

www.Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

www.breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 6

Fitness trackers 'poor at measuring calories burned'

28th May, 2017

<http://www.breakingnewsenglish.com/1705/170528-fitness-trackers.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).

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

Google +



<https://plus.google.com/+SeanBanville>

THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

A new report says fitness trackers are not so accurate in measuring the amount of calories our body burns while exercising, and that this may lead people to make poor decisions about their diet. The study is from Stanford University in the USA. Researchers evaluated the accuracy of five popular trackers. These included the Apple Watch, Microsoft Band, Fitbit Surge and Samsung Gear S2. The researchers observed 60 volunteers as they walked, ran and cycled while wearing the devices. Researchers found that none of the devices had an error rate below 20 per cent. Dr Euan Ashley, co-author of the study, said: "People need to know that on energy expenditure, [the trackers] give rough estimates."

The Stanford scientists said users of fitness trackers should be cautious about using the devices to judge what they eat. Dr Ashley said: "If you go to the gym, and you think you've lost 400 calories, then you might feel you've got 400 calories to play with." This could be a problem for those who base what they eat on how many calories their fitness tracker said they burned. One CEO of a fitness tracker company suggested the researchers may not have adjusted the user settings properly. The CEO told the USA Today newspaper that the study method could have reported incorrect data, saying: "We think the excess error reported in energy expenditure is not representative in this study, due to this methodological error."

Sources: <http://www.bbc.com/news/health-40030457>
<https://www.usatoday.com/story/tech/nation-now/2017/05/24/your-fitness-tracker-could-way-way-off/342327001/>
<http://www.livescience.com/59242-how-accurate-is-your-fitness-tracker-really.html>

WARM-UPS

1. FITNESS TRACKERS: Students walk around the class and talk to other students about fitness trackers. 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?

report / fitness / calories / exercising / decisions / diet / accuracy / devices / estimates
scientists / judge / problem / settings / newspaper / data / energy / study / error

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

3. EXERCISE DEVICES: Students A **strongly** believe we should all have to use a device to track our daily exercise; Students B **strongly** believe we shouldn't. Change partners again and talk about your conversations.

4. DAILY EXERCISE: How can we do more exercise at these times? Complete this table with your partner(s). Change partners often and share what you wrote.

	What we can do	Pros / Cons
At breakfast		
Going to school / work		
Lunch time		
At school / work		
While shopping		
While watching TV		

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

6. BURNING CALORIES: Rank these with your partner. Put the best ways to burn calories at the top. Change partners often and share your rankings.

- shopping
- walking
- working out
- walking up stairs
- swimming
- dancing
- gardening
- housework

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

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

- a. A report says fitness trackers could lead to poor decisions about diet. **T / F**
- b. Scientists looked at 15 different fitness trackers. **T / F**
- c. Researchers looked at 60 volunteers as they exercised. **T / F**
- d. None of the fitness trackers tested had an error rate below 20%. **T / F**
- e. A researcher said trackers should be used to decide how much to eat. **T / F**
- f. A researcher said fitness tracker data is always wrong by 400 calories. **T / F**
- g. A fitness tracker company CEO agreed with the research data. **T / F**
- h. The CEO thinks there was an error in the research method. **T / F**

2. SYNONYM MATCH:

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

- | | |
|---------------------|---------------|
| 1. accurate | a. careful |
| 2. amount | b. basic |
| 3. evaluated | c. figures |
| 4. observed | d. assessed |
| 5. rough | e. correctly |
| 6. cautious | f. precise |
| 7. problem | g. because of |
| 8. properly | h. drawback |
| 9. data | i. quantity |
| 10. due to | j. monitored |

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

- | | |
|---|-----------------------------|
| 1. not so accurate in measuring the | a. of five popular trackers |
| 2. lead people to make poor decisions | b. data |
| 3. evaluated the accuracy | c. estimates |
| 4. an error rate | d. about their diet |
| 5. the trackers give rough | e. to play with |
| 6. be cautious about using the devices to | f. properly |
| 7. you've got 400 calories | g. amount of calories |
| 8. adjusted the user settings | h. error |
| 9. incorrect | i. below 20 per cent |
| 10. methodological | j. judge what they eat |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

