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Level 6

Broccoli and avocado slow down aging

1st November, 2016

<http://www.breakingnewsenglish.com/1611/161101-aging.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 5 and 4 (they are easier).

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THE ARTICLE

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

Help may be at hand for those of us who want to keep the wrinkles and grey hair at bay and slow down the process of aging. New research suggests that eating green vegetables can ward off the signs of aging. Researchers say that broccoli, cabbage and avocado in particular contain a compound that helps slow down the rate at which we age. The key compound, present in green fruit and vegetables, is called NMN. It helps slow down the physical signs of getting old. Scientists say NMN can also rejuvenate the metabolism. It helps replenish levels of energy production in our body that deteriorate as we age. It also helps reduce weight gain and the deterioration of vision.

The research was conducted by scientists at the Washington University School of Medicine in the USA. Researcher professor Shinichiro Imai said: "We have shown a way to slow the physiological decline that we see in aging mice. This means older mice have metabolism and energy levels resembling that of younger mice." Professor Imai said tests on mice showed that NMN reduced typical signs of aging, including a decline in the strength of skeletal muscle, poor liver function, lower bone density and weakening eyesight. The reason our metabolism changes over time and leads to reduced energy levels has baffled scientists for decades. This latest research casts new light on this mystery.

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>

WARM-UPS

1. AGING: Students walk around the class and talk to other students about aging. 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?

help / wrinkles / research / broccoli / aging / compound / metabolism / vision / scientists / professor / decline / mice / energy / typical / density / eyesight / mystery

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

3. LONG LIFE: Students A **strongly** believe nature should take its course and scientists should not do things to make us live longer; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. LONG LIFE: How can these things help us to live longer? Complete this table with your partner(s). Change partners often and share what you wrote.

	How?	Will you do this?
Internet		
Friends		
Gardens		
Hobbies		
Food		
Travel		

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

6. AGING SIGNS: Rank these with your partner. Put the worst at the top. Change partners often and share your rankings.

- wrinkles
- grey hair
- memory loss
- muscle weakness
- poor eyesight
- losing teeth
- thinning hair / baldness
- hearing loss

BEFORE READING / LISTENING

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

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Scientists have found a way to stop hair from going grey. **T / F**
- b. Only two vegetables can help slow down the aging process. **T / F**
- c. A compound called NMN does not affect the metabolism. **T / F**
- d. The compound NMN helps us keep our eyesight longer. **T / F**
- e. Researchers conducted tests on how mice age. **T / F**
- f. Older mice had energy levels similar to those in younger mice. **T / F**
- g. The compound NMN can slow down the decline of liver function. **T / F**
- h. The article says the mystery of our changing metabolism is in the dark. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-----------------------|---------------------|
| 1. at hand | a. being similar to |
| 2. at bay | b. restore |
| 3. rate | c. worsen |
| 4. rejuvenate | d. puzzle |
| 5. deteriorate | e. away |
| 6. conducted | f. puzzled |
| 7. resembling | g. close by |
| 8. baffled | h. throws |
| 9. casts | i. carried out |
| 10. mystery | j. speed |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|-----------------------|
| 1. keep the wrinkles and grey hair | a. by scientists |
| 2. helps slow down the rate | b. metabolism |
| 3. slow down the physical signs | c. decline |
| 4. rejuvenate the | d. scientists |
| 5. weight | e. at bay |
| 6. The research was conducted | f. at which we age |
| 7. slow the physiological | g. of skeletal muscle |
| 8. energy levels resembling that of younger | h. gain |
| 9. a decline in the strength | i. of getting old |
| 10. baffled | j. mice |

GAP FILL

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

Help may be at (1) _____ for those of us who want to keep the wrinkles and grey hair at (2) _____ and slow down the process of aging. New research suggests that eating green vegetables can ward off the (3) _____ of aging. Researchers say that broccoli, cabbage and avocado in (4) _____ contain a compound that helps slow down the rate at which we age. The (5) _____ compound, present in green fruit and vegetables, is called NMN. It helps slow down the (6) _____ signs of getting old. Scientists say NMN can also (7) _____ the metabolism. It helps replenish levels of energy production in our body that deteriorate as we age. It also helps reduce weight gain and the deterioration of (8) _____.

