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**Level 3 – 16th October, 2019**

## **Slow walking speed at 45 linked to faster ageing**

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

<https://breakingnewsenglish.com/1910/191016-walking-speed.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/1910/191016-walking-speed.html>

New research shows that people who walk more slowly at the age of 45 may be more likely to age faster. Scientists said that slower walkers who are in their forties and fifties could get older more quickly than faster walkers. This ageing could be both physically and mentally. The scientists said walking speed could help doctors understand more about the age-related health problems that people have. Doctors already knew that older people who walked slowly were more likely to have health problems. They wanted to find out if this was the same for younger people. Researcher Terrie Moffitt said: "Doctors know that slow walkers in their 70s and 80s tend to die sooner than fast walkers their same age."

The researchers conducted a study and looked at test data of 904 people. The people in the tests had medical records of health checks from throughout their lives. For some participants, these records went back to when they were three years old. The researchers used data on the intelligence of the participants. They looked at how quickly people could calculate things and how good their memory was. They also did tests on the participants at different walking speeds. The scientists asked the participants to say the alphabet while walking at a normal speed and fast speed. They scanned the participants' brains and found that people who walked more slowly showed less brain activity while saying the alphabet.

Sources: <https://www.medicalnewstoday.com/articles/326648.php>  
<https://medicalxpress.com/news/2019-10-slower-walkers-older-brains-bodies.html>  
<https://news.sky.com/story/how-fast-do-you-walk-new-warning-about-being-a-slow-walker-11833595>

# WARM-UPS

**1. WALKING SPEED:** Students walk around the class and talk to other students about walking speed. 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?

research / age / walkers / fifties / physically / mentally / health / problems / age / test / data / medical / participants / intelligence / memory / normal speed / alphabet

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

**3. EXERCISE:** Students A **strongly** believe walking is the best exercise; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

**4. AGE:** What are the best exercises for people to do at these ages? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

People in their...	The Best Exercise	Why?
teens		
20s		
40s		
60s		
80s		
early 100s		

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

**6. HEALTH PROBLEMS:** Rank these with your partner. Put the best worst health problems for older people at the top. Change partners often and share your rankings.

- hearing loss
- bad back
- joint pains
- memory loss
- heart problems
- wrinkles
- high blood pressure
- incontinence

# VOCABULARY MATCHING

## Paragraph 1

- |               |  |
|---------------|--|
| 1. likely     | a. How fast something or someone moves.        |
| 2. ageing     | b. About the body.                             |
| 3. physically | c. The process of growing old.                 |
| 4. mentally   | d. Happening earlier or before something else. |
| 5. speed      | e. Might happen or be true; probable.          |
| 6. tend       | f. About the brain and the mind.               |
| 7. sooner     | g. Usually behave in a particular way.         |

## Paragraph 2

- |                  |  |
|------------------|--|
| 8. data          | h. A person who takes part in something.                                     |
| 9. medical       | i. Find the number of something using maths.                                 |
| 10. throughout   | j. The part of the brain that remembers things and stores information.       |
| 11. participants | k. About medicine and body health, or the treatment of illness and injuries. |
| 12. memory       | l. A set of letters from A to Z.   |
| 13. calculate    | m. Information, facts and statistics.  |
| 14. alphabet     | n. From the beginning to the end of an event or period of time.              |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

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

- a. The article said all 45-year-olds should walk faster. **T / F**
- b. The article said 50-year-olds walk faster than 40-year-olds. **T / F**
- c. The article said walking speed helps doctors understand health problems. **T / F**
- d. The article said slow 70-year-olds die sooner than fast 80-year-olds. **T / F**
- e. Researchers looked at data on 904 people. **T / F**
- f. Some participants in the study had health records from the age of three. **T / F**
- g. Researchers checked how well people could remember how to walk. **T / F**
- h. People in the study had to say the alphabet backwards. **T / F**

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

- |                        |                     |
|------------------------|---------------------|
| 1. <b>likely</b>       | a. carried out      |
| 2. <b>faster</b>       | b. earlier          |
| 3. <b>understand</b>   | c. discovered       |
| 4. <b>problems</b>     | d. quicker          |
| 5. <b>sooner</b>       | e. brain power      |
| 6. <b>conducted</b>    | f. difficulties     |
| 7. <b>throughout</b>   | g. probable         |
| 8. <b>intelligence</b> | h. pace             |
| 9. <b>speed</b>        | i. know             |
| 10. <b>found</b>       | j. for the whole of |

