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Level 3

Workers must take lunch breaks

8th June, 2014

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

Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
While Reading / Listening	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash (/) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

A new study shows that too many people are working through their lunch hour. Not taking a proper lunch break is unhealthy. It can make people sick, so then they need time off work. The study is from the Chartered Society of Physiotherapy (CSP) in the U.K. It interviewed over 2,000 people about what they do for lunch at work. Twenty per cent of the workers said they did not take a lunch break. They worked through their lunch hour. Half of the people took a break but ate their lunch at their desk and surfed the Internet, answered e-mails or went on Facebook. One in five people left the workplace for lunch to go shopping or get some air, while three per cent went to the gym.

The CSP told companies they should encourage all staff to take a regular lunch break. It said workers needed to get more exercise at work so they do not get ill. CSP spokeswoman Karen Middleton said: "Full-time workers spend a significant bulk of their week at work or travelling to and from it. Finding ways to build in time to do at least 30 minutes of moderate intensity physical activity, five times a week, can be a challenge." She warned that when employees get sick because they do not take breaks, companies lose money. She said: "It is in everybody's interests to find ways to tackle the enormous problem of inactivity...and we would encourage people to take responsibility for their own health."

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>

WARM-UPS

1. LUNCH: Students walk around the class and talk to other students about lunch. 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?

a new study / lunch hour / time off work / desk / answer e-mails / go shopping / encourage / regular / get more exercise / travelling / challenge / lose money / health

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

3. LUNCH BREAK: What's best to do at lunch? Complete this table with your partner(s). Change partners often and share what you wrote.

	What you should / shouldn't do	Good points	Bad points
Food			
Shopping			
Sleep			
Work			
Internet			
Exercise			

4. BREAK: Students A **strongly** believe it should be law that workers take a lunch break; Students B **strongly** believe this is unnecessary. Change partners again and talk about your conversations.

5. LUNCH HOUR: Rank these with your partner. Put the best things to do at lunch at the top at the top. Change partners often and share your rankings.

- eat
- catch up with e-mail
- exercise
- chat to colleagues
- go shopping
- do more work
- take a nap
- go for a walk

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

BEFORE READING / LISTENING

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

1. TRUE / FALSE:

Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|--|-------|
| a. New research says everyone works through their lunch break. | T / F |
| b. Interviewers talked to more than 2,000 workers. | T / F |
| c. Around 50% of those interviewed said they ate lunch at their desk. | T / F |
| d. Just over 5% of workers said they went to the gym at lunchtime. | T / F |
| e. An organization said workers needed a regular lunch break. | T / F |
| f. A woman said part-time workers spend too long travelling to work. | T / F |
| g. Companies lose money because workers do not take lunch breaks. | T / F |
| h. The woman said companies should be responsibility for staff health. | T / F |

2. SYNONYM MATCH:

Match the following synonyms from the article.

- | | |
|----------------|---------------|
| 1. shows | a. 20% |
| 2. sick | b. reasonable |
| 3. interviewed | c. rest |
| 4. break | d. questioned |
| 5. one in five | e. reveals |
| 6. encourage | f. frequent |
| 7. regular | g. test |
| 8. moderate | h. ill |
| 9. challenge | i. huge |
| 10. enormous | j. persuade |

3. PHRASE MATCH:

(Sometimes more than one choice is possible.)

