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**Level 3 – 28th August, 2018**

## Honey better for coughs than antibiotics

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/1808/180828-honey.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/1808/180828-honey.html>

Doctors in the United Kingdom have some new advice for people with coughs. They are advising people not to visit a doctor to get treatment. Instead, people who have a cough should drink or eat honey or get some medicine from a drugstore. The doctors say that in most cases, honey and over-the-counter medicines will work and people do not need antibiotics. The doctors added that most of the time, a cough will improve on its own within two to three weeks even if you take nothing. Many of us visit a doctor at a hospital or clinic if we have a cough. Public health officials in England say this is largely a waste of time. They say antibiotics do little to make a cough go away.

Doctors say we are using antibiotics too much and this can be bad for us. Many viruses and infections are becoming resistant to antibiotics, so medicines are becoming less effective. Doctors say this is leading to the creation of superbugs. These can be very dangerous to our health. The doctors said honey can be very effective in soothing a sore throat and making other symptoms disappear. A hot drink with honey is a traditional and well-known remedy for coughs and sore throats. People also add lemon or ginger to it. Using honey may be better for children with coughs. Many children do not like the taste of medicine but love the taste of honey. Younger children generally do not like visiting a doctor.

Sources: <https://www.bbc.com/news/health-45270134>  
<https://www.thisisinsider.com/treat-cough-with-honey-before-antibiotics-new-guidelines-2018-8>  
<http://www.pulsetoday.co.uk/clinical/clinical-specialties/prescribing/gps-should-recommend-honey-and-herbal-medicines-for-coughs-suggests-nice/20037335.article>

# WARM-UPS

**1. HONEY:** Students walk around the class and talk to other students about honey. 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?

advice / doctor / treatment / medicine / drugstore / honey / cough / hospital / waste / viruses / infections / effective / superbugs / health / sore throat / lemon / children

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

**3. COUGH MEDICINE:** Students A **strongly** believe cough medicine is totally ineffective; Students B **strongly** believe it works really well. Change partners again and talk about your conversations.

**4. REMEDIES:** What are the best remedies for these problems? Complete this table with your partner(s). Change partners often and share what you wrote.

	Remedies	Why they work
Coughs		
Colds		
Headaches		
Stomachaches		
Toothaches		
Sleeplessness		

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

**6. COUGHS:** Rank these with your partner. Put the best things to make a cough go away at the top. Change partners often and share your rankings.

- medicine
- cough syrup
- honey
- time
- lemon and ginger
- herbal medicine
- yoghurt
- cough sweets

# VOCABULARY MATCHING

## Paragraph 1

- |                |   |
|----------------|---|
| 1. advice      | a. Examples of a particular situation; examples of something happening.   |
| 2. treatment   | b. A place or hospital department where people go to get medical treatment or advice about their health or about illnesses.             |
| 3. cases       | c. Ideas or information about the best thing to do.   |
| 4. antibiotics | d. Medical care given to a patient for an illness or injury.  |
| 5. improve     | e. Medicines (such as penicillin) that stop the growth of or destroy bacteria, viruses or microorganisms.                               |
| 6. clinic      | f. Make better.   |
| 7. officials   | g. People who are in public office or have official duties, especially as a representative of an organization or government department. |

## Paragraph 2

- |               |   |
|---------------|---|
| 8. viruses    | h. Reducing pain or discomfort.                                 |
| 9. infections | i. Infections or diseases caused by bacteria or microorganisms. |
| 10. resistant | j. Successful or good in producing a result you want.           |
| 11. effective | k. Physical or mental signs of an illness or disease.           |
| 12. soothing  | l. Diseases or medical complaints.                              |
| 13. symptoms  | m. In most cases; usually.                                      |
| 14. generally | n. Is difficult to get into, break down or attack.              |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1808/180828-honey.html>

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

- a. Doctors are advising people to go to a doctor if they have a cough. **T / F**
- b. Doctors said people with coughs should not go to the drugstore. **T / F**
- c. Doctors said a cough will disappear on its own over time. **T / F**
- d. Health officials said it wasn't a waste of time to go to a clinic. **T / F**
- e. Too many antibiotics aren't bad for us. **T / F**
- f. Weaker antibiotics are creating superbugs. **T / F**
- g. Some people make a hot drink with honey and lemon. **T / F**
- h. The article said honey may be better for younger children. **T / F**