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

- |   |                         |
|---|-------------------------|
| 1. people who walk more                 | a. the alphabet         |
| 2. This ageing could be both physically | b. the same             |
| 3. more likely to                       | c. of 904 people        |
| 4. find out if this was                 | d. and mentally         |
| 5. tend                                 | e. the participants     |
| 6. looked at test data                  | f. have health problems |
| 7. medical                              | g. a normal speed       |
| 8. the intelligence of                  | h. records              |
| 9. while walking at                     | i. to die sooner        |
| 10. while saying                        | j. slowly               |

# GAP FILL

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

New research shows that people who walk more slowly at the (1) \_\_\_\_\_ of 45 may be more likely to age faster. Scientists said that slower walkers who are in their (2) \_\_\_\_\_ and fifties could get older more quickly than faster walkers. This ageing could be (3) \_\_\_\_\_ physically and mentally. The (4) \_\_\_\_\_ said walking speed could help doctors (5) \_\_\_\_\_ more about the age-related health problems that people have. Doctors already (6) \_\_\_\_\_ that older people who walked slowly were more likely to have health problems. They wanted to find out if this was the (7) \_\_\_\_\_ for younger people. Researcher Terrie Moffitt said: "Doctors know that slow walkers in their 70s and 80s (8) \_\_\_\_\_ to die sooner than fast walkers their same age."

*knew*  
*forties*  
*tend*  
*scientists*  
*age*  
*same*  
*both*  
*understand*

The researchers conducted a study and looked at (9) \_\_\_\_\_ data of 904 people. The people in the tests had medical records of health (10) \_\_\_\_\_ from throughout their lives. For some (11) \_\_\_\_\_, these records went back to when they were three years old. The researchers used data on the intelligence of the participants. They looked at how (12) \_\_\_\_\_ people could calculate things and how good their memory was. They also did tests on the participants at (13) \_\_\_\_\_ walking speeds. The scientists asked the participants to say the (14) \_\_\_\_\_ while walking at a normal speed and fast speed. They scanned the participants' (15) \_\_\_\_\_ and found that people who walked more slowly showed less brain activity while (16) \_\_\_\_\_ the alphabet.

*quickly*  
*checks*  
*alphabet*  
*saying*  
*test*  
*different*  
*brains*  
*participants*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

- 1) This ageing could be both physically \_\_\_\_\_
  - a. and mental
  - b. end mentally
  - c. end mental
  - d. and mentally
- 2) walking speed could help doctors understand more about the age-\_\_\_\_\_ problems
  - a. reacted health
  - b. related health
  - c. real late health
  - d. relates health
- 3) people who walked slowly were more likely to have \_\_\_\_\_
  - a. healthy problems
  - b. wealth problems
  - c. wealthy problems
  - d. health problems
- 4) They wanted to find out if this was the same for \_\_\_\_\_
  - a. younger people
  - b. young people
  - c. yearning people
  - d. young are people
- 5) Doctors know that slow walkers in their 70s and 80s \_\_\_\_\_ sooner
  - a. fend to die
  - b. tend to die
  - c. send to die
  - d. mend to die
- 6) The researchers conducted a study and looked at test \_\_\_\_\_ people
  - a. data off 904
  - b. data oft 904
  - c. data aft 904
  - d. data of 904
- 7) people in the tests had medical records of health checks from \_\_\_\_\_ lives
  - a. thorough out their
  - b. threw out their
  - c. throughout their
  - d. thrown out their
- 8) The researchers used data on the intelligence \_\_\_\_\_
  - a. oaf the participants
  - b. off the participants
  - c. of the participants
  - d. if the participants
- 9) They also did tests on the participants at different \_\_\_\_\_
  - a. walk in speeds
  - b. walk in speed
  - c. walking speedos
  - d. walking speeds
- 10) found that people who walked more slowly showed less \_\_\_\_\_
  - a. brainy activity
  - b. brain activity
  - c. brains activity
  - d. brainless activity

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

New research shows that people (1) \_\_\_\_\_ slowly at the age of 45 may be (2) \_\_\_\_\_ age faster. Scientists said that slower walkers who are in their forties and fifties could get older more quickly than faster walkers. This ageing (3) \_\_\_\_\_ physically and mentally. The scientists said walking speed could help doctors understand more (4) \_\_\_\_\_ health problems that people have. Doctors already knew that older people who walked slowly were more likely to have health problems. They wanted (5) \_\_\_\_\_ if this was the same for younger people. Researcher Terrie Moffitt said: "Doctors know that slow walkers in their 70s and 80s (6) \_\_\_\_\_ sooner than fast walkers their same age."

