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## Level 3

### Millions more have high blood pressure

16th November, 2017

<https://breakingnewsenglish.com/1711/171116-blood-pressure.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/1711/171116-blood-pressure.html>

Millions more people around the world have high blood pressure. This news came earlier this week when the American Heart Association (AHA) changed the numbers at which high blood pressure starts. For many decades, doctors said high blood pressure started at a reading of 140 over 90. The AHA has changed this and said the disease should be treated sooner. It said high blood pressure now starts at a reading of 130 over 80\*. Blood pressure happens when your heart pushes blood around your body too fast. If this pushing is too strong, it can put stress on your heart and arteries. This can lead to heart attacks and strokes. Normal blood pressure is less than 120 over 80.

AHA doctors said health problems can happen at the lower figures of 130 over 80. However, they said it is possible for people to deal with this level of blood pressure without taking medicine. They said the new reading is, "a yellow light that you need to be lowering your blood pressure, mainly with non-drug approaches". People with high blood pressure need to make healthy lifestyle changes. These include losing weight, exercising more, eating healthier food, avoiding alcohol and salt, quitting smoking and avoiding stress. The new reading of 130 over 80 now means that nearly half (46 per cent) of the adult population of the USA has high blood pressure. This rose from 32 per cent using the old numbers.

\* Written as 130/80

Sources: <https://medicalxpress.com/news/2017-11-adults-high-blood-pressure-guidelines.html>  
<https://www.bloomberg.com/news/articles/2017-11-13/thirty-million-americans-just-got-high-blood-pressure>  
<https://www.newsday.com/news/health/new-high-blood-pressure-systolic-guidelines-1.14967340>

# WARM-UPS

**1. BLOOD PRESSURE:** Students walk around the class and talk to other students about blood pressure. 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?

millions / high blood pressure / numbers / disease / body / stress / heart attacks / health problems / figures / medicine / drug / lifestyle / losing weight / alcohol / adult

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

**3. LIFESTYLE:** Students A **strongly** believe everyone should live a lifestyle that keeps their blood pressure down; Students B **strongly** believe should live their lives however they want to. Change partners again and talk about your conversations.

**4. LIFESTYLE CHANGES:** How easy is it to make these lifestyle changes? Complete this table with your partner(s). Change partners often and share what you wrote.

	How easy is it to change these?	Can you change these?
Losing weight		
Exercising more		
Eating healthier food		
Not smoking or drinking		
Avoiding salt		
Avoiding stress		

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

**6. HEALTH:** Rank these with your partner. Put the best ways to stay healthy at the top. Change partners often and share your rankings.

- losing weight
- much less salt
- vegetarian diet
- 8 hours sleep
- lots of laughter
- lots of fruit
- no bad habits
- keeping the brain active

# VOCABULARY MATCHING

## Paragraph 1

- |             |   |
|-------------|---|
| 1. blood    | a. A big health problem that needs medicine or treatment. |
| 2. pressure | b. Periods of ten years.                                  |
| 3. decades  | c. The non-stop force on or against something.            |
| 4. reading  | d. The big tubes inside your body that carry blood.       |
| 5. disease  | e. The red liquid that goes around our bodies.            |
| 6. treated  | f. A figure or number shown by a measuring machine.       |
| 7. arteries | g. Gave medical care to make someone better.              |

## Paragraph 2

- |                |  |
|----------------|--|
| 8. strokes     | h. More than anything else; for the most part.   |
| 9. deal with   | i. Keeping away from or stopping oneself from doing something.   |
| 10. medicine   | j. Ways of doing something.  |
| 11. mainly     | k. Do something to make a problem smaller or make it go away.  |
| 12. approaches | l. All of the people who live in a village, town, city, country... the world.  |
| 13. avoiding   | m. A sudden attack because of a lack of blood to the brain that can cause you to die or to lose control of your arms' legs, speech, etc. |
| 14. population | n. Something you eat, drink or put in your body to make pain go away or to make a health problem better.                                 |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