## 2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- |                      |                 |
|----------------------|-----------------|
| 1. <b>advice</b>     | a. harmful      |
| 2. <b>treatment</b>  | b. get better   |
| 3. <b>drugstore</b>  | c. famous       |
| 4. <b>improve</b>    | d. medical care |
| 5. <b>go away</b>    | e. cure         |
| 6. <b>bad</b>        | f. ideas        |
| 7. <b>effective</b>  | g. disappear    |
| 8. <b>remedy</b>     | h. normally     |
| 9. <b>well-known</b> | i. pharmacy     |
| 10. <b>generally</b> | j. helpful      |

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

- |                                  |                         |
|----------------------------------|-------------------------|
| 1. some new advice for people    | a. antibiotics too much |
| 2. in most                       | b. of time              |
| 3. a cough will improve          | c. taste of medicine    |
| 4. this is largely a waste       | d. with coughs          |
| 5. antibiotics do little to make | e. a sore throat        |
| 6. Doctors say we are using      | f. on its own           |
| 7. viruses and                   | g. known remedy         |
| 8. very effective in soothing    | h. a cough go away      |
| 9. a traditional and well-       | i. infections           |
| 10. children do not like the     | j. cases                |

# GAP FILL

From <https://breakingnewsenglish.com/1808/180828-honey.html>

Doctors in the United Kingdom have some new (1) \_\_\_\_\_ for people with coughs. They are advising people not to visit a doctor to get (2) \_\_\_\_\_. Instead, people who have a cough should drink or eat honey or get some medicine from a (3) \_\_\_\_\_. The doctors say that in most (4) \_\_\_\_\_, honey and over-the-counter medicines will work and people do not need antibiotics. The doctors added that most of the time, a cough will improve on its (5) \_\_\_\_\_ within two to three weeks even if you take (6) \_\_\_\_\_. Many of us visit a doctor at a hospital or clinic if we have a cough. Public health officials in England say this is (7) \_\_\_\_\_ a waste of time. They say antibiotics do little to make a cough go (8) \_\_\_\_\_.

*drugstore*  
*own*  
*largely*  
*treatment*  
*away*  
*advice*  
*cases*  
*nothing*

Doctors say we are using (9) \_\_\_\_\_ too much and this can be bad for us. Many viruses and infections are becoming (10) \_\_\_\_\_ to antibiotics, so medicines are becoming less (11) \_\_\_\_\_. Doctors say this is leading to the creation of (12) \_\_\_\_\_. These can be very dangerous to our health. The doctors said honey can be very effective in soothing a (13) \_\_\_\_\_ throat and making other symptoms disappear. A hot drink with honey is a (14) \_\_\_\_\_ and well-known remedy for coughs and sore throats. People also add lemon or ginger to it. Using honey may be (15) \_\_\_\_\_ for children with coughs. Many children do not like the taste of medicine but love the taste of honey. Younger children generally do not like (16) \_\_\_\_\_ a doctor.

*superbugs*  
*traditional*  
*resistant*  
*visiting*  
*antibiotics*  
*sore*  
*effective*  
*better*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1808/180828-honey.html>