The researchers conducted a study and looked (7) \_\_\_\_\_ of 904 people. The people in the tests had medical records of health checks from (8) \_\_\_\_\_. For some participants, these records went back to when they were three years old. The researchers used data on the intelligence (9) \_\_\_\_\_. They looked at how quickly people could calculate things and how good (10) \_\_\_\_\_. They also did tests on the participants at different walking speeds. The scientists asked the participants to say the alphabet while walking at (11) \_\_\_\_\_ and fast speed. They scanned the participants' brains and found that people who walked more slowly (12) \_\_\_\_\_ activity while saying the alphabet.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

1. What shows that slow-walking 45-year-olds could die earlier?
2. In what two ways could the ageing show itself?
3. Who does walking speed help to understand?
4. Who is Terrie Moffitt?
5. What two age groups were mentioned by Terrie Moffitt?
6. How many people did researchers look at the data of?
7. From what age did some participants have medical records?
8. What did researchers look at what people could do?
9. What speeds did people have to walk at in the researchers' tests?
10. What did people have to say while they were walking?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

- 1) What shows that slow-walking 45-year-olds could die earlier?
  - a) a television
  - b) new research
  - c) the Internet
  - d) statistics
- 2) In what two ways could the ageing show itself?
  - a) young and old
  - b) now and then
  - c) mentally and physically
  - d) before and after
- 3) Who does walking speed help to understand?
  - a) researchers
  - b) old people
  - c) young people
  - d) doctors
- 4) Who is Terrie Moffitt?
  - a) an old person
  - b) a researcher
  - c) a doctor
  - d) a young person
- 5) What two age groups were mentioned by Terrie Moffitt?
  - a) 70s and 80s
  - b) 60s and 70s
  - c) 50s and 60s
  - d) 80s and 90s
- 6) How many people did researchers look at the data of?
  - a) 904
  - b) 903
  - c) 902
  - d) 901
- 7) From what age did some participants have medical records?
  - a) 6
  - b) 5
  - c) 4
  - d) 3
- 8) What did researchers look at what people could do?
  - a) spell
  - b) draw
  - c) calculate
  - d) learn a language
- 9) What speeds did people have to walk at in the researchers' tests?
  - a) slow and medium
  - b) slow and fast
  - c) medium and fast
  - d) normal and fast
- 10) What did people have to say while they were walking?
  - a) the 12-times table
  - b) the alphabet
  - c) a poem
  - d) names of their family

# ROLE PLAY

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

## **Role A – Hearing Loss**

You think hearing loss is the worst health problem for older people. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): joint pain, high blood pressure or incontinence.

## **Role B – Joint Pain**

You think joint pain is the worst health problem for older people. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): hearing loss, high blood pressure or incontinence.

## **Role C – High Blood Pressure**

You think high blood pressure is the worst health problem for older people. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): joint pain, hearing loss or incontinence.

## **Role D – Incontinence**

You think incontinence is the worst health problem for older people. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): joint pain, high blood pressure or hearing loss.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

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

age	speed

- 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>• shows</li><li>• fifties</li><li>• help</li><li>• knew</li><li>• find</li><li>• sooner</li></ul>	<ul style="list-style-type: none"><li>• study</li><li>• throughout</li><li>• three</li><li>• calculate</li><li>• normal</li><li>• less</li></ul>
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# WALKING SPEED SURVEY

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

Write five GOOD questions about walking speed 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.

# WALKING SPEED 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 'age'?
3. How would you describe your walking?
4. Why might slower walking be a sign of ageing?
5. Will you walk faster from now on?
6. How much walking do you do every day?
7. What are the benefits of walking?
8. Should we walk more to help the planet?
9. Are car drivers who walk less more likely to age faster?
10. How is walking good for your brain?

*Slow walking speed at 45 linked to faster ageing – 16th October, 2019*  
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# WALKING SPEED 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 'walking'?
13. What do you think about what you read?
14. What do you think of walking?
15. What could you do to walk more in daily life?
16. How quickly can you calculate things?
17. How good is your memory?
18. What three adjectives best describe this story?
19. What would scans of your brain show?
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/1910/191016-walking-speed.html>

New (1) \_\_\_\_\_ shows that people who walk more slowly at the age of 45 may be more likely to age faster. Scientists said that slower walkers who are (2) \_\_\_\_\_ their forties and fifties could get older more (3) \_\_\_\_\_ than faster walkers. This ageing could be both physically and mentally. The scientists said walking speed could help doctors understand more about the age-(4) \_\_\_\_\_ health problems that people have. Doctors already knew that older people who walked slowly were more likely to have health problems. They wanted to find (5) \_\_\_\_\_ if this was the same for younger people. Researcher Terrie Moffitt said: "Doctors know that slow walkers in their 70s and 80s tend to die (6) \_\_\_\_\_ than fast walkers their same age."