A new report says fitness trackers are not so (1) _____ in measuring the amount of calories our body (2) _____ while exercising, and that this may lead people to make poor decisions about their diet. The study is from Stanford University in the USA. Researchers (3) _____ the accuracy of five popular trackers. These included the Apple Watch, Microsoft Band, Fitbit Surge and Samsung Gear S2. The researchers (4) _____ 60 volunteers as they walked, ran and cycled while wearing the (5) _____. Researchers found that (6) _____ of the devices had an error rate below 20 per cent. Dr Euan Ashley, co-(7) _____ of the study, said: "People need to know that on energy expenditure, [the trackers] give (8) _____ estimates."

burns
none
observed
rough
accurate
author
evaluated
devices

The Stanford scientists said (9) _____ of fitness trackers should be cautious about using the devices to (10) _____ what they eat. Dr Ashley said: "If you go to the gym, and you think you've lost 400 (11) _____, then you might feel you've got 400 calories to play with." This could be a problem for those who (12) _____ what they eat on how many calories their fitness tracker said they burned. One CEO of a fitness tracker company (13) _____ the researchers may not have adjusted the user settings (14) _____. The CEO told the USA Today newspaper that the study method could have reported incorrect (15) _____, saying: "We think the excess error reported in energy expenditure is not representative in this study, due to this methodological (16) _____."

base
properly
judge
error
calories
data
users
suggested

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

- 1) not so accurate in measuring the amount of calories _____
 - a. our body burned
 - b. our body burns
 - c. our body burn
 - d. our body burnt
- 2) and that this may lead people to make poor decisions _____
 - a. about their dietary
 - b. about their dietician
 - c. about their diet
 - d. about their dieted
- 3) Researchers evaluated the accuracy of five _____
 - a. popularize trackers
 - b. popular tracker
 - c. popular truckers
 - d. popular trackers
- 4) researchers observed 60 volunteers as they walked, ran and cycled while _____
 - a. where in in the devices
 - b. wear in the devices
 - c. wherein the devices
 - d. wearing the devices
- 5) People need to know that on energy expenditure, the trackers give _____
 - a. roughly estimates
 - b. rough estimates
 - c. rough estimate
 - d. roughly estimate
- 6) users of fitness trackers should be cautious about using the devices to _____ eat
 - a. judges what they
 - b. judge that they
 - c. judge what these
 - d. judge what they
- 7) then you might feel you've got 400 calories _____
 - a. too play with
 - b. to play with
 - c. two play with
 - d. true play with
- 8) those who base what they eat on how many calories their fitness tracker _____
 - a. said they burned
 - b. wrote they burned
 - c. typed they burned
 - d. record they burned
- 9) company suggested the researchers may not have adjusted the user _____
 - a. set things properly
 - b. setting properly
 - c. sets things properly
 - d. settings properly
- 10) not representative in this study, due to this _____
 - a. methodological error
 - b. method and logical error
 - c. method or logical error
 - d. method a logical error

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

A new report says fitness trackers (1) _____ accurate in measuring the amount of calories our body burns while exercising, and that this may lead people (2) _____ decisions about their diet. The study is from Stanford University in the USA. Researchers evaluated the (3) _____ popular trackers. These included the Apple Watch, Microsoft Band, Fitbit Surge and Samsung Gear S2. The researchers observed 60 volunteers (4) _____, ran and cycled while wearing the devices. Researchers found that none of the devices had an error rate below 20 per cent. Dr Euan Ashley, (5) _____ study, said: "People need to know that on energy expenditure, [the trackers] give (6) _____."