particular
hand
rejuvenate
key
signs
vision
bay
physical

The research was conducted by (9) _____ at the Washington University School of Medicine in the USA. Researcher professor Shinichiro Imai said: "We have shown a (10) _____ to slow the physiological (11) _____ that we see in aging mice. This means older mice have metabolism and energy levels (12) _____ that of younger mice." Professor Imai said tests on mice showed that NMN reduced (13) _____ signs of aging, including a decline in the strength of skeletal muscle, (14) _____ liver function, lower bone density and weakening eyesight. The reason our metabolism changes over time and leads to (15) _____ energy levels has baffled scientists for decades. This latest research casts new (16) _____ on this mystery.

way
typical
scientists
light
resembling
decline
reduced
poor

LISTENING – Guess the answers. Listen to check.

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

- 1) Help may be at hand for those of us who want to keep the wrinkles and _____
 - a. grey hair at pay
 - b. grey hair at bay
 - c. grey hair at pray
 - d. grey hair at buy
- 2) research suggests that eating green vegetables can _____ of aging
 - a. ward on the signs
 - b. ward of the signs
 - c. ward all the signs
 - d. ward off the signs
- 3) contain a compound that helps slow down the _____ age
 - a. rate at which we
 - b. rate so which we
 - c. rate on which we
 - d. rate of which we
- 4) It helps replenish levels of energy production in our body that _____ age
 - a. deteriorates as we
 - b. deteriorated as we
 - c. deterioration as we
 - d. deteriorate as we
- 5) It also helps reduce weight gain and the _____
 - a. deterioration of visionaries
 - b. deterioration of visions
 - c. deterioration of vision
 - d. deterioration of visionary
- 6) We have shown a way to slow the physiological decline that we _____ mice
 - a. seeing aging
 - b. seeing in age in
 - c. see in aging
 - d. see in age in
- 7) older mice have metabolism and energy levels resembling _____ mice
 - a. that off younger
 - b. that if younger
 - c. that of younger
 - d. that for younger
- 8) NMN reduced typical signs of aging, including a decline in the strength _____ muscle
 - a. of skeleton
 - b. of skill at all
 - c. of skull at all
 - d. of skeletal
- 9) ...changes over time and leads to reduced energy levels _____ scientists
 - a. has waffled
 - b. has baffled
 - c. has muffled
 - d. has ruffled
- 10) This latest research casts new _____ mystery
 - a. lights on this
 - b. light of this
 - c. light on this
 - d. light on these

LISTENING – Listen and fill in the gaps

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

Help may be at hand (1) _____ who want to keep the wrinkles and grey hair at bay and slow (2) _____ of aging. New research suggests that eating green vegetables can ward off the signs of aging. Researchers say that broccoli, cabbage and avocado in particular contain a compound that helps slow down (3) _____ we age. The key compound, present in green fruit and vegetables, is called NMN. It helps slow down the physical (4) _____ old. Scientists say NMN can also rejuvenate the metabolism. It helps replenish levels of energy production in our body (5) _____ as we age. It also helps reduce (6) _____ the deterioration of vision.

The research (7) _____ scientists at the Washington University School of Medicine in the USA. Researcher professor Shinichiro Imai said: "We have (8) _____ slow the physiological decline that (9) _____ aging mice. This means older mice have metabolism and energy levels resembling that of younger mice." Professor Imai said tests on mice showed that NMN (10) _____ of aging, including a decline in the strength of skeletal muscle, poor liver function, (11) _____ and weakening eyesight. The reason our metabolism changes over time and leads to reduced energy levels has baffled scientists for decades. This latest research (12) _____ on this mystery.

