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Level 4

7 portions of fruit & vegetables a day best

3rd April, 2014

<http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables-4.html>



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Please try the harder Level 5 and the 26-page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables-4.html>

We are always told that five portions of fruit and vegetables are enough to keep disease away and to live longer. A new study now says people who eat seven portions a day are healthier. Researchers studied the eating habits of 65,000 adults over seven years. They said that there was a strong "inverse" relationship between eating fruit and vegetables and death with people who ate more fruit and vegetables.

The researchers said people who ate up to seven portions a day had a 42 per cent lower risk of death than those who had just one portion. They said schools should serve healthier meals and supermarkets should display cheaper fruit and vegetables where people can see them better. They said frozen and canned fruit was bad for you. A dietician said people who ate more fruit and veg were richer, so their lifestyles helped them to live longer.

Sources: <http://www.newscientist.com/article/dn25338-five-a-day-is-not-enough-fruit-and-veg-for-best-health.html#.UzpcTV4uKHA>
<http://jech.bmj.com/content/early/2014/03/03/jech-2013-203500>
<http://www.livescience.com/44504-fruits-vegetables-servings-mortality.html>

MATCHING

From <http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables-4.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|----------------------|
| 1. We are always told | a. 65,000 adults |
| 2. enough to keep | b. relationship |
| 3. people who eat seven portions a | c. disease away |
| 4. the eating habits of | d. that |
| 5. there was a strong "inverse" | e. ate more fruit |
| 6. people who | f. day are healthier |

PARAGRAPH TWO:

- | | |
|------------------------------|------------------------|
| 1. up | a. and veg were richer |
| 2. a 42 per cent lower | b. to seven |
| 3. schools should serve | c. helped them |
| 4. frozen | d. risk of death |
| 5. people who ate more fruit | e. and canned fruit |
| 6. their lifestyles | f. healthier meals |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables-4.html>

We (1) _____ five portions of fruit and vegetables are enough to keep disease away (2) _____. A new study now says people who eat seven portions (3) _____. Researchers studied (4) _____ 65,000 adults over seven years. They said that there was (5) _____ relationship between eating fruit and vegetables and death with people (6) _____ and vegetables.

The researchers said people (7) _____ seven portions a day had a 42 per cent (8) _____ than those who had just one portion. They said schools (9) _____ meals and supermarkets (10) _____ fruit and vegetables where people can see them better. They said frozen (11) _____ was bad for you. A dietician said people who ate more fruit (12) _____ their lifestyles helped them to live longer.

FRUIT AND VEGETABLES SURVEY

From <http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables-4.html>

Write five GOOD questions about fruit and vegetables 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) _____
- g) _____
- h) _____

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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) _____
- g) _____
- h) _____