- | | |
|-------------------------------|----------------------------|
| 1. working through | a. air |
| 2. taking a proper | b. at their desk |
| 3. they need time | c. interests to find ways |
| 4. ate their lunch | d. lunch break |
| 5. get some | e. they do not take breaks |
| 6. moderate intensity | f. their lunch hour |
| 7. employees get sick because | g. for their own health |
| 8. companies lose | h. physical activity |
| 9. It is in everybody's | i. off work |
| 10. take responsibility | j. money |

GAP FILL

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

A new study shows that too many people are working through their lunch hour. Not taking a (1) _____ lunch break is unhealthy. It can make people sick, so then they need time (2) _____ work. The study is from the Chartered Society of Physiotherapy (CSP) in the U.K. It (3) _____ over 2,000 people about what they do for lunch at work. Twenty per cent of the workers said they did not take a lunch break. They worked through their lunch (4) _____. Half of the people took a break but ate their lunch at their (5) _____ and (6) _____ the Internet, answered e-mails or went on Facebook. One in five people left the (7) _____ for lunch to go shopping or get some (8) _____, while three per cent went to the gym.

desk
interviewed
air
proper
workplace
hour
off
surfing

The CSP told companies they should (9) _____ all staff to take a regular lunch break. It said workers needed to get more (10) _____ at work so they do not get ill. CSP spokeswoman Karen Middleton said: "Full-time workers spend a significant (11) _____ of their week at work or travelling to and from it. Finding ways to build in time to do at least 30 minutes of moderate intensity (12) _____ activity, five times a week, can be a (13) _____." She warned that when employees get sick because they do not take breaks, companies (14) _____ money. She said: "It is in everybody's interests to find ways to tackle the (15) _____ problem of inactivity...and we would encourage people to take (16) _____ for their own health."

enormous
bulk
challenge
encourage
responsibility
physical
exercise
lose

LISTENING – Guess the answers. Listen to check.

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

- 1) Not taking a proper lunch _____
 - a. break is unhealthy
 - b. break is not healthy
 - c. break is non-healthy
 - d. break is unhealthy
- 2) It can make people sick, so then they need _____
 - a. time of work
 - b. time off work
 - c. time for work
 - d. time from work
- 3) Twenty per cent of the workers said they did not _____
 - a. fake a lunch break
 - b. take a lunch break
 - c. make a lunch break
 - d. bake a lunch break
- 4) Half of the people took a break but ate their lunch at their desk and _____
 - a. surfed the Internet
 - b. surfaced the Internet
 - c. staffed the Internet
 - d. saved the Internet
- 5) One in five people left the workplace for lunch to go shopping _____
 - a. or get some airs
 - b. or get some hair
 - c. or get some air
 - d. or get some heir
- 6) The CSP told companies they should encourage all staff to take a _____
 - a. regulars lunch break
 - b. regularly lunch break
 - c. regular lunch break
 - d. regulate lunch break
- 7) do at least 30 minutes of moderate intensity _____
 - a. physically activity
 - b. physical active
 - c. physically active
 - d. physical activity
- 8) She warned that when employees get sick because they do _____
 - a. naught take breaks
 - b. not take breaks
 - c. never take breaks
 - d. knot take breaks
- 9) It is in everybody's interests to find ways to tackle the enormous _____
 - a. problem of in actively
 - b. problem of non-activity
 - c. problem of inactivity
 - d. problem of in active tea
- 10) we would encourage people to take responsibility for _____
 - a. our own health
 - b. your own health
 - c. her own health
 - d. their own health

LISTENING – Listen and fill in the gaps

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

A new study shows that too many people (1) _____ their lunch hour. Not taking a proper lunch break is unhealthy. It can make people sick, so then they (2) _____. The study is from the Chartered Society of Physiotherapy (CSP) in the U.K. It interviewed over 2,000 people about what they do (3) _____. Twenty per cent of the workers said they did not (4) _____. They worked through their lunch hour. Half of the people took a break but ate their lunch at (5) _____ the Internet, answered e-mails or went on Facebook. One in five people left the workplace for lunch to go shopping (6) _____, while three per cent went to the gym.

The CSP told companies (7) _____ all staff to take a regular lunch break. It said workers needed to get more exercise at work so they do not get ill. CSP spokeswoman Karen Middleton said: "Full-time workers spend (8) _____ their week at work or travelling to and from it. Finding ways to build in (9) _____ 30 minutes of moderate intensity physical activity, five times a week, (10) _____." She warned that when employees get sick because they do not take breaks, companies lose money. She said: "It is in everybody's interests to (11) _____ the enormous problem of inactivity...and we would encourage people (12) _____ for their own health."

