# www.Breaking News English.com

**Ready-to-Use English Lessons by Sean Banville** 

"1,000 IDEAS & ACTIVITIES FOR LANGUAGE TEACHERS"

www.breakingnewsenglish.com/book.html

Thousands more free lessons from Sean's other websites www.freeesImaterials.com/sean\_banville\_lessons.html

# Level 4 Keeping cold could keep you thinner

10th January, 2015

http://www.breakingnewsenglish.com/1501/150110-fat-4.html

### Contents

The Reading	2
Matching	3
Listening Gap Fill	4
Survey	5
Discussion	6
Writing	7

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



# THE READING

From http://www.breakingnewsenglish.com/1501/150110-fat-4.html

Scientists in California found that the cold could help us lose weight. Being in the cold increases levels of a protein that makes brown fat. This burns energy and helps us lose weight. White fat stores energy and so we put on weight. The researchers said air conditioning and heating keep us warm. This means we do need so much brown fat. Workers who work in cold temperatures outside have a lot more brown fat than people who work indoors.

The research was on two groups of mice. One group was given the brown-fat protein. This group gained 30 per cent less weight after having a high-fat diet. This research could help obese people, who have lower levels of brown fat than thinner people. The head researcher said the protein could greatly help the treatment and prevention of obesity. Higher levels of the protein could lead to weight loss, even if people eat the same amount of food.

Sources: http://medicalxpress.com/news/2015-01-trigger-energy-burning-brown-fat-chill.html https://www.yahoo.com/health/science-gives-us-a-potential-new-reason-to-love-107512716382.html http://www.webmd.com/diet/news/20150108/cooler-temps-may-boost-calorie-burning-brown-fatmouse-study-suggests

# MATCHING

From <u>http://www.breakingnewsenglish.com/1501/150110-fat-4.html</u>

#### **PARAGRAPH ONE:**

1.	the cold could help	a.	energy
2	the cold increases levels of	b.	temperatures
3.	This burns	c.	a protein
4.	we put	d.	indoors
5.	air	e.	us lose weight
6.	we do need so	f.	conditioning
7.	Workers who work in cold	g.	much brown fat
8.	people who work	h.	on weight

#### **PARAGRAPH TWO:**

1.	The research was on two	a.	less weight
2	One group was given the brown-	b.	amount of food
3.	This group gained 30 per cent	с.	fat diet
4.	a high-	d.	thinner people
5.	help obese	e.	groups of mice
6.	lower levels of brown fat than	f.	prevention of obesity
7.	help the treatment and	g.	people
8.	if people eat the same	h.	fat protein

# LISTEN AND FILL IN THE GAPS

From http://www.breakingnewsenglish.com/1501/150110-fat-4.html

Scientists in California found (1) help us lose		
weight. Being in the cold increases (2) that makes		
brown fat. This burns energy (3) weight. White fat		
stores energy and so (4) The researchers said air		
conditioning and heating keep us warm. This means		
(5) much brown fat. Workers who work in cold		
temperatures outside have a lot more brown fat than people		
(6)		
The research (7) of mice. One group was given the		
brown-fat protein. This group gained 30 per cent (8)		
having a high-fat diet. This research (9) people,		
who have lower levels of brown fat than thinner people. The head researcher		
said the protein (10) the treatment and prevention		
of obesity. Higher levels of the protein could (11)		
loss, even if people eat the (12) food.		

# THE COLD SURVEY

From http://www.breakingnewsenglish.com/1501/150110-fat-4.html

Write five GOOD questions about the cold 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).

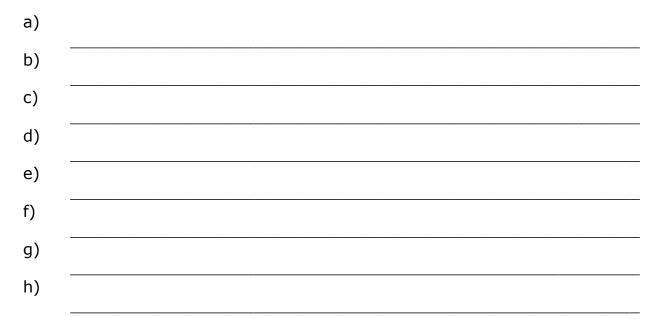
a)	
b)	
c)	
d)	
e)	
f)	
g)	
h)	

Keeping cold could keep you thinner – 10th January, 2015 More free lessons at www.BreakingNewsEnglish.com

\_\_\_\_\_

# WRITE QUESTIONS & ASK YOUR PARTNER(S)

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



# FREE WRITING

From http://www.breakingnewsenglish.com/1501/150110-fat-4.html

Write about **the cold** for 10 minutes. Comment on your partner's paper.