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## **Level 5**

### **High heels cause arthritis and damaged knees**

**16th April, 2015**

<http://www.breakingnewsenglish.com/1504/150416-high-heels-5.html>

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**Please try Level 4 (easier) and the 26–page Level 6 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1504/150416-high-heels-5.html>

High-heel shoes are popular with many women worldwide. A new study shows that wearing them for a long time can permanently injure the body. A team of biomotion researchers from Stanford University did tests on the knees of women who wore flat shoes, shoes with 3.8-cm heels and shoes with 8.9-cm heels. The results show that women who wear high heels risk permanent damage to their knees. High heels put knees in an awkward, bent shape that makes them function like aged or damaged joints. This increases the risk of needing surgery.

A recent survey of 1,200 women shows how popular high heels are. It said 93 per cent of women feel sexier and more feminine when they wore heels, 88 per cent considered themselves more stylish and 77 per cent said heels made them feel slimmer. Many women ignore health warnings, the pain and the discomfort of wearing heels to look and feel good. A British doctor said he often treats women with problems caused by wearing heels. He said heels put the feet at a strange angle, which increases pressure on the knees by 25 per cent. This puts a lot of stress on the kneecaps.

Sources: <http://www.dailymail.co.uk/femail/article-3036076/More-women-left-crippled-killer-heels-New-research-proves-high-heels-lead-arthritis-worn-knees.html>  
<http://www.express.co.uk/life-style/health/570159/Shoe-lovers-health-warning-high-heels-crippling-women-arthritis>

# MATCHING

From <http://www.breakingnewsenglish.com/1504/150416-high-heels-5.html>

## PARAGRAPH ONE:

- |                                     |                    |
|-------------------------------------|--------------------|
| 1. popular with many women          | a. shape           |
| 2. permanently injure               | b. worldwide       |
| 3. women who                        | c. to their knees  |
| 4. shoes with                       | d. the risk        |
| 5. permanent damage                 | e. damaged joints  |
| 6. in an awkward, bent              | f. the body        |
| 7. makes them function like aged or | g. 8.9-cm heels    |
| 8. This increases                   | h. wore flat shoes |

## PARAGRAPH TWO:

- |                                      |                          |
|--------------------------------------|--------------------------|
| 1. A recent survey                   | a. strange angle         |
| 2. feel sexier and                   | b. on the kneecaps       |
| 3. 88 per cent considered themselves | c. treats women          |
| 4. the discomfort                    | d. of 1,200 women        |
| 5. A British doctor said he often    | e. of wearing heels      |
| 6. put the feet at a                 | f. pressure on the knees |
| 7. increases                         | g. more stylish          |
| 8. This puts a lot of stress         | h. more feminine         |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1504/150416-high-heels-5.html>

High-heel shoes (1) \_\_\_\_\_ many women worldwide. A new study shows that wearing them (2) \_\_\_\_\_ can permanently (3) \_\_\_\_\_. A team of biomotion researchers from Stanford University did tests on the knees of women who wore flat shoes, shoes with 3.8-cm heels and shoes with (4) \_\_\_\_\_. The results show that women who wear high heels risk permanent damage to their knees. High heels put knees (5) \_\_\_\_\_, bent shape that makes them function like aged or damaged joints. This (6) \_\_\_\_\_ of needing surgery.

A recent survey of 1,200 women (7) \_\_\_\_\_ high heels are. It said 93 per cent of women feel sexier (8) \_\_\_\_\_ when they wore heels, 88 per cent considered themselves more stylish and 77 per cent (9) \_\_\_\_\_ them feel slimmer. Many women ignore health warnings, (10) \_\_\_\_\_ discomfort of wearing heels to look and feel good. A British doctor said he often treats women with problems caused by wearing heels. He said heels (11) \_\_\_\_\_ a strange angle, which increases pressure on the knees by 25 per cent. This puts (12) \_\_\_\_\_ the kneecaps.

# HIGH HEELS SURVEY

From <http://www.breakingnewsenglish.com/1504/150416-high-heels-5.html>

Write five GOOD questions about high heels 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)

*High heels cause arthritis and damaged knees – 16th April, 2015*  
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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)