COMPREHENSION QUESTIONS

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

1. What may be at hand for those who don't want wrinkles?
2. What other vegetable was mentioned besides broccoli and avocado?
3. What is the name of the compound that slows down aging?
4. What does the compound rejuvenate?
5. What does the compound help reduce the deterioration of?
6. What school of medicine conducted the research?
7. What animals did researchers conduct tests on?
8. What kind of muscle was mentioned in the article?
9. What has the reason for our changing metabolism done to scientists?
10. What has this research cast on the mystery of our metabolism?

MULTIPLE CHOICE - QUIZ

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

- 1) What may be at hand for those who don't want wrinkles?
 - a) vegetables
 - b) help
 - c) fruit
 - d) metabolism
- 2) What other vegetable was mentioned besides broccoli and avocado?
 - a) capsicum
 - b) cauliflower
 - c) carrots
 - d) cabbage
- 3) What is the name of the compound that slows down aging?
 - a) NMN
 - b) NMM
 - c) MNM
 - d) MMN
- 4) What does the compound rejuvenate?
 - a) the legs
 - b) the brain
 - c) the metabolism
 - d) the skin
- 5) What does the compound help reduce the deterioration of?
 - a) weight gain
 - b) vision
 - c) age
 - d) energy
- 6) What school of medicine conducted the research?
 - a) Miami
 - b) Las Vegas
 - c) Washington
 - d) New York
- 7) What animals did researchers conduct tests on?
 - a) guinea pigs
 - b) monkeys
 - c) rats
 - d) mice
- 8) What kind of muscle was mentioned in the article?
 - a) skeletal muscle
 - b) biceps muscle
 - c) stomach muscle
 - d) brain muscle
- 9) What has the reason for our changing metabolism done to scientists?
 - a) baffled them
 - b) reduced them
 - c) energised them
 - d) researched them
- 10) What has this research cast on the mystery of our metabolism?
 - a) energy
 - b) new light
 - c) puzzles
 - d) decades

ROLE PLAY

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

Role A – Wrinkles

You think getting wrinkles is the worst sign of aging. Tell the others three reasons why. Tell them things that aren't as bad with their things. Also, tell the others which is the least worrying of these (and why): memory loss, poor eyesight or muscle weakness.

Role B – Memory Loss

You think memory loss is the worst sign of aging. Tell the others three reasons why. Tell them things that aren't as bad with their things. Also, tell the others which is the least worrying of these (and why): getting wrinkles, poor eyesight or muscle weakness.

Role C – Poor Eyesight

You think poor eyesight is the worst sign of aging. Tell the others three reasons why. Tell them things that aren't as bad with their things. Also, tell the others which is the least worrying of these (and why): memory loss, getting wrinkles or muscle weakness.

Role D – Muscle Weakness

You think muscle weakness is the worst sign of aging. Tell the others three reasons why. Tell them things that aren't as bad with their things. Also, tell the others which is the least worrying of these (and why): memory loss, poor eyesight or getting wrinkles.

AFTER READING / LISTENING

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

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

process	aging
----------------	--------------

- 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">• hand• ward• particular• present• production• vision	<ul style="list-style-type: none">• conducted• way• older• typical• reason• light
--	--

AGING SURVEY

From <http://www.BreakingNewsEnglish.com/1611/161101-aging.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 _____	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.

AGING DISCUSSION

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

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'ageing'?
3. How worried are you about aging?
4. Why do we age?
5. Do you eat enough green vegetables?
6. Would you like to live forever?
7. What are the benefits of aging?
8. How can we keep wrinkles at bay?
9. How can we ward off deteriorating eyesight?
10. Will you now eat more broccoli and avocados?