The researchers (7) \_\_\_\_\_ a study and looked at test data of 904 people. The people in the tests had medical records of health checks from (8) \_\_\_\_\_ their lives. For some participants, these records went back to when they were three years old. The researchers used (9) \_\_\_\_\_ on the intelligence of the participants. They looked at how quickly people could calculate things and how good their (10) \_\_\_\_\_ was. They also did tests on the participants at different walking speeds. The scientists asked the participants to say the alphabet (11) \_\_\_\_\_ walking at a normal speed and fast speed. They scanned the participants' brains and found that people who walked more slowly (12) \_\_\_\_\_ less brain activity while saying the alphabet.

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

- |     |                |                |                |                  |
|-----|----------------|----------------|----------------|------------------|
| 1.  | (a) researches | (b) researched | (c) researcher | (d) research     |
| 2.  | (a) as         | (b) at         | (c) on         | (d) in           |
| 3.  | (a) quicken    | (b) quickly    | (c) quickest   | (d) quick        |
| 4.  | (a) relation   | (b) relates    | (c) related    | (d) relationship |
| 5.  | (a) out        | (b) up         | (c) in         | (d) of           |
| 6.  | (a) sooner     | (b) early      | (c) fastest    | (d) hurrying     |
| 7.  | (a) narrated   | (b) turned     | (c) messaged   | (d) conducted    |
| 8.  | (a) throughout | (b) thoroughly | (c) thought    | (d) though       |
| 9.  | (a) dates      | (b) data       | (c) dating     | (d) dateline     |
| 10. | (a) memorial   | (b) remember   | (c) memory     | (d) memorize     |
| 11. | (a) what       | (b) whether    | (c) while      | (d) why          |
| 12. | (a) seen       | (b) showed     | (c) viewed     | (d) looked       |



# SPELLING

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

## Paragraph 1

1. new aescrrhe shows that
2. more keliyl to age faster
3. walkers who are in their stifoer
4. both ypahycisll and mentally
5. the age-teealdr health problems
6. tend to die ernoos

## Paragraph 2

7. dudecocnt a study
8. laedmci records
9. rtuoghhuot their lives
10. data on the geinitncell
11. how good their ymeomr was
12. while saying the hbplteaa

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

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

- ( ) walking at a normal speed and fast speed. They scanned the participants' brains and
- ( ) faster. Scientists said that slower walkers who are in their forties and fifties could get older more quickly than faster
- ( ) to find out if this was the same for younger people. Researcher Terrie Moffitt said: "Doctors know that slow walkers
- ( ) in their 70s and 80s tend to die sooner than fast walkers their same age."
- ( ) found that people who walked more slowly showed less brain activity while saying the alphabet.
- ( ) doctors understand more about the age-related health problems that people have. Doctors already knew
- ( ) that older people who walked slowly were more likely to have health problems. They wanted
- ( ) walkers. This ageing could be both physically and mentally. The scientists said walking speed could help
- ( ) at how quickly people could calculate things and how good their memory was. They also did tests on the participants
- ( **1** ) New research shows that people who walk more slowly at the age of 45 may be more likely to age
- ( ) back to when they were three years old. The researchers used data on the intelligence of the participants. They looked
- ( ) at different walking speeds. The scientists asked the participants to say the alphabet while
- ( ) records of health checks from throughout their lives. For some participants, these records went
- ( ) The researchers conducted a study and looked at test data of 904 people. The people in the tests had medical

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

1. in walkers Slower are their forties . who
2. more . help speed doctors understand could Walking
3. were likely to . who slowly more People walked
4. the if this was out Find same .
5. sooner same than walkers age . their fast Die
6. people records . medical tests The in the had
7. could quickly looked how at They people calculate .
8. walking different speeds . the at Tests participants on
9. the at speed . Say walking while normal alphabet
10. brain alphabet . Showed less the activity saying while

## CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

New research shows that people who walk more *slow / slowly* at the age of 45 may be more likely to *age / ageing* faster. Scientists said that slower walkers who are in *them / their* forties and fifties could get older *most / more* quickly than faster walkers. This ageing could be *both / same* physically and *mentally / mental*. The scientists said walking speed could help doctors understand more about the age-related health problems that people *do / have*. Doctors already knew that older people who walked slowly were more *likely / liked* to have health problems. They wanted to find out if this was the *similar / same* for younger people. Researcher Terrie Moffitt said: "Doctors know that slow walkers in their 70s and 80s tend to die sooner *that / than* fast walkers their same age."