The Stanford scientists (7) _____ fitness trackers should be (8) _____ using the devices to judge what they eat. Dr Ashley said: "If you go to the gym, and you think you've lost 400 calories, then you might feel you've got 400 calories to play with." This could be a problem for those who base what (9) _____ many calories their fitness tracker said they burned. One CEO of a fitness tracker company suggested the researchers may (10) _____ the user settings properly. The CEO told the USA Today newspaper that the study method could have (11) _____ data, saying: "We think the excess error reported in energy expenditure is not representative (12) _____ to this methodological error."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

1. What might fitness-tracker information lead to poor information about?
2. How many fitness trackers did the researchers evaluate?
3. How many volunteers did the researchers observe?
4. How many of the trackers were found to have an error rate below 20%?
5. What kind of estimates did the researchers say the trackers gave?
6. What should users be cautious about using the devices to judge?
7. What did a CEO say researchers might not have adjusted correctly?
8. What newspaper did the CEO talk to?
9. What kind of expenditure did the CEO talk about?
10. What kind of error did the CEO say might have taken place?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

- 1) What might fitness-tracker information lead to poor information about?
 - a) burns
 - b) diet
 - c) bicycles
 - d) people
- 2) How many fitness trackers did the researchers evaluate?
 - a) 8
 - b) 7
 - c) 6
 - d) 5
- 3) How many volunteers did the researchers observe?
 - a) 60
 - b) 70
 - c) 80
 - d) 90
- 4) How many of the trackers were found to have an error rate below 20%?
 - a) 5
 - b) 2
 - c) 0
 - d) 3
- 5) What kind of estimates did the researchers say the trackers gave?
 - a) quick
 - b) rough
 - c) accurate
 - d) near-enough
- 6) What should users be cautious about using the devices to judge?
 - a) what to eat
 - b) others
 - c) activities
 - d) performance
- 7) What did a CEO say researchers might not have adjusted correctly?
 - a) angles
 - b) seats
 - c) settings
 - d) speed
- 8) What newspaper did the CEO talk to?
 - a) USA Today
 - b) Fitness Today
 - c) Devices Daily
 - d) Tracking Times
- 9) What kind of expenditure did the CEO talk about?
 - a) energy
 - b) money
 - c) time
 - d) budgetary
- 10) What kind of error did the CEO say might have taken place?
 - a) a careless error
 - b) human error
 - c) heart rate error
 - d) methodological error

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

Role A – Shopping

You think shopping is the best way to get fit. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the worst of these ways (and why): dancing, gardening or housework.

Role B – Dancing

You think dancing is the best way to get fit. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the worst of these ways (and why): shopping, gardening or housework.

Role C – Gardening

You think gardening is the best way to get fit. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the worst of these ways (and why): dancing, shopping or housework.

Role D – Housework

You think housework is the best way to get fit. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the worst of these ways (and why): dancing, gardening or shopping.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

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

fitness	device
----------------	---------------

- 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">• so• lead• five• 60• 20• rough	<ul style="list-style-type: none">• users• 400• base• CEO• method• due
--	---

FITNESS TRACKERS SURVEY

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

Write five GOOD questions about fitness trackers 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.

FITNESS TRACKERS 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 'fitness'?
3. How do fitness trackers work?
4. Would (do) you use a fitness tracker?
5. What are the pros and cons of fitness trackers?
6. Why do you think the fitness trackers aren't so accurate?
7. What do you do to get fit?
8. How healthy is your diet?
9. What would make you exercise more?
10. What takes up most of your energy during the week?

