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## **Level 2**

# **Smaller plates help reduce obesity**

**17th September, 2015**

<http://www.breakingnewsenglish.com/1509/150917-obesity-2.html>

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**Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1509/150917-obesity-2.html>

New research says there is a simple, easy way to help people who over-eat. It is an alternative to fancy diets. Researchers say that using smaller plates, knives, forks, glasses, etc. could reduce the amount of food we eat. Many of us use the size of the plate as a guide to how much we can eat. If we use a large plate, we fill the plate with food. This means we eat too much. Cambridge University in the U.K. says smaller plates could reduce the amount of food we eat. British people could cut their calories by up to 16 per cent, while Americans could see a reduction of up to 29 per cent.

The researchers looked at data from 6,711 people. Dr Gareth Hollands said many people think it is, "obvious that the larger the portion size, the more people eat," but said that there was little research on this. He added that it was wrong to think that people who ate too much had little self-control. He said: "Helping people to avoid 'over-serving' themselves or others with larger portions of food or drink by reducing their size...in shops, restaurants and in the home, is likely to be a good way of helping lots of people to reduce their risk of overeating."

Sources: <http://www.belfasttelegraph.co.uk/breakingnews/offbeat/smaller-tableware-could-help-reduce-overeating-and-obesity-31525875.html>  
<http://www.medicaldaily.com/how-stop-overeating-starting-plates-cut-over-500-calories-day-using-smaller-tableware-352484>  
<http://www.webmd.boots.com/diet/news/20150914/smaller-plates-tackle-obesity>

# MATCHING

From <http://www.breakingnewsenglish.com/1509/150917-obesity-2.html>

## PARAGRAPH ONE:

- |                                      |                         |
|--------------------------------------|-------------------------|
| 1. a simple, easy way to help people | a. plate with food      |
| 2. an alternative                    | b. of food we eat       |
| 3. reduce the amount                 | c. who over-eat         |
| 4. use the size of the               | d. their calories       |
| 5. we fill the                       | e. of up to 29 per cent |
| 6. This means we                     | f. to fancy diets       |
| 7. people could cut                  | g. eat too much         |
| 8. Americans could see a reduction   | h. plate as a guide     |

## PARAGRAPH TWO:

- |   |                        |
|---|------------------------|
| 1. The researchers looked at data         | a. the more people eat |
| 2. people think it                        | b. control             |
| 3. the larger the portion size,           | c. of food             |
| 4. there was little                       | d. themselves          |
| 5. self-                                  | e. from 6,711 people   |
| 6. Helping people to avoid 'over-serving' | f. of overeating       |
| 7. larger portions                        | g. is obvious          |
| 8. reduce their risk                      | h. research on this    |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1509/150917-obesity-2.html>

New research says (1) \_\_\_\_\_, easy way to help people who over-eat. It is an alternative (2) \_\_\_\_\_. Researchers say that using smaller plates, knives, forks, glasses, etc. could (3) \_\_\_\_\_ of food we eat. Many of us use the size of the plate (4) \_\_\_\_\_ much we can eat. If we use a large plate, we fill the plate with food. This means we eat too much. Cambridge University in the U.K. says smaller plates could reduce (5) \_\_\_\_\_ food we eat. British people could cut their calories by up to 16 per cent, while Americans could (6) \_\_\_\_\_ up to 29 per cent.

The researchers (7) \_\_\_\_\_ from 6,711 people. Dr Gareth Hollands said many people think it is, "obvious that the larger (8) \_\_\_\_\_, the more people eat," but said that there was little (9) \_\_\_\_\_. He added that it was (10) \_\_\_\_\_ people who ate too much had little self-control. He said: "Helping people to avoid 'over-serving' themselves (11) \_\_\_\_\_ larger portions of food or drink by reducing their size...in shops, restaurants and in the home, is likely (12) \_\_\_\_\_ of helping lots of people to reduce their risk of overeating."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1509/150917-obesity-2.html>

New research says there is a simple, easy way to help people who over-eat. It is an alternative to fancy diets. Researchers say that using smaller plates, knives, forks, glasses, etc. could reduce the amount of food we eat. Many of us use the size of the plate as a guide to how much we can eat. If we use a large plate, we fill the plate with food. This means we eat too much. Cambridge University in the U.K. says smaller plates could reduce the amount of food we eat. British people could cut their calories by up to 16 percent, while Americans could see a reduction of up to 29 percent. The researchers looked at data from 6,711 people. Dr Gareth Holland said many people think it is, "obvious that the larger the portion size, the more people eat," but said that there was little research on this. He added that it was wrong to think that people who eat too much had little self-control. He said: "Helping people to avoid 'over-serving' themselves or others with larger portions of food or drink by reducing their size... in shops, restaurants and in the home, is likely to be a good way of helping a lot of people to reduce their risk of overeating."

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a)

---

b)

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c)

---

d)

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e)

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f)

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g)

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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)

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g)

---

h)

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