COMPREHENSION QUESTIONS

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

1. What did a study say was unhealthy?

2. What do people need if they get sick?

3. What percentage of people interviewed did not take a lunch break?

4. Where did around 50% of people eat their lunch?

5. Where did 3 per cent of people go at lunch time?

6. What did the CSP say companies should encourage staff to do?

7. Why should staff take more exercise?

8. Who spends a lot of time travelling to and from work?

9. What do companies lose when workers get sick?

10. What should people take more responsibility for?

MULTIPLE CHOICE - QUIZ

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

1. What did a study say was unhealthy?
 - a) not taking a proper lunch break
 - b) work
 - c) long lunch breaks
 - d) being sick
2. What do people need if they get sick?
 - a) chocolate
 - b) medicine
 - c) time off work
 - d) tender loving care
3. What percentage of people interviewed did not take a lunch break?
 - a) 50
 - b) 40
 - c) 30
 - d) 20
4. Where did around 50% of people eat their lunch?
 - a) McDonald's
 - b) at their desk
 - c) the canteen / cafeteria
 - d) at home
5. Where did 3 per cent of people go at lunch time?
 - a) the gym
 - b) shopping
 - c) to sleep
 - d) a park
6. What did the CSP say companies should encourage staff to do?
 - a) travel
 - b) surf the Internet
 - c) eat more
 - d) take a regular lunch break
7. Why should staff take more exercise?
 - a) they can work faster
 - b) to build their muscles
 - c) so they are not ill
 - d) to be strong and super-fit
8. Who spends a lot of time travelling to and from work?
 - a) bosses
 - b) full-time workers
 - c) low-paid workers
 - d) commuters
9. What do companies lose when workers get sick?
 - a) orders
 - b) reputation
 - c) money
 - d) work
10. What should people take more responsibility for?
 - a) their waistline
 - b) their health
 - c) money
 - d) their retirement

ROLE PLAY

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

Role A – Exercise

You think exercising is the best thing to do in your lunch hour. Tell the others three reasons why. Tell them why their activities are not so good to do at lunch time. Also, tell the others which is the least useful of these (and why): chatting with friends, going shopping or taking a nap.

Role B – Chat with friends

You think chatting with friends is the best thing to do in your lunch hour. Tell the others three reasons why. Tell them why their activities are not so good to do at lunch time. Also, tell the others which is the least useful of these (and why): exercising, going shopping or taking a nap.

Role C – Go shopping

You think going shopping is the best thing to do in your lunch hour. Tell the others three reasons why. Tell them why their activities are not so good to do at lunch time. Also, tell the others which is the least useful of these (and why): chatting with friends, exercising or taking a nap.

Role D – Take a nap

You think taking a nap is the best thing to do in your lunch hour. Tell the others three reasons why. Tell them why their activities are not so good to do at lunch time. Also, tell the others which is the least useful of these (and why): chatting with friends, going shopping or exercising.

AFTER READING / LISTENING

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

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

lunch	break

- 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">• proper• off• 2,000• half• answered• 3	<ul style="list-style-type: none">• regular• ill• bulk• challenge• lose• health
--	--

LUNCH BREAKS SURVEY

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

Write five GOOD questions about lunch breaks 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.

LUNCH BREAKS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'lunch break'?
- c) How important is a lunch break?
- d) What do you do during your lunch break?
- e) Should people take lunch breaks at the same time every day?
- f) How unhealthy is it to not take a lunch break?
- g) How bad is it to eat lunch at your desk?
- h) Should companies get people to exercise at lunch?
- i) What's the best thing to do at lunch time?
- j) Should companies turn all computers off at lunch time?