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

- a. The article says a million more people have high blood pressure. **T / F**
- b. The American Heart Association said high blood pressure is 140/90. **T / F**
- c. High blood pressure is because blood travels around your body too fast. **T / F**
- d. High blood pressure leads to heart attacks but not strokes. **T / F**
- e. Health problems can start at a blood pressure of 130/80. **T / F**
- f. A heart association said a 130/80 reading was like a red warning light. **T / F**
- g. People with high blood pressure need to eat less salt. **T / F**
- h. Nearly half of adults in the USA now have high blood pressure. **T / F**

## 2. SYNONYM MATCH:

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

- |                    |                      |
|--------------------|----------------------|
| <b>1. world</b>    | a. for the most part |
| <b>2. reading</b>  | b. result in         |
| <b>3. treated</b>  | c. numbers           |
| <b>4. happens</b>  | d. almost            |
| <b>5. lead to</b>  | e. figure            |
| <b>6. figures</b>  | f. keeping away from |
| <b>7. mainly</b>   | g. occurs            |
| <b>8. avoiding</b> | h. globe             |
| <b>9. nearly</b>   | i. increased         |
| <b>10. rose</b>    | j. cared for         |

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

- |   |                     |
|---|---------------------|
| 1. the numbers at which high blood pressure | a. and salt         |
| 2. the disease should be                    | b. on your heart    |
| 3. it can put stress                        | c. changes          |
| 4. This can lead                            | d. than 120 over 80 |
| 5. Normal blood pressure is less            | e. the old numbers  |
| 6. it is possible for people to deal        | f. treated sooner   |
| 7. without taking                           | g. with this level  |
| 8. make healthy lifestyle                   | h. starts           |
| 9. avoiding alcohol                         | i. medicine         |
| 10. This rose from 32 per cent using        | j. to heart attacks |

# GAP FILL

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

Millions more people around the world have high blood pressure. This news came (1) \_\_\_\_\_ this week when the American Heart Association (AHA) changed the (2) \_\_\_\_\_ at which high blood pressure starts. For many (3) \_\_\_\_\_, doctors said high blood pressure started at a reading of 140 over 90. The AHA has changed this and said the disease should be (4) \_\_\_\_\_ sooner. It said high blood pressure now starts at a (5) \_\_\_\_\_ of 130 over 80. Blood pressure happens when your heart (6) \_\_\_\_\_ blood around your body too fast. If this pushing is too (7) \_\_\_\_\_, it can put stress on your heart and arteries. This can lead to heart (8) \_\_\_\_\_ and strokes. Normal blood pressure is less than 120 over 80.

*treated*  
*pushes*  
*numbers*  
*attacks*  
*earlier*  
*strong*  
*reading*  
*decades*

AHA doctors said health problems can happen at the (9) \_\_\_\_\_ figures of 130 over 80. However, they said it is possible for people to deal with this level of blood pressure without taking (10) \_\_\_\_\_. They said the new reading is, "a (11) \_\_\_\_\_ light that you need to be lowering your blood pressure, mainly with non-drug (12) \_\_\_\_\_". People with high blood pressure need to make healthy lifestyle changes. These include losing (13) \_\_\_\_\_, exercising more, eating healthier food, (14) \_\_\_\_\_ alcohol and salt, quitting smoking and avoiding stress. The new reading of 130 over 80 now means that nearly half (46 per cent) of the (15) \_\_\_\_\_ population of the USA has high blood pressure. This (16) \_\_\_\_\_ from 32 per cent using the old numbers.

*yellow*  
*avoiding*  
*medicine*  
*rose*  
*approaches*  
*adult*  
*lower*  
*weight*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