- 1) Doctors in the United Kingdom have some new \_\_\_\_\_ with coughs
  - a. advice for people
  - b. advise for people
  - c. ad vice for people
  - d. add vise for people
- 2) The doctors say that in most cases, honey and over-\_\_\_\_\_ medicines will work
  - a. the-country
  - b. the-counter
  - c. the-count are
  - d. the-count a
- 3) The doctors added that most of the time, a cough will improve \_\_\_\_\_
  - a. on its sown
  - b. on its sewn
  - c. on it sewn
  - d. on its own
- 4) Public health officials in England say this is largely a \_\_\_\_\_
  - a. ways toff time
  - b. weigh scoff time
  - c. weights of time
  - d. waste of time
- 5) They say antibiotics do little to make \_\_\_\_\_ away
  - a. a cough goo
  - b. a cough go
  - c. a cough grow
  - d. a cough glow
- 6) Doctors say we are using antibiotics too much and this can be \_\_\_\_\_
  - a. badly for us
  - b. bad four us
  - c. bad for us
  - d. bead for us
- 7) infections are becoming resistant to antibiotics, so medicines are becoming \_\_\_\_\_
  - a. less effectively
  - b. lesser affective
  - c. less effective
  - d. less affective
- 8) effective in soothing a sore throat and making \_\_\_\_\_ disappear
  - a. another symptoms
  - b. other symptoms
  - c. others symptoms
  - d. udder symptoms
- 9) A hot drink with honey is a traditional and well-known \_\_\_\_\_ coughs
  - a. remedies for
  - b. remedy for
  - c. remedy four
  - d. remedial for
- 10) Many children do not like the taste of medicine but love the \_\_\_\_\_
  - a. taste of honey
  - b. taste off honey
  - c. tastes of honey
  - d. tastes off honey

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1808/180828-honey.html>

Doctors in the United Kingdom (1) \_\_\_\_\_ advice for people with coughs. They are advising people (2) \_\_\_\_\_ a doctor to get treatment. Instead, people who have a cough should drink or eat honey or get some medicine from a drugstore. The doctors say that (3) \_\_\_\_\_, honey and over-the-counter medicines will work and people do not need antibiotics. The doctors added (4) \_\_\_\_\_ the time, a cough will improve on its own within two to three weeks even if you take nothing. Many (5) \_\_\_\_\_ a doctor at a hospital or clinic if we have a cough. Public health officials in England say this is largely a waste of time. They say antibiotics do little to make (6) \_\_\_\_\_ away.

Doctors say we are using antibiotics too much and this can be bad for us. Many (7) \_\_\_\_\_ are becoming resistant to antibiotics, so medicines are becoming less effective. Doctors say (8) \_\_\_\_\_ to the creation of superbugs. These can be very dangerous to our health. The doctors said honey can (9) \_\_\_\_\_ in soothing a sore throat and making other symptoms disappear. A hot drink with honey (10) \_\_\_\_\_ and well-known remedy for coughs and sore throats. People also add lemon or ginger to it. Using honey may (11) \_\_\_\_\_ children with coughs. Many children do not like the taste of medicine but love the taste of honey. Younger children (12) \_\_\_\_\_ like visiting a doctor.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1808/180828-honey.html>

1. Where are doctors advising people with coughs not to visit?
2. Where did doctors say people could get medicine?
3. What did doctors say people with coughs did not need?
4. How long might it take a cough to improve on its own?
5. What did public health officials call visiting a hospital?
6. What did doctors say we are using too much of?
7. What are becoming resistant to antibiotics?
8. What did doctors say were being created?
9. What did doctors say honey could soothe?
10. Who might honey be better for?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1808/180828-honey.html>

- 1) Where are doctors advising people with coughs not to visit?
  - a) public places
  - b) shopping malls
  - c) museums
  - d) doctors
- 2) Where did doctors say people could get medicine?
  - a) from doctors
  - b) drugstores
  - c) hospitals
  - d) online
- 3) What did doctors say people with coughs did not need?
  - a) milk
  - b) sleep
  - c) honey
  - d) antibiotics
- 4) How long might it take a cough to improve on its own?
  - a) an hour or two
  - b) a few days
  - c) 2-3 weeks
  - d) a long time
- 5) What did public health officials call visiting a hospital?
  - a) interesting
  - b) great
  - c) necessary
  - d) a waste of time
- 6) What did doctors say we are using too much of?
  - a) honey
  - b) hospital time
  - c) antibiotics
  - d) lemon
- 7) What are becoming resistant to antibiotics?
  - a) viruses
  - b) coughs
  - c) honey
  - d) doctors
- 8) What did doctors say were being created?
  - a) honey
  - b) new medicine
  - c) superbugs
  - d) problems
- 9) What did doctors say honey could soothe?
  - a) antibiotics
  - b) sore throats
  - c) feelings
  - d) broken hearts
- 10) Who might honey be better for?
  - a) children
  - b) doctors
  - c) bees
  - d) old people with no teeth

# ROLE PLAY

From <https://breakingnewsenglish.com/1808/180828-honey.html>

## **Role A – Honey**

You think honey is the best thing for a cough. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): cough syrup, time or medicine.