Workers must take lunch breaks – 8th June, 2014
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LUNCH BREAKS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) How can companies encourage workers to take lunch breaks?
- c) What things at work make people ill?
- d) How can people use their time better while they travel to work?
- e) Should companies organize fitness training at lunch?
- f) How do you feel if you miss out on lunch?
- g) How big a problem is inactivity?
- h) What companies do you think are healthy to work for?
- i) What do you do to stay active and healthy?
- j) 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 <http://www.BreakingNewsEnglish.com/1406/140608-lunch-breaks.html>

A new study shows that too many people are working (1) _____ their lunch hour. Not taking a proper lunch break is unhealthy. It can make people (2) _____, so then they need time (3) _____ work. The study is from the Chartered Society of Physiotherapy (CSP) in the U.K. It interviewed over 2,000 people about what they do for lunch (4) _____ work. Twenty per cent of the workers said they did not take a lunch break. They worked through their lunch hour. Half of the people took a break but ate their lunch at their desk and surfed the Internet, (5) _____ e-mails or went on Facebook. One in five people left the workplace for lunch to go shopping or get some (6) _____, while three per cent went to the gym.

The CSP told companies they should encourage all staff to take a (7) _____ lunch break. It said workers needed to get more exercise at work so they do not (8) _____ ill. CSP spokeswoman Karen Middleton said: "Full-time workers spend a significant bulk of their week at work or travelling to and from (9) _____. Finding ways to build in time to do at least 30 minutes of moderate intensity physical activity, five times a week, can (10) _____ a challenge." She warned that when employees get sick because they do not take breaks, companies (11) _____ money. She said: "It is in everybody's interests to find ways to tackle the enormous problem of inactivity...and we would encourage people to take responsibility for their (12) _____ health."

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

- | | | | | |
|-----|-------------|-------------|--------------|----------------|
| 1. | (a) though | (b) through | (c) thorough | (d) throughout |
| 2. | (a) stick | (b) sick | (c) slick | (d) snick |
| 3. | (a) for | (b) of | (c) from | (d) off |
| 4. | (a) to | (b) at | (c) of | (d) as |
| 5. | (a) checks | (b) writing | (c) replied | (d) answered |
| 6. | (a) wind | (b) CO2 | (c) air | (d) breathe |
| 7. | (a) regular | (b) steady | (c) orderly | (d) ordinary |
| 8. | (a) be | (b) come | (c) get | (d) have |
| 9. | (a) working | (b) place | (c) them | (d) it |
| 10. | (a) be | (b) like | (c) looks | (d) get |
| 11. | (a) lose | (b) find | (c) lack | (d) eat |
| 12. | (a) own | (b) person | (c) healthy | (d) one's |

SPELLING

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

Paragraph 1

1. working thorhug their lunch hour
2. taking a rpopre lunch break
3. It erivtwindee over 2,000 people
4. seurfd the Internet
5. dewseran e-mails
6. One in five people left the rpewcaokl

Paragraph 2

7. aroecngue all staff to take a regular lunch
8. workers needed to get more cseexeir
9. a iiiafnntcgs bulk of their week
10. cylspahi activity
11. ways to tackle the semonour problem
12. take rniysoleisipb for their own health

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () off work. The study is from the Chartered Society of Physiotherapy (CSP) in the U.K. It interviewed over 2,000
- () times a week, can be a challenge." She warned that when employees get sick because they do not take breaks, companies lose
- () problem of inactivity...and we would encourage people to take responsibility for their own health."
- () time workers spend a significant bulk of their week at work or travelling to and from it. Finding
- () to go shopping or get some air, while three per cent went to the gym.
- () through their lunch hour. Half of the people took a break but ate their lunch at their desk and surfed
- () lunch break is unhealthy. It can make people sick, so then they need time
- () money. She said: "It is in everybody's interests to find ways to tackle the enormous
- () The CSP told companies they should encourage all staff to take a regular lunch break. It said workers needed to get
- () more exercise at work so they do not get ill. CSP spokeswoman Karen Middleton said: "Full-
- () the Internet, answered e-mails or went on Facebook. One in five people left the workplace for lunch
- () people about what they do for lunch at work. Twenty per cent of the workers said they did not take a lunch break. They worked
- () ways to build in time to do at least 30 minutes of moderate intensity physical activity, five
- (**1**) A new study shows that too many people are working through their lunch hour. Not taking a proper