- 1) changed the numbers at which high blood \_\_\_\_\_
  - a. pressured start
  - b. pressures starts
  - c. pressure starts
  - d. pressure start
- 2) The AHA has changed this and said the disease should \_\_\_\_\_
  - a. be treat it sooner
  - b. be treated sooner
  - c. being treated sooner
  - d. been treated sooner
- 3) Blood pressure happens when your heart pushes blood around your \_\_\_\_\_
  - a. body too fast
  - b. bodily too fast
  - c. body to fast
  - d. bodily two fast
- 4) If this pushing is too strong, it can put stress on your \_\_\_\_\_
  - a. hearts and archeries
  - b. heart and archeries
  - c. heart and arteries
  - d. heartened archeries
- 5) Normal blood pressure is less than \_\_\_\_\_
  - a. 130 over 80
  - b. 120 over 90
  - c. 130 over 90
  - d. 120 over 80
- 6) AHA doctors said health problems can happen at \_\_\_\_\_
  - a. a lower figure
  - b. the lower figures
  - c. the lowered figures
  - d. the lower figure
- 7) possible for people to deal with this level of blood pressure without \_\_\_\_\_
  - a. taking medicine
  - b. taken medicine
  - c. take in medicine
  - d. taking in medicine
- 8) you need to be lowering your blood pressure, mainly with \_\_\_\_\_
  - a. not-drug approaches
  - b. known-drug approaches
  - c. knowing-drug approaches
  - d. non-drug approaches
- 9) include losing weight, exercising more, eating healthier food, avoiding \_\_\_\_\_
  - a. alcoholic and salt
  - b. alcohol and salt
  - c. alcohol and salty
  - d. alcoholic and salty
- 10) This rose from 32 per cent using the \_\_\_\_\_
  - a. yelled numbers
  - b. bold numbers
  - c. old numbers
  - d. auld numbers

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

Millions more people around the world (1) \_\_\_\_\_ pressure. This news came earlier this week when the American Heart Association (AHA) (2) \_\_\_\_\_ at which high blood pressure starts. For (3) \_\_\_\_\_ said high blood pressure started at a reading of 140 over 90. The AHA has changed this and said the disease (4) \_\_\_\_\_ sooner. It said high blood pressure now starts at a reading of 130 over 80. Blood pressure happens when (5) \_\_\_\_\_ blood around your body too fast. If this pushing is too strong, it can put stress on your (6) \_\_\_\_\_. This can lead to heart attacks and strokes. Normal blood pressure is less than 120 over 80.

AHA doctors said health problems can happen at (7) \_\_\_\_\_ of 130 over 80. However, they said it is possible for people to deal with this level of blood pressure (8) \_\_\_\_\_. They said the new reading is, "a yellow light that you need to be lowering your blood pressure, mainly with (9) \_\_\_\_\_. People with high blood pressure need to make (10) \_\_\_\_\_. These include losing weight, exercising more, eating healthier food, avoiding alcohol and salt, quitting smoking (11) \_\_\_\_\_. The new reading of 130 over 80 now means that nearly half (46 per cent) of the adult population of the USA has high blood pressure. This rose from 32 per cent using (12) \_\_\_\_\_.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

1. What does AHA mean?
2. What was the old number for high blood pressure?
3. What does your heart push around your body?
4. What can high blood pressure put stress on apart from arteries?
5. What can high blood pressure lead to apart from strokes?
6. At what figures did AHA doctors say health problems could begin?
7. What is it possible for people with readings of 130/80 to not take?
8. What colour light did the AHA say was a blood-pressure warning?
9. What did the article say people with high blood pressure needed to quit?
10. What percent of US adults had high blood pressure with the old number?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

- 1) What does AHA mean?
  - a) All Heart Ailments
  - b) Anti-Heart Attack
  - c) American Heart Association
  - d) Attack Heart Arteries
- 2) What was the old number for high blood pressure?
  - a) 140/90
  - b) 130/80
  - c) 140/80
  - d) 130/90
- 3) What does your heart push around your body?
  - a) pressure
  - b) blood
  - c) stress
  - d) arteries
- 4) What can high blood pressure put stress on apart from arteries?
  - a) stress
  - b) blood
  - c) strokes
  - d) our heart
- 5) What can high blood pressure lead to apart from strokes?
  - a) stress attacks
  - b) artery attacks
  - c) heart attacks
  - d) blood attacks
- 6) At what figures did AHA doctors say health problems could begin?
  - a) 140/80
  - b) 130/80
  - c) 140/90
  - d) 130/90
- 7) What is it possible for people with readings of 130/80 to not take?
  - a) notes
  - b) readings
  - c) time
  - d) medicine
- 8) What colour light did the AHA say was a blood-pressure warning?
  - a) blue
  - b) yellow
  - c) red
  - d) white
- 9) What did the article say people with high blood pressure needed to quit?
  - a) weight
  - b) smoking
  - c) pressure
  - d) lifestyle changes
- 10) What per cent of US adults had high blood pressure with the old number?
  - a) 32%
  - b) 46%
  - c) 38%
  - d) 42%

# ROLE PLAY

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

## **Role A – Losing Weight**

You think losing weight is the best way to stay healthy. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): a vegetarian diet, eight hours sleep or an active brain.