Fitness trackers 'poor at measuring calories burned' – 28th May, 2017
Thousands more free lessons at www.BreakingNewsEnglish.com

FITNESS TRACKERS 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 when you hear the word 'device'?
13. What do you think about what you read?
14. What digital devices do you have that help you?
15. How much do you care about calories?
16. Do you find digital devices easy to use?
17. Do you believe the CEO or the researchers?
18. What things would you like devices to measure?
19. What do you think of the idea of fitness trackers?
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. _____

Copyright © www.BreakingNewsEnglish.com 2017

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/1705/170528-fitness-trackers.html>

A new report says fitness trackers are not so (1) _____ in measuring the amount of calories our body burns (2) _____ exercising, and that this may lead people to make poor decisions about their diet. The study is from Stanford University in the USA. Researchers (3) _____ the accuracy of five popular trackers. These included the Apple Watch, Microsoft Band, Fitbit Surge and Samsung Gear S2. The researchers observed 60 volunteers (4) _____ they walked, ran and cycled while wearing the devices. Researchers found that none of the devices had an error (5) _____ below 20 per cent. Dr Euan Ashley, co-author of the study, said: "People need to know that on energy expenditure, [the trackers] give (6) _____ estimates."

The Stanford scientists said users of fitness trackers should (7) _____ cautious about using the devices to (8) _____ what they eat. Dr Ashley said: "If you go to the gym, and you think you've lost 400 calories, then you might feel you've got 400 calories to (9) _____ with." This could be a problem for those who base what they eat on how many calories their fitness tracker (10) _____ they burned. One CEO of a fitness tracker company suggested the researchers may not have adjusted the user (11) _____ properly. The CEO told the USA Today newspaper that the study method could have reported incorrect data, saying: "We think the excess error reported in energy expenditure is not representative in this study, (12) _____ to this methodological error."

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

- | | | | | |
|-----|-----------------|----------------|---------------|---------------|
| 1. | (a) accuracies | (b) accurately | (c) accuracy | (d) accurate |
| 2. | (a) willing | (b) whiling | (c) awhile | (d) while |
| 3. | (a) emancipated | (b) evaluated | (c) elongated | (d) evacuated |
| 4. | (a) was | (b) is | (c) as | (d) has |
| 5. | (a) rate | (b) rata | (c) ratio | (d) rated |
| 6. | (a) rough | (b) roughed | (c) roughly | (d) roughs |
| 7. | (a) take | (b) have | (c) do | (d) be |
| 8. | (a) judge | (b) abridge | (c) adage | (d) assuage |
| 9. | (a) eat | (b) play | (c) cook | (d) run |
| 10. | (a) wrote | (b) typed | (c) said | (d) suggest |
| 11. | (a) setters | (b) sets | (c) settings | (d) settees |
| 12. | (a) rue | (b) due | (c) hue | (d) cue |

SPELLING

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

Paragraph 1

1. fitness trackers are not so ueccatra
2. gmeiarsun the amount
3. make poor odisensci
4. researchers sedrevbo 60 volunteers
5. the dceiesv had an error rate below 20 per cent
6. energy udneeteirpx

Paragraph 2

7. should be oausuitc
8. you've lost 400 elacoisr
9. tesjddau the user settings properly.
10. tnieocrrc data
11. not eisvtptrrneae
12. cmdooaoltigleh error

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

Number these lines in the correct order.

- () base what they eat on how many calories their fitness tracker said they burned. One CEO of a fitness tracker
- () Samsung Gear S2. The researchers observed 60 volunteers as they walked, ran and
- () co-author of the study, said: "People need to know that on energy expenditure, [the trackers] give rough estimates."
- () the USA Today newspaper that the study method could have reported incorrect data, saying: "We think the excess
- () The Stanford scientists said users of fitness trackers should be cautious about using the devices to
- () judge what they eat. Dr Ashley said: "If you go to the gym, and you think you've lost 400
- () of five popular trackers. These included the Apple Watch, Microsoft Band, Fitbit Surge and
- () cycled while wearing the devices. Researchers found that none of the devices had an error rate below 20 per cent. Dr Euan Ashley,
- () burns while exercising, and that this may lead people to make poor decisions about their
- () calories, then you might feel you've got 400 calories to play with." This could be a problem for those who
- () diet. The study is from Stanford University in the USA. Researchers evaluated the accuracy
- () company suggested the researchers may not have adjusted the user settings properly. The CEO told
- () error reported in energy expenditure is not representative in this study, due to this methodological error."
- (**1**) A new report says fitness trackers are not so accurate in measuring the amount of calories our body