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AGING DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of broccoli and avocado?
13. What things do you dislike about aging?
14. How are your levels of energy?
15. What do you know about metabolism?
16. Is it wrong to try and slow down the natural process of aging?
17. What is the best age to be?
18. Why do we think it is so important to stay young?
19. What do you do to stay young and healthy?
20. 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/1611/161101-aging.html>

Help may be at (1) _____ for those of us who want to keep the wrinkles and grey hair at (2) _____ and slow down the process of aging. New research suggests that eating green vegetables can ward off the signs of aging. Researchers say that broccoli, cabbage and avocado in (3) _____ contain a compound that helps slow down the rate at which we age. The (4) _____ compound, present in green fruit and vegetables, is called NMN. It helps slow down the physical signs of getting old. Scientists say NMN can also rejuvenate the metabolism. It helps replenish levels of energy production in our body that deteriorate (5) _____ we age. It also helps reduce weight gain and the deterioration of (6) _____.

The research was conducted (7) _____ scientists at the Washington University School of Medicine in the USA. Researcher professor Shinichiro Imai said: "We have shown a way to slow the physiological (8) _____ that we see in aging mice. This means older mice have metabolism and energy levels resembling that of younger mice." Professor Imai said tests on mice showed that NMN reduced (9) _____ signs of aging, including a decline in the strength of skeletal muscle, (10) _____ liver function, lower bone density and weakening eyesight. The reason our metabolism changes over time and leads to reduced energy levels has (11) _____ scientists for decades. This latest research (12) _____ new light on this mystery.

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

- | | | | | |
|-----|----------------|-----------------|------------------|-----------------|
| 1. | (a) foot | (b) stomach | (c) hand | (d) mouth |
| 2. | (a) bay | (b) day | (c) hay | (d) pay |
| 3. | (a) particular | (b) peculiar | (c) particularly | (d) peculiarly |
| 4. | (a) key | (b) chain | (c) lock | (d) combination |
| 5. | (a) is | (b) was | (c) has | (d) as |
| 6. | (a) envision | (b) visionaries | (c) envisions | (d) vision |
| 7. | (a) by | (b) at | (c) on | (d) as |
| 8. | (a) cline | (b) recline | (c) incline | (d) decline |
| 9. | (a) typical | (b) typically | (c) typecast | (d) typing |
| 10. | (a) poverty | (b) poor | (c) poorly | (d) impoverish |
| 11. | (a) waffled | (b) baffled | (c) raffled | (d) waffles |
| 12. | (a) casts | (b) dusts | (c) masts | (d) mists |

SPELLING

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

Paragraph 1

1. keep the rskwnlei and grey hair at bay
2. cabbage and avocado in rpucaitrla
3. a modnoucp that helps slow down the rate
4. rejuvenate the osbmimtale
5. It helps eelinsprh levels of energy
6. the dtiorainroet of vision

Paragraph 2

7. The research was conducted by ncttiseiss
8. slow the physiological deelnci
9. energy levels bernmislge that of younger mice
10. the strength of skeletal eumslc
11. lower bone eyidtns
12. casts new light on this yeymrst

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () decline that we see in aging mice. This means older mice have metabolism and energy levels resembling
- () of aging. Researchers say that broccoli, cabbage and avocado in particular contain a compound that helps slow down the rate
- () at which we age. The key compound, present in green fruit and vegetables, is called NMN. It helps slow down the physical
- () gain and the deterioration of vision.
- () signs of getting old. Scientists say NMN can also rejuvenate the metabolism. It helps replenish
- () levels of energy production in our body that deteriorate as we age. It also helps reduce weight
- () in the USA. Researcher professor Shinichiro Imai said: "We have shown a way to slow the physiological
- (**1**) Help may be at hand for those of us who want to keep the wrinkles and grey hair at bay and slow
- () time and leads to reduced energy levels has baffled scientists for decades. This latest research casts new light on this mystery.
- () down the process of aging. New research suggests that eating green vegetables can ward off the signs
- () function, lower bone density and weakening eyesight. The reason our metabolism changes over
- () The research was conducted by scientists at the Washington University School of Medicine
- () NMN reduced typical signs of aging, including a decline in the strength of skeletal muscle, poor liver
- () that of younger mice." Professor Imai said tests on mice showed that