## **Role B – Vegetarian Diet**

You think a vegetarian diet is the best way to stay healthy. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): losing weight, eight hours sleep or an active brain.

## **Role C – Eight Hours Sleep**

You think eight hours sleep is the best way to stay healthy. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): a vegetarian diet, losing weight or an active brain.

## **Role D – An Active Brain**

You think an active brain is the best way to stay healthy. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): a vegetarian diet, eight hours sleep or losing weight.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

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

<b>blood</b>	<b>pressure</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>• millions</li><li>• earlier</li><li>• decades</li><li>• sooner</li><li>• body</li><li>• strokes</li></ul>	<ul style="list-style-type: none"><li>• happen</li><li>• medicine</li><li>• yellow</li><li>• healthy</li><li>• salt</li><li>• old</li></ul>
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# BLOOD PRESSURE SURVEY

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

Write five GOOD questions about blood pressure 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.

# **BLOOD PRESSURE 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 'blood'?
3. What do you know about high blood pressure?
4. Do you ever worry about your blood pressure?
5. Why can't doctors cure high blood pressure?
6. What do you do to look after your heart?
7. Why is high blood pressure called 'the silent killer'?
8. What do we do that puts pressure on our heart?
9. How healthy are you?
10. What would it be like to be a doctor?

*Millions more have high blood pressure – 16th November, 2017*  
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# **BLOOD PRESSURE 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 'pressure'?
13. What do you think about what you read?
14. Why is high blood pressure dangerous?
15. What causes high blood pressure?
16. What do you think of taking medicine?
17. What do you need to change to be healthier?
18. How stressful is your life?
19. What can we do to reduce stress?
20. What questions would you like to ask the doctors?

# 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/1711/171116-blood-pressure.html>

Millions more people around (1) \_\_\_\_\_ world have high blood pressure. This news came earlier this week (2) \_\_\_\_\_ the American Heart Association (AHA) changed the numbers (3) \_\_\_\_\_ which high blood pressure starts. For many decades, doctors said high blood pressure started at a reading of 140 over 90. The AHA has changed this and said the disease should be (4) \_\_\_\_\_ sooner. It said high blood pressure now starts at a reading of 130 over 80. Blood pressure happens when your heart pushes blood around your body too fast. If this pushing is too strong, it can put stress (5) \_\_\_\_\_ your heart and arteries. This can (6) \_\_\_\_\_ to heart attacks and strokes. Normal blood pressure is less than 120 over 80.

AHA doctors said health problems can happen (7) \_\_\_\_\_ the lower figures of 130 over 80. However, they said it is possible for people to (8) \_\_\_\_\_ with this level of blood pressure without taking medicine. They said the new reading is, "a yellow light that you need to be (9) \_\_\_\_\_ your blood pressure, mainly with non-drug approaches". People with high blood pressure need to make healthy lifestyle changes. These include losing weight, (10) \_\_\_\_\_ more, eating healthier food, avoiding alcohol and salt, (11) \_\_\_\_\_ smoking and avoiding stress. The new reading of 130 over 80 now means that nearly half (46 per cent) of the adult population of the USA has high blood pressure. This (12) \_\_\_\_\_ from 32 per cent using the old numbers.

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

- |     |                |                |              |              |
|-----|----------------|----------------|--------------|--------------|
| 1.  | (a) the        | (b) a          | (c) that     | (d) all      |
| 2.  | (a) which      | (b) where      | (c) when     | (d) what     |
| 3.  | (a) on         | (b) as         | (c) at       | (d) by       |
| 4.  | (a) treaties   | (b) treat      | (c) treats   | (d) treated  |
| 5.  | (a) on         | (b) in         | (c) by       | (d) at       |
| 6.  | (a) read       | (b) lead       | (c) road     | (d) load     |
| 7.  | (a) as         | (b) on         | (c) in       | (d) at       |
| 8.  | (a) veal       | (b) deal       | (c) heal     | (d) peal     |
| 9.  | (a) lowers     | (b) lower      | (c) lowering | (d) lowered  |
| 10. | (a) exercised  | (b) exercising | (c) exercise | (d) exorcism |
| 11. | (a) quietening | (b) quieting   | (c) quilting | (d) quitting |
| 12. | (a) flower     | (b) rose       | (c) weed     | (d) plant    |