## **Role B – Cough Syrup**

You think cough syrup is the best thing for a cough. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): honey, time or medicine.

## **Role C – Time**

You think time is the best thing for a cough. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): cough syrup, honey or medicine.

## **Role D – Medicine**

You think medicine is the best thing for a cough. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): cough syrup, time or honey.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1808/180828-honey.html>

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

<b>honey</b>	<b>cough</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>• advice</li><li>• should</li><li>• counter</li><li>• own</li><li>• clinic</li><li>• time</li></ul>	<ul style="list-style-type: none"><li>• bad</li><li>• creation</li><li>• health</li><li>• disappear</li><li>• add</li><li>• generally</li></ul>
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# HONEY SURVEY

From <https://breakingnewsenglish.com/1808/180828-honey.html>

Write five GOOD questions about honey 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.

# HONEY 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 'cough'?
3. What do you take for a cough?
4. Why do we get coughs?
5. What's the worst cough you've ever had?
6. What is your advice for someone with a cough?
7. Do you think medicine is good for a cough?
8. Is it better to let a cough get better on its own?
9. What do you know about antibiotics?
10. Is it best to go to a hospital if you have a cough?

*Honey better for coughs than antibiotics – 28th August, 2018*  
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# HONEY 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 'honey'?
13. What do you think about what you read?
14. Why is it bad if we take too many antibiotics?
15. What do you think of taking honey for a cough?
16. Why might honey be good for a cough?
17. What do you know about superbugs?
18. What remedies do you know of?
19. What did you think of medicine when you were a child?
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/1808/180828-honey.html>

Doctors in the United Kingdom have some (1) \_\_\_\_\_ advice for people with coughs. They are advising people not to visit a doctor to get (2) \_\_\_\_\_. Instead, people who have a cough should drink or eat honey or get some medicine from a drugstore. The doctors say that in most (3) \_\_\_\_\_, honey and over-the-counter medicines will work and people do not need antibiotics. The doctors added that most of the time, a cough will improve on its (4) \_\_\_\_\_ within two to three weeks even if you take nothing. Many of us visit a doctor at a hospital or clinic if we have a cough. Public health officials in England say this is (5) \_\_\_\_\_ a waste of time. They say antibiotics do little to make a cough (6) \_\_\_\_\_ away.

Doctors say we are using antibiotics too much and this can be bad for (7) \_\_\_\_\_. Many viruses and infections are becoming resistant to antibiotics, so medicines are becoming (8) \_\_\_\_\_ effective. Doctors say this is leading to the creation of superbugs. These can be very dangerous to our health. The doctors said honey can be very effective (9) \_\_\_\_\_ soothing a sore throat and making other symptoms disappear. A hot drink with honey is a traditional and well-known remedy (10) \_\_\_\_\_ coughs and sore throats. People also (11) \_\_\_\_\_ lemon or ginger to it. Using honey may be better for children with coughs. Many children do not like the taste of medicine but love the taste of honey. Younger children (12) \_\_\_\_\_ do not like visiting a doctor.

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

- |     |             |               |                |                |
|-----|-------------|---------------|----------------|----------------|
| 1.  | (a) new     | (b) newly     | (c) news       | (d) newt       |
| 2.  | (a) treats  | (b) treat     | (c) treatment  | (d) treaty     |
| 3.  | (a) cased   | (b) casing    | (c) case       | (d) cases      |
| 4.  | (a) owner   | (b) own       | (c) owns       | (d) owned      |
| 5.  | (a) huge    | (b) sizeable  | (c) bigness    | (d) largely    |
| 6.  | (a) come    | (b) drive     | (c) go         | (d) take       |
| 7.  | (a) them    | (b) us        | (c) they       | (d) we         |
| 8.  | (a) less    | (b) loss      | (c) lose       | (d) lesser     |
| 9.  | (a) in      | (b) on        | (c) at         | (d) as         |
| 10. | (a) at      | (b) by        | (c) for        | (d) on         |
| 11. | (a) total   | (b) attach    | (c) plus       | (d) add        |
| 12. | (a) general | (b) generally | (c) generality | (d) generalize |