PUT THE WORDS IN THE RIGHT ORDER

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

1. people through hour many working lunch Too are their.

2. break taking is a unhealthy proper lunch Not.

3. said not lunch Workers did a they take break.

4. took People desk their at lunch their ate but break a.

5. people workplace five the lunch in left for One.

6. staff a break all take lunch Encourage to regular.

7. more Workers exercise needed at to work get.

8. because not sick do breaks get they take Employees.

9. to of tackle inactivity the enormous Ways problem.

10. to own take health responsibility for People their.

CIRCLE THE CORRECT WORD (20 PAIRS)

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

A new study shows that too many people are *worked / working* through their lunch hour. Not taking a *proper / properly* lunch break is unhealthy. It can make people sick, so then they need time *on / off* work. The study is from the Chartered Society of Physiotherapy (CSP) in the U.K. It *interviews / interviewed* over 2,000 people *about / around* what they do for lunch at work. Twenty per cent of the workers said they did not *take / make* a lunch break. They worked *through / though* their lunch hour. Half of the people took a break but ate their lunch *at / in* their desk and surfed the Internet, answered e-mails or went on Facebook. One *in / out* five people left the workplace for lunch to go shopping or get some air, *while / whole* three per cent went to the gym.

The CSP told companies they should *entourage / encourage* all staff to take a *regular / regularly* lunch break. It said workers needed to get more exercise *for / at* work so they do not get *ill / well*. CSP spokeswoman Karen Middleton said: "Full-time workers spend a significant *bulk / hulk* of their week at work or travelling to and from it. Finding ways to build in time to do *at least / last* 30 minutes of moderate *intense / intensity* physical activity, five times a week, can be a challenge." She warned that when employees get sick *because / as* they do not take breaks, companies lose money. She said: "It is in everybody's *interesting / interests* to find ways to tackle the enormous problem of inactivity...and we would encourage people to take responsibility for their own *health / healthy*."

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

_ n _ w _ s t _ d y _ s h _ w s _ t h _ t _ t _ m _ n y _ p _ p l _ _ r _ w _ r k _ n g
t h r _ g h _ t h _ r _ l _ n c h _ h _ r . N _ t _ t _ k _ n g _ p r _ p _ r _ l _ n c h
b r _ k _ s _ n h _ l t h y . _ t _ c _ n _ m _ k _ p _ p l _ s _ c k , s _ t h _ n
t h _ y _ n _ d _ t _ m _ _ f f _ w _ r k . T h _ s t _ d y _ s _ f r _ m _ t h _
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_ t _ w _ r k _ r _ t r _ v _ l l _ n g _ t _ _ n d _ f r _ m _ t . F _ n d _ n g _ w _ y s _ t _
b _ l d _ n _ t _ m _ t _ d _ _ t _ l _ s t _ 3 0 _ m _ n _ t _ s _ o f _ m _ d _ r _ t _
_ n t _ n s _ t y _ p h y s _ c _ l _ c t _ v _ t y , f _ v _ t _ m _ s _ _ w _ k , c _ n
b _ _ c h _ l l _ n g _ . " S h _ w _ r n _ d _ t h _ t _ w h _ n _ m p l _ y _ _ s _ g _ t
s _ c k _ b _ c _ _ s _ t h _ y _ d _ n _ t _ t _ k _ b r _ k s , c _ m p _ n _ s _ l _ s _
m _ n _ y . S h _ s _ d : " _ t _ s _ n _ v _ r y b _ d y ' s _ n t _ r _ s t s _ t _
f _ n d _ w _ y s _ t _ t _ c k l _ t h _ _ n _ r m _ _ s _ p r _ b l _ m _ _ f
_ n _ c t _ v _ t y _ _ n d _ w _ w _ l d _ _ n c _ _ r _ g _ p _ p l _ t _ t _ k _
r _ s p _ n s _ b _ l _ t y _ f _ r _ t h _ r _ _ w n _ h _ l t h . "

