in two genes can make children dislike greens the changes put some youngsters off trying new food and can turn them into fussy eaters

the study found that changes in dna can affect how some small children taste things differently these children think many green vegetables taste very bitter children without the dna changes do not think these vegetables are bitter natasha cole a member of an obesity prevention program at illinois university said it was not surprising some children have a very sensitive taste she said this makes them think things like broccoli are bitter she said the new research could help to find new ways of tackling childhood obesity ms cole says there needs to be more research she said "there is a huge gap in the research when children [move] from a milk-based diet to foods that the rest of the family eats"

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1710/171011-eating-greens.html>

Everyone knows that many young children don't like eating their greens. Parents have a hard time getting their children to eat vegetables like broccoli and Brussels sprouts. A new study may have an answer about why this is. The study looked at the eating habits of two- to four-year-olds. It found that not liking greens is because of a child's genes. This means parents do not have to stress out over their children not eating enough vegetables. Many parents worry because they cannot get their children to eat healthily. The study found that changes in two genes can make children dislike greens. The change puts some youngsters off trying new food and can turn them into fussy eaters. The study found that changes in DNA can affect how some small children taste things differently. These children think many green vegetables taste very bitter. Children without the DNA change do not think these vegetables are bitter. Natasha Cole, a member of an obesity prevention program at Illinois University, said it was not surprising some children have a very sensitive taste. She said this makes them think things like broccoli are bitter. She said the new research could help to find new ways of tackling childhood obesity. Ms Cole says there needs to be more research. She said: "There is a huge gap in the research when children [move] from a milk-based diet to food that the rest of the family eats."

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 this news. Share what you discover with your partner(s) in the next lesson.

3. EATING GREENS: Make a poster about eating greens. Show your work to your classmates in the next lesson. Did you all have similar things?

4. VEGETABLES: Write a magazine article about eating only vegetables. Include imaginary interviews with people who are for and against this.

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. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on eating greens. Ask him/her three questions about this. Give him/her three of your ideas on how we can eat healthier food. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b F c F d T e F f T g T h T

SYNONYM MATCH (p.4)

- | | |
|---------------|---------------|
| 1. hard | a. difficult |
| 2. answer | b. solution |
| 3. stress out | c. worry |
| 4. found | d. discovered |
| 5. fussy | e. choosy |
| 6. affect | f. change |
| 7. bitter | g. sharp |
| 8. ways | h. methods |
| 9. tackling | i. fighting |
| 10. huge | j. very big |

COMPREHENSION QUESTIONS (p.8)

1. Broccoli and Brussel sprouts
2. Between two and four
3. Eat
4. Two
5. Fussy eaters
6. Their taste
7. An obesity prevention
8. A bitter taste
9. Research
10. Milk-based diets

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)