# SPELLING

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

## Paragraph 1

1. nimsolil more people
2. for many cdedesa
3. the iseaeds should be treated sooner
4. it can put erssts on your heart
5. This can lead to heart tacatks
6. narolm blood pressure

## Paragraph 2

7. problems can happen at the lower ifsegur
8. without taking idinceem
9. make healthy esefyitll changes
10. dvaniigo alcohol and salt
11. anyerl half
12. 46 per cent of the adult oaiptopuln

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

**Number these lines in the correct order.**

- ( ) attacks and strokes. Normal blood pressure is less than 120 over 80.
- ( ) stress. The new reading of 130 over 80 now means that nearly half (46 per cent) of the adult population
- ( ) changed this and said the disease should be treated sooner. It said high blood pressure now starts at a reading
- ( ) of 130 over 80. Blood pressure happens when your heart pushes blood around your body too
- ( ) weight, exercising more, eating healthier food, avoiding alcohol and salt, quitting smoking and avoiding
- ( ) reading is, "a yellow light that you need to be lowering your blood pressure, mainly with non-
- ( ) AHA doctors said health problems can happen at the lower figures of 130 over 80. However, they said it is
- ( ) possible for people to deal with this level of blood pressure without taking medicine. They said the new
- ( ) decades, doctors said high blood pressure started at a reading of 140 over 90. The AHA has
- ( ) of the USA has high blood pressure. This rose from 32 per cent using the old numbers.
- ( ) drug approaches". People with high blood pressure need to make healthy lifestyle changes. These include losing
- ( ) fast. If this pushing is too strong, it can put stress on your heart and arteries. This can lead to heart
- ( ) week when the American Heart Association (AHA) changed the numbers at which high blood pressure starts. For many
- ( **1** ) Millions more people around the world have high blood pressure. This news came earlier this

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

1. around blood the pressure world More have people high .
2. which at numbers The starts pressure blood high .
3. pressure at of blood starts reading High now a 130 .
4. around too your blood body When pushes your fast heart .
5. less Normal than blood 120 pressure over is 80 .
6. Doctors problems at figures health happen lower said can the .
7. people for possible is it said They level this with deal to .
8. blood non-drug pressure approaches with Lowering your .
9. the blood adult pressure population Half has of high .
10. This 32 using numbers from cent old rose per the .

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

Millions more people *around / abound* the world have high blood pressure. This news came earlier this *weekly / week* when the American Heart Association (AHA) changed the numbers at *which / what* high blood pressure starts. For many *decades / decadence*, doctors said high blood pressure started at a reading *of / for* 140 over 90. The AHA has changed this and said the disease should be treated *soonish / sooner*. It said high blood pressure now starts *of / at* a reading of 130 over 80. Blood pressure happens when your heart *pushing / pushes* blood around your body too fast. If this pushing is too strong, it can put stress on your heart and *arteries / arches*. This can lead to heart attacks and strokes. *Normal / Normally* blood pressure is less than 120 over 80.

AHA doctors said health problems can *happening / happen* at the lower figures of 130 over 80. However, they said it is *possible / possibility* for people to *deal / dealt* with this level of blood pressure without taking medicine. They said the new reading is, "a yellow *light / lights* that you need to be lowering your blood pressure, *main / mainly* with non-drug approaches". People with high blood pressure need to make healthy lifestyle changes. These *include / inclusive* losing weight, exercising more, eating healthier food, avoiding *alcoholic / alcohol* and salt, quitting smoking and avoiding stress. The new reading of 130 over 80 now *means / meaning* that nearly half (46 per cent) of the *adultery / adult* population of the USA has high blood pressure. This *rose / arose* from 32 per cent using the old numbers.