The researchers *conduct / conducted* a study and looked at test data *off / of* 904 people. The people in the tests had *medical / medically* records of health checks from *thorough / throughout* their lives. For some participants, these records went back to when they were three years *age / old*. The researchers used data on the intelligence of the participants. They looked at *what / how* quickly people could calculate things and how good their memory *be / was*. They also did tests on the participants at different walking speeds. The scientists asked the participants to *say / talk* the alphabet while walking at a normal speed and fast speed. They *scanned / scorned* the participants' brains and found that people who walked more slowly showed less brain activity while *saying / speaking* the alphabet.

**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/1910/191016-walking-speed.html>

N\_w r\_s\_\_ r c h s h\_w s t h\_t p\_\_ p l\_ w h\_ w\_l k  
m\_r\_ s l\_w l y \_t t h\_ \_g\_ \_f 4 5 m\_y b\_ m\_r\_ l\_k\_l  
y t\_ \_g\_ \_f\_s t\_r. S c\_\_ n t\_s t s s\_\_ d t h\_t s l\_w\_r  
w\_l k\_r s w h\_ \_r\_ \_n t h\_\_ r f\_r t\_\_ s \_n d f\_f t\_\_ s  
c\_\_ l d g\_t \_l d\_r m\_r\_ q\_\_ c k l y t h\_n f\_s t\_r w\_l  
k\_r s. T h\_s \_g\_\_ n g c\_\_ l d b\_ b\_t h p h y s\_c\_l l y  
\_n d m\_n t\_l l y. T h\_ s c\_\_ n t\_s t s s\_\_ d w\_l k\_n g  
s p\_\_ d c\_\_ l d h\_l p d\_c t\_r s \_n d\_r s t\_n d m\_r\_  
\_b\_\_ t t h\_ \_g\_- r\_l\_t\_d h\_\_ l t h p\_r b\_l m\_s t h\_t  
p\_\_ p l\_ h\_v\_. D\_c t\_r s \_l\_r\_\_ d y k n\_w t h\_t \_l d\_r  
p\_\_ p l\_ w h\_ w\_l k\_d s l\_w l y w\_r\_ m\_r\_ l\_k\_l y t\_  
h\_v\_ h\_\_ l t h p\_r b\_l m\_s. T h\_y w\_n t\_d t\_ f\_n d  
\_\_ t \_f t h\_s w\_s t h\_ s\_m\_ f\_r y\_\_ n g\_r p\_\_ p l\_.  
R\_s\_\_ r c h\_r T\_r r\_\_ M\_f f\_t t s\_\_ d: "D\_c t\_r s k  
n\_w t h\_t s l\_w w\_l k\_r s \_n t h\_\_ r 7 0 s \_n d 8 0  
s t\_n d t\_ d\_\_ s\_\_ n\_r t h\_n f\_s t w\_l k\_r s t h\_\_  
r s\_m\_ \_g\_."