PUT THE WORDS IN THE RIGHT ORDER

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

1. the aging vegetables off of green ward signs Eating can .
2. compound A age we which at rate the down slow helps that .
3. down signs old slow physical getting helps the of It .
4. also rejuvenate the metabolism Scientists say NMN can .
5. helps of in It levels production body replenish energy our .
6. aging the that in Slow decline see mice physiological we .
7. levels that younger Energy resembling of mice .
8. skeletal in muscle the Including strength a of decline .
9. reason metabolism over The our changes time .
10. latest on research this casts mystery new This light .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Help may be at *hand / foot* for those of us who want to keep the wrinkles and grey hair at *bay / bat* and slow down the process of aging. New research suggests that eating green vegetables can ward *on / off* the signs of aging. Researchers say that broccoli, cabbage and avocado in *particularly / particular* contain a compound that helps slow down the rate *at / to* which we age. The *key / lock* compound, present in green fruit and vegetables, is called NMN. It helps slow down the *physical / physically* signs of getting old. Scientists say NMN can also *juvenile / rejuvenate* the metabolism. It helps replenish levels of energy production *in / on* our body that deteriorate as we age. It also helps reduce weight gain and the deterioration of *vision / visionary*.

The research was conducted by scientists at the Washington University School of Medicine in the USA. Researcher professor Shinichiro Imai said: "We have *showed / shown* a way to slow the physiological *incline / decline* that we see *in / on* aging mice. This means older *mice / mouse* have metabolism and energy levels *resembling / resemblance* that of younger mice." Professor Imai said tests on mice showed that NMN reduced *typed / typical* signs of aging, including a decline in the *strengthen / strength* of skeletal muscle, poor liver function, lower *bone / bony* density and weakening eyesight. The reason our metabolism changes *under / over* time and leads to reduced energy levels has *baffled / waffled* scientists for decades. This latest research casts new light on this mystery.

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/1611/161101-aging.html>

H_l_p m_y b_ _t h_nd f_r th_s_ _f _s wh_ w_nt t_ k__p
th_ wr_nkl_s _nd gr_y h__r _t b_y _nd sl_w d_wn th_
pr_c_ss _f _g_ng. N_w r_s__rch s_gg_sts th_t __t_ng
gr__n v_g_t_bl_s c_n w_rd _ff th_ s_gns _f _g_ng.
R_s__rch_rs s_y th_t br_cc_l_, c_bb_g_ _nd _v_c_d_
_n p_rt_c_l_r c_nt__n _ c_mp__nd th_t h_lps sl_w
d_wn th_ r_t_ _t wh_ch w_ _g_. Th_ k_y c_mp__nd,
pr_s_nt _n gr__n fr__t _nd v_g_t_bl_s, _s c_ll_d NMN.
_t h_lps sl_w d_wn th_ phys_c_l_s_gns _f g_tt_ng _ld.
Sc__nt_sts s_y NMN c_n _ls_ r_j_v_n_t_ th_
m_t_b_l_sm. _t h_lps r_pl_n_sh l_v_ls _f _n_rgy
pr_d_ct__n _n __r b_dy th_t d_t_r__r_t_ s_w _g_. _t
ls h_lps r_d_c_ w__ght g__n _nd th_ d_t_r__r_t__n
_f v_s__n.

Th_ r_s__rch w_s c_nd_ct_d by sc__nt_sts _t th_
W_sh_ngt_n _n_v_rs_ty Sch__l _f M_d_c_n_ _n th_
S. R_s__rch_r pr_f_ss_r Sh_n_ch_r_ _m__s__d: "W_
h_v_ sh_wn _ w_y t_ sl_w th_ phys__l_g_c_l_d_cl_n_
th_t w_ s__ _n_g_ng m_c_. Th_s m__ns _ld_r m_c_
h_v_ m_t_b_l_sm _nd _n_rgy l_v_ls r_s_mbl_ng th_t _f
y__ng_r m_c_." Pr_f_ss_r _m__s__d t_sts _n m_c_
sh_w_d th_t NMN r_d_c_d typ_c_l_s_gns _f _g_ng,
_ncl_d_ng _ d_cl_n_ _n th_ str_ngth _f sk_l_t_l
m_scl_, p__r l_v_r f_nct__n, l_w_r b_n_ d_ns_ty _nd
w__k_n_ng _y_s_ght. Th_ r__s_n __r m_t_b_l_sm
ch_ng_s _v_r t_m_ _nd l__ds t_r_d_c_d _n_rgy l_v_ls
h_s b_ffl_d sc__nt_sts f_r d_c_d_s. Th_s l_t_st
r_s__rch c_sts n_w l_ght _n th_s myst_ry.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