**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)

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M\_\_ll\_\_ns m\_\_r\_\_ p\_\_pl\_\_ \_\_r\_\_nd th\_\_ w\_\_rld h\_\_v\_\_ h\_\_gh  
bl\_\_d pr\_\_ss\_\_r\_\_. Th\_\_s n\_\_ws c\_\_m\_\_ \_\_rl\_\_r th\_\_s w\_\_k  
wh\_\_n th\_\_ \_\_m\_\_r\_\_c\_\_n H\_\_rt \_\_ss\_\_c\_\_t\_\_n (\_H\_) ch\_\_ng\_\_d  
th\_\_ n\_\_mb\_\_rs \_\_t wh\_\_ch h\_\_gh bl\_\_d pr\_\_ss\_\_r\_\_ st\_\_rts. F\_\_r  
m\_\_ny d\_\_c\_\_d\_\_s, d\_\_ct\_\_rs s\_\_d h\_\_gh bl\_\_d pr\_\_ss\_\_r\_\_  
st\_\_rt\_\_d \_\_t \_\_r\_\_d\_\_ng \_\_f 140 \_\_v\_\_r 90. Th\_\_ \_\_H\_\_ h\_\_s  
ch\_\_ng\_\_d th\_\_s \_\_nd s\_\_d th\_\_ d\_\_s\_\_s\_\_ sh\_\_ld b\_\_ tr\_\_t\_\_d  
s\_\_n\_\_r. \_\_t s\_\_d h\_\_gh bl\_\_d pr\_\_ss\_\_r\_\_ n\_\_w st\_\_rts \_\_t \_\_  
r\_\_d\_\_ng \_\_f 130 \_\_v\_\_r 80. Bl\_\_d pr\_\_ss\_\_r\_\_ h\_\_pp\_\_ns wh\_\_n  
y\_\_r h\_\_rt p\_\_sh\_\_s bl\_\_d \_\_r\_\_nd y\_\_r b\_\_dy t\_\_f\_\_st. \_\_f  
th\_\_s p\_\_sh\_\_ng \_\_s t\_\_ str\_\_ng, \_\_t c\_\_n p\_\_t str\_\_ss \_\_n y\_\_r  
h\_\_rt \_\_nd \_\_rt\_\_r\_\_s. Th\_\_s c\_\_n l\_\_d t\_\_ h\_\_rt tt\_\_cks \_\_nd  
str\_\_k\_\_s. N\_\_rm\_\_l bl\_\_d pr\_\_ss\_\_r\_\_ \_\_s l\_\_ss th\_\_n 120 \_\_v\_\_r  
80.

\_\_H\_\_ d\_\_ct\_\_rs s\_\_d h\_\_lth pr\_\_bl\_\_ms c\_\_n h\_\_pp\_\_n \_\_t th\_\_  
l\_\_w\_\_r f\_\_g\_\_r\_\_s \_\_f 130 \_\_v\_\_r 80. H\_\_w\_\_v\_\_r, th\_\_y s\_\_d \_\_t  
\_\_s p\_\_ss\_\_bl\_\_ f\_\_r p\_\_pl\_\_ t\_\_d\_\_l w\_\_th th\_\_s l\_\_v\_\_l \_\_f bl\_\_d  
pr\_\_ss\_\_r\_\_ w\_\_th\_\_t t\_\_k\_\_ng m\_\_d\_\_c\_\_n\_\_. Th\_\_y s\_\_d th\_\_ n\_\_w  
r\_\_d\_\_ng \_\_s, " \_\_y\_\_ll w\_\_lght th\_\_t y\_\_ \_\_n\_\_d t\_\_ b\_\_  
l\_\_w\_\_r\_\_ng y\_\_r bl\_\_d pr\_\_ss\_\_r\_\_, m\_\_nly w\_\_th n\_\_n-dr\_\_g  
\_\_ppr\_\_ch\_\_s". P\_\_pl\_\_ w\_\_th h\_\_gh bl\_\_d pr\_\_ss\_\_r\_\_ n\_\_d t\_\_  
m\_\_k\_\_ h\_\_lthy l\_\_f\_\_styl\_\_ ch\_\_ng\_\_s. Th\_\_s \_\_ncl\_\_d\_\_ l\_\_s\_\_ng  
w\_\_ght, \_\_x\_\_rc\_\_s\_\_ng m\_\_r\_\_, \_\_t\_\_ng h\_\_lth\_\_r f\_\_d,  
\_\_v\_\_d\_\_ng \_\_lc\_\_h\_\_l \_\_nd s\_\_lt, q\_\_tt\_\_ng sm\_\_k\_\_ng \_\_nd  
\_\_v\_\_d\_\_ng str\_\_ss. Th\_\_ n\_\_w r\_\_d\_\_ng \_\_f 130 \_\_v\_\_r 80 n\_\_w  
m\_\_ns th\_\_t n\_\_rly h\_\_lf (46 p\_\_r c\_\_nt) \_\_f th\_\_ \_\_d\_\_lt  
p\_\_p\_\_l\_\_t\_\_n \_\_f th\_\_ \_\_S\_\_ h\_\_s h\_\_gh bl\_\_d pr\_\_ss\_\_r\_\_. Th\_\_s  
r\_\_s\_\_ fr\_\_m 32 p\_\_r c\_\_nt \_\_s\_\_ng th\_\_ \_\_ld n\_\_mb\_\_rs.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