PUNCTUATE THE TEXT AND ADD CAPITALS

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

a new study shows that too many people are working through their lunch hour not taking a proper lunch break is unhealthy it can make people sick so then they need time off work the study is from the chartered society of physiotherapy (csp) in the uk it interviewed over 2000 people about what they do for lunch at work twenty per cent of the workers said they did not take a lunch break they worked through their lunch hour half of the people took a break but ate their lunch at their desk and surfed the internet answered e-mails or went on facebook one in five people left the workplace for lunch to go shopping or get some air while three per cent went to the gym

the csp told companies they should encourage all staff to take a regular lunch break it said workers needed to get more exercise at work so they do not get ill csp spokeswoman karen middleton said "full-time workers spend a significant bulk of their week at work or travelling to and from it finding ways to build in time to do at least 30 minutes of moderate intensity physical activity five times a week can be a challenge" she warned that when employees get sick because they do not take breaks companies lose money she said "it is in everybody's interests to find ways to tackle the enormous problem of inactivity...and we would encourage people to take responsibility for their own health"

PUT A SLASH (/) WHERE THE SPACES ARE

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

A new study shows that too many people are working through their lunch hour. Not taking a proper lunch break is unhealthy. It can make people sick, so then they need time off work. The study is from the Chartered Society of Physiotherapy (CSP) in the U.K. It interviewed over 2,000 people about what they do for lunch at work. Twenty percent of the workers said they did not take a lunch break. They worked through their lunch hour. Half of the people took a break but ate their lunch at their desk and surfed the Internet, answered e-mails or went on Facebook. One in five people left the workplace for lunch to go shopping or get some air, while three percent went to the gym. The CSP told companies they should encourage all staff to take a regular lunch break. It said workers needed to get more exercise at work so they do not get ill. CSP spokeswoman Karen Middleton said: "Full-time workers spend a significant bulk of their week at work or travelling to and from it. Finding ways to build in time to do at least 30 minutes of moderate intensity physical activity, five times a week, can be a challenge." She warned that when employees get sick because they do not take breaks, companies lose money. She said: "It is not everybody's interest to find ways to tackle the enormous problem of inactivity... and we would encourage people to take responsibility for their own health."

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 lunch breaks and health. Share what you discover with your partner(s) in the next lesson.

3. HEALTHY AT WORK: Make a poster about how to be healthy at work. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LUNCH-BREAK EXERCISE: Write a magazine article about lunch-break exercise. Include imaginary interviews with people who are for and against it.

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 health in the workplace. Ask him/her three questions about it. Give him/her three of your ideas on how workers can become healthier in their lunch breaks. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c T d F e T f F g T h F

SYNONYM MATCH (p.4)

- | | |
|----------------|---------------|
| 1. shows | a. reveals |
| 2. sick | b. ill |
| 3. interviewed | c. questioned |
| 4. break | d. rest |
| 5. one in five | e. 20% |
| 6. encourage | f. persuade |
| 7. regular | g. frequent |
| 8. moderate | h. reasonable |
| 9. challenge | i. test |
| 10. enormous | j. huge |

COMPREHENSION QUESTIONS (p.8)

1. Not taking a proper lunch break
2. Time off work
3. 20
4. At their desk
5. The gym
6. Take a regular lunch break
7. So they don't become ill
8. Full-time workers
9. Money
10. Their own health

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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