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Level 0 – 31st July, 2021

Flavonoids can cut the risk of dementia by a third

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

<https://breakingnewsenglish.com/2107/210731-flavonoids-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2107/210731-flavonoids-0.html>

We are living longer, so more people have dementia. Fruit and vegetables can cut dementia by over 30%. Flavonoids in food give our brain oxygen. Flavonoids give food like blueberries, oranges, peppers and strawberries their colour. A researcher said colourful food with flavonoids is good for long-term brain health.

Researchers studied 77,000 people for 20 years. People who ate more flavonoids were 38 per cent less likely to get dementia. Older people could feel four years younger. A researcher said flavonoids can really help our thinking skills as we get older. He said: "Adding colour to your plate may lower the risk of cognitive decline."

Sources: <https://www.medicalnewstoday.com/articles/colorful-fruit-and-veg-may-reduce-risk-of-cognitive-decline#Subjective-cognitive-decline>
<https://edition.cnn.com/2021/07/28/health/flavonoid-cognitive-decline-study-wellness/index.html>
<https://www.mirror.co.uk/news/uk-news/healthy-diet-could-cut-risk-24638889>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2107/210731-flavonoids-0.html>

PARAGRAPH ONE:

- | | |
|---------------------|----------------------|
| 1. We are living | a. food |
| 2. more people have | b. with flavonoids |
| 3. vegetables can | c. blueberries |
| 4. Flavonoids in | d. term brain health |
| 5. give our brain | e. dementia |
| 6. food like | f. oxygen |
| 7. colourful food | g. longer |
| 8. good for long- | h. cut dementia |

PARAGRAPH TWO:

- | | |
|--------------------------------------|---------------------------|
| 1. Researchers studied 77,000 people | a. thinking skills |
| 2. People who ate | b. to your plate |
| 3. 38 per cent less | c. more flavonoids |
| 4. people could feel four | d. of cognitive decline |
| 5. flavonoids can really help our | e. years younger |
| 6. as we | f. for 20 years |
| 7. Adding colour | g. get older |
| 8. lower the risk | h. likely to get dementia |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2107/210731-flavonoids-0.html>

We (1) _____, so more people have dementia.

Fruit and vegetables (2) _____ by over 30%.

Flavonoids (3) _____ our brain oxygen.

Flavonoids (4) _____ blueberries, oranges,

peppers and (5) _____. A researcher said

colourful food with flavonoids is good (6) _____

brain health.

Researchers studied 77,000 (7) _____ years.

People (8) _____ flavonoids were 38 per cent

less likely to get dementia. Older people

(9) _____ years younger. A researcher said

flavonoids (10) _____ our thinking skills as

(11) _____. He said: "Adding colour to your plate

may lower (12) _____ cognitive decline."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2107/210731-flavonoids-0.html>

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scan cut dementia by over 30%. Flavonoids in food give our brain oxygen.
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long-term brain health. Researchers studied 77,000 people for 20 years.
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tia. Older people could feel four years younger. A researcher said flavon-
oids can really help our thinking skills as we get older. He said: "Adding col-
our to your plate may lower the risk of cognitive decline."

FLAVONOIDS SURVEY

From <https://breakingnewsenglish.com/2107/210731-flavonoids-0.html>

Write five GOOD questions about flavonoids 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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