# SPELLING

From <https://breakingnewsenglish.com/1808/180828-honey.html>

## Paragraph 1

1. ciadve for people with coughs
2. visit a doctor to get meetrtatn
3. get some ieecimdn
4. people do not need btacstiiino
5. a cough will repiomv on its own
6. this is largely a wtesa of time

## Paragraph 2

7. veurssi and infections
8. becoming resistant to tncboitaiis
9. becoming less eftfivece
10. making other ymotsmps disappear
11. well-known eermyd for coughs
12. arelygnel do not like visiting a doctor

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1808/180828-honey.html>

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

- ( ) eat honey or get some medicine from a drugstore. The doctors say that in most
- ( ) f you take nothing. Many of us visit a doctor at a hospital or clinic if we have a cough. Public health
- ( ) taste of medicine but love the taste of honey. Younger children generally do not like visiting a doctor.
- ( ) that most of the time, a cough will improve on its own within two to three weeks even I
- ( ) or ginger to it. Using honey may be better for children with coughs. Many children do not like the
- ( ) disappear. A hot drink with honey is a traditional and well-known remedy for coughs and sore throats. People also add lemon
- ( ) cases, honey and over-the-counter medicines will work and people do not need antibiotics. The doctors added
- ( ) officials in England say this is largely a waste of time. They say antibiotics do little to make a cough go away.
- ( ) infections are becoming resistant to antibiotics, so medicines are becoming less
- ( ) effective. Doctors say this is leading to the creation of superbugs. These can be very dangerous to our
- ( ) Doctors say we are using antibiotics too much and this can be bad for us. Many viruses and
- ( ) people not to visit a doctor to get treatment. Instead, people who have a cough should drink or
- ( **1** ) Doctors in the United Kingdom have some new advice for people with coughs. They are advising
- ( ) health. The doctors said honey can be very effective in soothing a sore throat and making other symptoms

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1808/180828-honey.html>

1. advice coughs . new for Some people with
2. should have honey . People drink a who cough
3. will improve . time, cough the of a Most
4. waste time . this is a of Officials say
5. a do disappear . make to Antibiotics cough little
6. are we using too antibiotics Doctors say much .
7. resistant are becoming antibiotics . Viruses and infections to
8. dangerous be to our These health . very can
9. the of do medicine like taste Children not
10. visiting generally not do Children a doctor . like

## CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1808/180828-honey.html>

Doctors in the United Kingdom have some new *advise / advice* for people with coughs. They are advising people not *to / for* visit a doctor to get treatment. Instead, people who have a cough should drink *nor / or* eat honey or get some medicine from a drugstore. The doctors say that in *most / must* cases, honey and over-the-counter medicines will work and people do not *need / needy* antibiotics. The doctors added that *must / most* of the time, a cough will improve on its *own / owner* within two to three weeks *ever / even* if you take nothing. Many of us visit a doctor at a hospital or *clinic / clinical* if we have a cough. Public health officials in England say this is largely a waste of time. They say antibiotics do *little / lot* to make a cough go away.

Doctors say we are using antibiotics too *many / much* and this can be bad for us. Many viruses and *infections / infectious* are becoming resistant to antibiotics, so medicines are *become / becoming* less effective. Doctors say this is *leading / lead* to the creation of superbugs. These can be very dangerous to our *healthy / health*. The doctors said honey can be very effective in soothing a *sore / thaw* throat and making other symptoms disappear. A hot drink with honey is a *traditional / traditionally* and well-known remedy for coughs and sore throats. People also *add / adding* lemon or ginger to it. Using honey may be better *for / of* children with coughs. Many children do not like the taste of medicine but love the taste of honey. Younger children *general / generally* do not like visiting a doctor.