T h\_ r\_s\_\_ r c h\_r s c\_n d\_c t\_d \_ s t\_d y \_n d l\_\_ k\_d  
\_t t\_s t d\_t\_ \_f 9 0 4 p\_\_ p l\_. T h\_ p\_\_ p l\_ \_n t  
h\_ t\_s t s h\_d m\_d\_c\_l r\_c\_r d s \_f h\_\_ l t h c h\_c k  
s f\_r m t h\_r\_\_ g h\_\_ t t h\_\_ r l\_v\_s. F\_r s\_m\_  
p\_r t\_c\_p\_n t s, t h\_s\_ r\_c\_r d s w\_n t b\_c k t\_ w  
h\_n t h\_y w\_r\_ t h\_r\_\_ y\_\_ r s \_l d. T h\_ r\_s\_\_ r c  
h\_r s \_s\_d d\_t\_ \_n t h\_ \_n t\_l l\_g\_n c\_ \_f t h\_ p\_r  
t\_c\_p\_n t s. T h\_y l\_\_ k\_d \_t h\_w q\_\_ c k l y p\_\_ p  
l\_ c\_\_ l d c\_l c\_l\_t\_ t h\_n g\_s \_n d h\_w g\_\_ d t h\_\_  
r m\_m\_r y w\_s. T h\_y \_l s\_ d\_d t\_s t s \_n t h\_  
p\_r t\_c\_p\_n t s \_t d\_f f\_r n t w\_l k\_n g s p\_\_ d s. T  
h\_ s c\_\_ n t\_s t s \_s k\_d t h\_ p\_r t\_c\_p\_n t s t\_ s\_y  
t h\_ \_l p h\_b\_t w h\_l\_ w\_l k\_n g \_t \_n\_r m\_l s p\_\_ d  
\_n d f\_s t s p\_\_ d. T h\_y s c\_n n\_d t h\_ p\_r t\_c\_p\_n  
t s' b\_r\_\_ n s \_n d f\_\_ n d t h\_t p\_\_ p l\_ w h\_ w\_l  
k\_d m\_r\_ s l\_w l y s h\_w\_d l\_s s b\_r\_\_ n \_c t\_v\_t y  
w h\_l\_ s\_y\_n g t h\_ \_l p h\_b\_t.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

new research shows that people who walk more slowly at the age of 45 may be more likely to age faster scientists said that slower walkers who are in their forties and fifties could get older more quickly than faster walkers this ageing could be both physically and mentally the scientists said walking speed could help doctors understand more about the age-related health problems that people have doctors already knew that older people who walked slowly were more likely to have health problems they wanted to find out if this was the same for younger people researcher terrie moffitt said doctors know that slow walkers in their 70s and 80s tend to die sooner than fast walkers their same age

the researchers conducted a study and looked at test data of 904 people the people in the tests had medical records of health checks from throughout their lives for some participants these records went back to when they were three years old the researchers used data on the intelligence of the participants they looked at how quickly people could calculate things and how good their memory was they also did tests on the participants at different walking speeds the scientists asked the participants to say the alphabet while walking at a normal speed and fast speed they scanned the participants brains and found that people who walked more slowly showed less brain activity while saying the alphabet

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1910/191016-walking-speed.html>

New research shows that people who walk more slowly at the age of 45 may be more likely to age faster. Scientists said that slower walkers who are in their forties and fifties could get older more quickly than faster walkers. This ageing could be both physically and mentally. The scientists said walking speed could help doctors understand more about the age-related health problems that people have. Doctors already knew that older people who walked slowly were more likely to have health problems. They wanted to find out if this was the same for younger people. Researcher Terrie Moffitt said: "Doctors know that slow walkers in their 70s and 80s tend to die sooner than fast walkers the same age." The researchers conducted a study and looked at test data of 904 people. The people in the test had medical records of health checks from throughout their lives. For some participants, these records went back to when they were three years old. The researchers used data on the intelligence of the participants. They looked at how quickly people could calculate things and how good their memory was. They also did tests on the participants at different walking speeds. The scientists asked the participants to say the alphabet while walking at a normal speed and a fast speed. They scanned the participants' brains and found that people who walked more slowly showed less brain activity while saying the alphabet.







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

**4. AGEING:** Write a magazine article about everyone having to do something every day to slow down ageing. 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 walking speed. Ask him/her three questions about it. Give him/her three of your opinions on walking. 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 T    e T    f T    g F    h F

## SYNONYM MATCH (p.5)

- |                 |                     |
|-----------------|---------------------|
| 1. likely       | a. probable         |
| 2. faster       | b. quicker          |
| 3. understand   | c. know             |
| 4. problems     | d. difficulties     |
| 5. sooner       | e. earlier          |
| 6. conducted    | f. carried out      |
| 7. throughout   | g. for the whole of |
| 8. intelligence | h. brain power      |
| 9. speed        | i. pace             |
| 10. found       | j. discovered       |

## COMPREHENSION QUESTIONS (p.9)

1. New research
2. Mentally and physically
3. Doctors
4. A researcher
5. People in their 70s and 80s
6. 904
7. Three
8. Calculate
9. Normal and fast
10. The alphabet

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

1. Slower walkers who are in their forties.
2. Walking speed could help doctors understand more.
3. People who walked slowly were more likely to.
4. Find out if this was the same.
5. Die sooner than fast walkers their same age.
6. The people in the tests had medical records.
7. They looked at how quickly people could calculate.
8. Tests on the participants at different walking speeds.
9. Say the alphabet while walking at normal speed.
10. Showed less brain activity while saying the alphabet.

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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