help may be at hand for those of us who want to keep the wrinkles and grey hair at bay and slow down the process of aging new research suggests that eating green vegetables can ward off the signs of aging researchers say that broccoli cabbage and avocado in particular contain a compound that helps slow down the rate at which we age the key compound present in green fruit and vegetables is called nmn it helps slow down the physical signs of getting old scientists say nmn can also rejuvenate the metabolism it helps replenish levels of energy production in our body that deteriorate as we age it also helps reduce weight gain and the deterioration of vision

the research was conducted by scientists at the washington university school of medicine in the usa researcher professor shinichiro imai said "we have shown a way to slow the physiological decline that we see in aging mice this means older mice have metabolism and energy levels resembling that of younger mice" professor imai said tests on mice showed that nmn reduced typical signs of aging including a decline in the strength of skeletal muscle poor liver function lower bone density and weakening eyesight the reason our metabolism changes over time and leads to reduced energy levels has baffled scientists for decades this latest research casts new light on this mystery

PUT A SLASH (/) WHERE THE SPACES ARE

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Help may be at hand for those of us who want to keep the wrinkles and grey hair at bay and slow down the process of aging. New research suggests that eating green vegetables can ward off the signs of aging. Researchers say that broccoli, cabbage and avocado in particular contain a compound that helps slow down the rate at which we age. The key compound, present in green fruit and vegetables, is called NMN. It helps slow down the physical signs of getting old. Scientists say NMN can also rejuvenate the metabolism. It helps replenish levels of energy production in our body that deteriorate as we age. It also helps reduce weight gain and the deterioration of vision. The research was conducted by scientists at the Washington University School of Medicine in the USA. Researcher professor Shinichiro Imai said: "We have shown a way to slow the physiological decline that we see in aging mice. This means older mice have metabolism and energy levels resembling that of younger mice." Professor Imai said tests on mice showed that NMN reduced typical signs of aging, including a decline in the strength of skeletal muscle, poor liver function, lower bone density and weakening eyesight. The reason our metabolism changes over time and leads to reduced energy levels has baffled scientists for decades. This latest research casts new light on this mystery.

ACADEMIC WRITING

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

Scientists shouldn't try and change the natural process of aging. Discuss.

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 this research. Share what you discover with your partner(s) in the next lesson.

3. AGING: Make a poster about aging. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LIVING LONGER: Write a magazine article about scientists making the whole world live much longer. Include imaginary interviews with people who are for and against this.

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 aging. Ask him/her three questions about it. Give him/her three of your ideas on how we can stay younger. 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 F c F d T e T f T g T h F

SYNONYM MATCH (p.4)

- | | |
|----------------|---------------------|
| 1. at hand | a. close by |
| 2. at bay | b. away |
| 3. rate | c. speed |
| 4. rejuvenate | d. restore |
| 5. deteriorate | e. worsen |
| 6. conducted | f. carried out |
| 7. resembling | g. being similar to |
| 8. baffled | h. puzzled |
| 9. casts | i. throws |
| 10. mystery | j. puzzle |

COMPREHENSION QUESTIONS (p.8)

1. Help
2. Cabbage
3. NMN
4. The metabolism
5. Vision
6. Washington
7. Mice
8. Skeletal muscle
9. Baffled them
10. New light

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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