millions more people around the world have high blood pressure this news came earlier this week when the american heart association (aha) changed the numbers at which high blood pressure starts for many decades doctors said high blood pressure started at a reading of 140 over 90 the aha has changed this and said the disease should be treated sooner it said high blood pressure now starts at a reading of 130 over 80 blood pressure happens when your heart pushes blood around your body too fast if this pushing is too strong it can put stress on your heart and arteries this can lead to heart attacks and strokes normal blood pressure is less than 120 over 80

aha doctors said health problems can happen at the lower figures of 130 over 80 however they said it is possible for people to deal with this level of blood pressure without taking medicine they said the new reading is "a yellow light that you need to be lowering your blood pressure mainly with non-drug approaches" people with high blood pressure need to make healthy lifestyle changes these include losing weight exercising more eating healthier food avoiding alcohol and salt quitting smoking and avoiding stress the new reading of 130 over 80 now means that nearly half (46 per cent) of the adult population of the usa has high blood pressure this rose from 32 per cent using the old numbers

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1711/171116-blood-pressure.html>

Millions more people around the world have high blood pressure. This news came earlier this week when the American Heart Association (AHA) changed the numbers at which high blood pressure starts. For many decades, doctors said high blood pressure started at a reading of 140 over 90. The AHA has changed this and said the disease should be treated sooner. It said high blood pressure now starts at a reading of 130 over 80. Blood pressure happens when your heart pushes blood around your body too fast. If this pushing is too strong, it can put stress on your heart and arteries. This can lead to heart attacks and strokes. Normal blood pressure is less than 120 over 80. AHA doctors said health problems can happen at the lower figures of 130 over 80. However, they said it is possible for people to deal with this level of blood pressure without taking medicine. They said the new reading is, "a yellow light that you need to be lowering your blood pressure, mainly with non-drug approaches". People with high blood pressure need to make healthy lifestyle changes. These include losing weight, exercising more, eating healthier food, avoiding alcohol and salt, quitting smoking and avoiding stress. The new reading of 130 over 80 now means that nearly half (46 percent) of the adult population of the USA has high blood pressure. This rose from 32 percent using the old numbers.







# 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 story. Share what you discover with your partner(s) in the next lesson.

**3. BLOOD PRESSURE:** Make a poster about blood pressure. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. HEALTH COSTS:** Write a magazine article about people having to pay higher healthcare costs if they do not live a lifestyle to reduce high blood pressure. 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 high blood pressure. Ask him/her three questions about it. Give him/her three of your ideas on how to reduce high blood pressure. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. e    2. c    3. b    4. f    5. a    6. g    7. d  
8. m    9. k    10. n    11. h    12. j    13. i    14. l

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

- |             |                      |
|-------------|----------------------|
| 1. world    | a. globe             |
| 2. reading  | b. figure            |
| 3. treated  | c. cared for         |
| 4. happens  | d. occurs            |
| 5. lead to  | e. result in         |
| 6. figures  | f. numbers           |
| 7. mainly   | g. for the most part |
| 8. avoiding | h. keeping away from |
| 9. nearly   | i. almost            |
| 10. rose    | j. increased         |

## COMPREHENSION QUESTIONS (p.9)

1. American Heart Association
2. 140/90
3. Blood
4. Your heart
5. Heart attacks
6. 130/80
7. Medicine
8. Yellow
9. Smoking
10. 32%

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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