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## **Level 4**

### **Broccoli and avocado slow down aging**

**1st November, 2016**

<http://www.breakingnewsenglish.com/1611/161101-aging-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

From <http://www.breakingnewsenglish.com/1611/161101-aging-4.html>

Help is here if you want to keep away wrinkles and grey hair and stay younger looking. New research says that eating broccoli, avocado and other fruit and vegetables can delay aging. They have a compound called NMN, which helps slow down the aging process and can refresh the metabolism. It also helps restore levels of energy production in our body that weaken as we age. NMN also helps to slow weight gain and the worsening of our eyes.

Professor Shinichiro Imai from the Washington University School of Medicine said: "We have shown a way to slow the...decline that we see in aging mice. This means older mice have metabolism and energy levels resembling...younger mice." He said NMN reduced usual signs of aging, like weaker muscles, poor liver function, lower bone density and poorer eyesight. The reason our metabolism changes over time has puzzled scientists for decades.

Sources: <http://www.foxnews.com/health/2016/10/28/compound-in-broccoli-may-slow-signs-aging.html>  
<http://www.techtimes.com/articles/184088/20161029/natural-compound-derived-from-broccoli-avocado-shows-promise-in-reducing-signs-of-aging.htm>  
<http://www.dailymail.co.uk/health/article-3879000/Why-BROCCOLI-reverse-signs-aging-Compound-vegetable-slows-vision-loss-middle-age-spread.html>

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1611/161101-aging-4.html>

## PARAGRAPH ONE:

- |   |                |
|---|----------------|
| 1. keep away wrinkles and               | a. aging       |
| 2. stay younger                         | b. gain        |
| 3. other fruit and vegetables can delay | c. grey hair   |
| 4. helps slow down the aging            | d. of our eyes |
| 5. It also helps restore levels         | e. we age      |
| 6. weaken as                            | f. of energy   |
| 7. helps to slow weight                 | g. looking     |
| 8. the worsening                        | h. process     |

## PARAGRAPH TWO:

- |                                |                           |
|--------------------------------|---------------------------|
| 1. We have shown a way to      | a. muscles                |
| 2. metabolism and energy       | b. changes                |
| 3. resembling younger          | c. of aging               |
| 4. NMN reduced the usual signs | d. levels                 |
| 5. weaker                      | e. scientists for decades |
| 6. poorer                      | f. mice                   |
| 7. The reason our metabolism   | g. eyesight               |
| 8. puzzled                     | h. slow the decline       |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1611/161101-aging-4.html>

Help is here if you want to (1) \_\_\_\_\_ and grey hair and stay younger looking. New research (2) \_\_\_\_\_ broccoli, avocado and other fruit and vegetables (3) \_\_\_\_\_. They have a compound called NMN, (4) \_\_\_\_\_ down the aging process and can refresh the metabolism. (5) \_\_\_\_\_ restore levels of energy production in our body that weaken as we age. NMN also helps to slow (6) \_\_\_\_\_ the worsening of our eyes.

Professor Shinichiro Imai from the Washington University School of Medicine said: "We have (7) \_\_\_\_\_ to slow the...decline that we see in aging mice. This means older mice (8) \_\_\_\_\_ and energy levels (9) \_\_\_\_\_ mice." He said NMN reduced usual signs of aging, like weaker muscles, (10) \_\_\_\_\_, lower bone density and poorer eyesight. (11) \_\_\_\_\_ metabolism changes over time has puzzled (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1611/161101-aging-4.html>

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er looking. New research says that eating broccoli, avocado and other fruit  
and vegetables can delay aging. They have a compound called NMN, which  
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muscles, poor liver function, lower bone density and poor eyesight. The  
reason our metabolism changes over time has puzzled scientists for dec  
ades.

# AGING SURVEY

From <http://www.breakingnewsenglish.com/1611/161101-aging-4.html>

Write five GOOD questions about aging 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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) \_\_\_\_\_

*Broccoli and avocado slow down aging – 1st November, 2016*  
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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) \_\_\_\_\_