**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/1808/180828-honey.html>

D\_c t\_r s \_n t h\_ U n\_t\_d K\_n g d\_m h\_v\_ s\_m\_ n\_w  
\_d v\_c\_ f\_r p\_\_ p\_l\_ w\_t h c\_\_ g h s . T h\_y \_r\_ \_d  
v\_s\_n g p\_\_ p\_l\_ n\_t t\_ v\_s\_t \_ d\_c t\_r t\_ g\_t t  
r\_\_ t m\_n t . I n s t\_\_ d , p\_\_ p\_l\_ w h\_ h\_v\_ \_ c\_\_ g h  
s h\_\_ l d d r\_n k \_r \_\_ t h\_n\_y \_r g\_t s\_m\_  
m\_d\_c\_n\_ f\_r\_m \_ d\_r\_g s\_t\_r\_ . T h\_ d\_c t\_r s s\_y t  
h\_t \_n m\_s t c\_s\_s , h\_n\_y \_n d \_v\_r - t h\_ - c\_\_ n t\_r  
m\_d\_c\_n\_s w\_l l w\_r k \_n d p\_\_ p\_l\_ d\_ n\_t n\_\_ d  
\_n t\_b\_\_ t\_c s . T h\_ d\_c t\_r s \_d d\_d t h\_t m\_s t \_f  
t h\_ t\_m\_ , \_ c\_\_ g h w\_l l \_m p\_r\_v\_ \_n \_t s \_w n  
w\_t h\_n t w\_ t\_ t h\_r\_\_ w\_\_ k s \_v\_n \_f y\_\_ t\_k\_  
n\_t h\_n g . M\_n y \_f \_s v\_s\_t \_ d\_c t\_r t\_ \_ h\_s  
p\_t\_l \_r c\_l\_n\_c \_f w\_ h\_v\_ \_ c\_\_ g h . P\_b\_l\_c h\_\_  
l t h \_f f\_c\_\_ l s \_n E n g l\_n d s\_y t h\_s \_s l\_r g\_l y  
\_ w\_s t\_ \_f t\_m\_ . T h\_y s\_y \_n t\_b\_\_ t\_c s d\_ l t t  
l\_ t\_ m\_k\_ \_ c\_\_ g h g\_ \_w\_y .

D\_c t\_r s s\_y w\_ \_r\_ \_s\_n g \_n t\_b\_\_ t\_c s t\_\_ m\_c h  
\_n d t h\_s c\_n b\_ b\_d f\_r \_s . M\_n y v\_r\_s\_s \_n d  
\_n f\_c t\_\_ n s \_r\_ b\_c\_m\_n g r\_s\_s t\_n t t\_ \_n t\_b\_\_  
t\_c s , s\_ m\_d\_c\_n\_s \_r\_ b\_c\_m\_n g l\_s s \_f f\_c t\_v\_ .  
D\_c t\_r s s\_y t h\_s \_s l\_\_ d\_n g t\_ t h\_ c\_r\_\_ t\_\_ n  
\_f s\_p\_r b\_g s . T h\_s\_ c\_n b\_ v\_r y d\_n g\_r\_\_ s t\_  
\_\_ r h\_\_ l t h . T h\_ d\_c t\_r s s\_\_ d h\_n\_y c\_n b\_  
v\_r y \_f f\_c t\_v\_ \_n s\_\_ t h\_n g \_s\_r\_ t h\_r\_\_ t \_n d  
m\_k\_n g \_t h\_r s\_y m\_p t\_m s d\_s\_p p\_\_ r . A h\_t d  
r\_n k w\_t h h\_n\_y \_s \_ t\_r d\_t\_\_ n\_l \_n d w\_l l - k  
n\_w n r\_m\_d y f\_r c\_\_ g h s \_n d s\_r\_ t h\_r\_\_ t s .  
P\_\_ p\_l\_ \_l s\_ \_d d l\_m\_n \_r g\_n g\_r t\_ \_t . U\_s\_n g  
h\_n\_y m\_y b\_ b\_t t\_r f\_r c\_h\_l d\_r\_n w\_t h c\_\_ g h  
s . M\_n y c\_h\_l d\_r\_n d\_ n\_t l\_k\_ t h\_ t\_s t\_ \_f  
m\_d\_c\_n\_ b\_t l\_v\_ t h\_ t\_s t\_ \_f h\_n\_y . Y\_\_ n g\_r c  
h\_l d\_r\_n g\_n\_r\_l l y d\_ n\_t l\_k\_ v\_s\_t\_n g \_ d\_c t\_r  
.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1808/180828-honey.html>

