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## **Level 0**

# **Workers must take lunch breaks**

**8th June, 2014**

<http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-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 <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-0.html>

Many people work in their lunch hour. This is unhealthy. People get sick. They take time off work. A health group asked 2,000 people about their lunchtime. Twenty per cent worked, fifty per cent ate lunch at their desk and twenty per cent went outside.

They went shopping. Three per cent went to the gym.

Workers should take a lunch break and exercise. They spend a long time travelling to and from work. It is difficult to find time to exercise. Exercising five times a week is difficult. We need to try to be more active at work. We need to find time to be healthier. Companies lose money if employees are sick.

Sources: <http://www.bbc.com/news/uk-27726859>  
<http://www.belfasttelegraph.co.uk/news/local-national/uk/staff-need-breaks-to-stay-healthy-30333728.html>  
<http://www.scotsman.com/news/health/working-late-and-dining-at-desk-poses-health-risk-1-3435282>

# VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-0.html>

## PARAGRAPH ONE:

- |                             |                     |
|-----------------------------|---------------------|
| 1. people work in           | a. at their desk    |
| 2. People get               | b. shopping         |
| 3. They take time           | c. 2,000 people     |
| 4. A health group asked     | d. their lunch hour |
| 5. fifty per cent ate lunch | e. sick             |
| 6. twenty per cent          | f. the gym          |
| 7. They went                | g. went outside     |
| 8. Three per cent went to   | h. off work         |

## PARAGRAPH TWO:

- |                            |                          |
|----------------------------|--------------------------|
| 1. Workers should take     | a. find time             |
| 2. They spend a long       | b. be healthier          |
| 3. travelling to and       | c. time                  |
| 4. It is difficult to      | d. week is difficult     |
| 5. Exercising five times a | e. a lunch break         |
| 6. try to be               | f. if employees are sick |
| 7. We need to find time to | g. more active           |
| 8. Companies lose money    | h. from work             |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-0.html>

Many people work (1) \_\_\_\_\_ hour. This is unhealthy. People get sick. They (2) \_\_\_\_\_ work. A health (3) \_\_\_\_\_ people about their lunchtime. Twenty per cent worked, (4) \_\_\_\_\_ lunch at their desk and twenty per (5) \_\_\_\_\_. They went shopping. Three per cent (6) \_\_\_\_\_.

Workers should take a lunch (7) \_\_\_\_\_. They spend a long time (8) \_\_\_\_\_ from work. It is difficult (9) \_\_\_\_\_ exercise. Exercising five times a week is difficult. We need (10) \_\_\_\_\_ more active at work. We (11) \_\_\_\_\_ to be healthier. Companies lose money if (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-0.html>

Manypeopleworkintheirlunchhour.Thisishunhealthy.Peoplegetsick.

Theytaketimeoffwork.Ahealthgroupasked2,000peopleabouttheir

unchtime.Twentypercentworked,fiftypercentatelunchattheirdesk

andtwentypercentwentoutside.Theywentshopping.Threepercent

wenttothegym.Workersshouldtakealunchbreakandexercise.They

spendalongtimetravellingtoandfromwork.Itisdifficulttofindtimeto

exercise.Exercisingfivetimesaweekisdifficult.Weneedtotrytobem

oreactiveatwork.Weneedtofindtimetobehealthier.Companieslose

moneyifemployeesaresick.

## 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) \_\_\_\_\_

# WRITING

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-0.html>

Write about **lunch** for 10 minutes. Read and talk about your partner's paper.

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