doctors in the united kingdom have some new advice for people with coughs they are advising people not to visit a doctor to get treatment instead people who have a cough should drink or eat honey or get some medicine from a drugstore the doctors say that in most cases honey and overthecounter medicines will work and people do not need antibiotics the doctors added that most of the time a cough will improve on its own within two to three weeks even if you take nothing many of us visit a doctor at a hospital or clinic if we have a cough public health officials in england say this is largely a waste of time they say antibiotics do little to make a cough go away

doctors say we are using antibiotics too much and this can be bad for us many viruses and infections are becoming resistant to antibiotics so medicines are becoming less effective doctors say this is leading to the creation of superbugs these can be very dangerous to our health the doctors said honey can be very effective in soothing a sore throat and making other symptoms disappear a hot drink with honey is a traditional and wellknown remedy for coughs and sore throats people also add lemon or ginger to it using honey may be better for children with coughs many children do not like the taste of medicine but love the taste of honey younger children generally do not like visiting a doctor

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1808/180828-honey.html>

Doctors in the United Kingdom have some new advice for people with coughs. They are advising people not to visit a doctor to get treatment. Instead, people who have a cough should drink some honey or get some medicine from a drug store. The doctors say that in most cases, honey and over-the-counter medicines will work and people do not need antibiotics. The doctors added that most of the time, a cough will improve on its own within two to three weeks even if you take nothing. Many of us visit a doctor at a hospital or clinic if we have a cough. Public health officials in England say this is largely a waste of time. They say antibiotics do little to make a cough go away. Doctors say we are using antibiotics too much and this can be bad for us. Many viruses and infections are becoming resistant to antibiotics, some medicines are becoming less effective. Doctors say this is leading to the creation of superbugs. These can be very dangerous to our health. The doctors said honey can be very effective in soothing a sore throat and making the symptoms disappear. A hot drink with honey is a traditional and well-known remedy for coughs and sore throats. People also add lemon or ginger to it. Using honey may be better for children with coughs. Many children do not like the taste of medicine but love the taste of honey. Younger children generally do not like visiting a doctor.







# 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. HONEY:** Make a poster about honey. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. NATURAL MEDICINE:** Write a magazine article about natural medicine being better than medicine from doctors. 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 honey. Ask him/her three questions about it. Give him/her three of your opinions on honey as a medicine. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

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

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

- |               |                 |
|---------------|-----------------|
| 1. advice     | a. ideas        |
| 2. treatment  | b. medical care |
| 3. drugstore  | c. pharmacy     |
| 4. improve    | d. get better   |
| 5. go away    | e. disappear    |
| 6. bad        | f. harmful      |
| 7. effective  | g. helpful      |
| 8. remedy     | h. cure         |
| 9. well-known | i. famous       |
| 10. generally | j. normally     |

## COMPREHENSION QUESTIONS (p.9)

1. A doctor
2. Drugstores
3. Antibiotics
4. Two to three weeks
5. A waste of time
6. Antibiotics
7. Viruses and infections
8. Superbugs
9. A sore throat
10. (Younger) children

## WORDS IN THE RIGHT ORDER (p.20)

1. Some new advice for people with coughs.
2. People who have a cough should drink honey.
3. Most of the time, a cough will improve.
4. Officials say this is a waste of time.
5. Antibiotics do little to make a cough disappear.
6. Doctors say we are using antibiotics too much.
7. Viruses and infections are becoming resistant to antibiotics.
8. These can be very dangerous to our health.
9. Children do not like the taste of medicine.
10. Children generally do not like visiting a doctor.

## MULTIPLE CHOICE - QUIZ (p.10)

1. d    2. b    3. d    4. c    5. d    6. c    7. a    8. c    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 ;-)