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

1. says are accurate report trackers so new fitness not A .
2. of amount the Measuring burns body our calories .
3. to make poor decisions about their diet This may lead people .
4. researchers The walked they as volunteers 60 observed .
5. None cent per 20 below rate error an had devices the of .
6. trackers said should users be of cautious fitness Scientists .
7. with feel 400 play might got to You you've calories .
8. How tracker many said calories they their burned fitness .
9. properly adjusted Researchers the may user not settings have .
10. study The data incorrect reported have could method .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

A new report says fitness trackers are not so *accuracy / accurate* in measuring the amount of calories our body *burnt / burns* while exercising, and that this may *lead / let* people to make poor decisions about their *dietary / diet*. The study is from Stanford University in the USA. Researchers evaluated the accuracy of five popular trackers. These *included / inclusive* the Apple Watch, Microsoft Band, Fitbit Surge and Samsung Gear S2. The researchers observed 60 volunteers *was / as* they walked, ran and cycled *while / awhile* wearing the devices. Researchers found that *noon / none* of the devices *had / did* an error rate below 20 per cent. Dr Euan Ashley, co-author of the study, said: "People need to know that on energy expenditure, [the trackers] give *rough / roughly* estimates."

The Stanford scientists said *uses / users* of fitness trackers should be cautious about using the devices to *juggle / judge* what they eat. Dr Ashley said: "If you go to the gym, and you think you've *losing / lost* 400 calories, then you might feel you've got 400 calories to play *at / with*." This could be a problem for those who *basis / base* what they eat on how many calories their fitness tracker said they burned. One CEO of a fitness tracker company *suggested / suggestive* the researchers may not *give / have* adjusted the user settings properly. The CEO told the USA Today newspaper that the *study / studies* method could have reported incorrect data, saying: "We think the *excess / access* error reported in energy expenditure is not representative in this study, due *for / to* this methodological error."

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/1705/170528-fitness-trackers.html>

_ n _ w _ r _ p _ r _ t _ s _ y _ s _ f _ t _ n _ s _ s _ t _ r _ c _ k _ r _ s _ r _ n _ t _ s _ _ c _ c _ r _ t _
_ n _ m _ _ s _ r _ n _ g _ t _ h _ _ m _ _ n _ t _ f _ c _ l _ r _ _ s _ _ r _ b _ d _ y _ b _ r _ n _ s
w _ h _ l _ _ x _ r _ c _ s _ n _ g , _ n _ d _ t _ h _ t _ t _ h _ s _ m _ y _ l _ _ d _ p _ _ p _ l _ t _
m _ k _ p _ _ r _ d _ c _ s _ _ n _ s _ _ b _ _ t _ t _ h _ _ r _ d _ _ t . T _ h _ s _ t _ d _ y _ s
f _ r _ m _ S _ t _ n _ f _ r _ d _ _ n _ v _ r _ s _ t _ y _ _ n _ t _ h _ _ S _ . R _ s _ _ r _ c _ h _ r _ s
_ v _ l _ _ t _ d _ t _ h _ _ c _ c _ r _ c _ y _ f _ f _ v _ p _ p _ l _ r _ t _ r _ c _ k _ r _ s . T _ h _ s _
_ n _ c _ l _ d _ d _ t _ h _ _ p _ p _ l _ W _ t _ c _ h , M _ c _ r _ s _ f _ t _ B _ n _ d , F _ t _ b _ t
S _ r _ g _ _ n _ d _ S _ m _ s _ n _ g _ G _ _ r _ S 2 . T _ h _ r _ s _ _ r _ c _ h _ r _ s _ b _ s _ r _ v _ d
60 _ v _ l _ n _ t _ _ r _ s _ _ s _ t _ h _ y _ w _ l _ k _ d , r _ n _ _ n _ d _ c _ y _ c _ l _ d _ w _ h _ l _
w _ _ r _ n _ g _ t _ h _ d _ v _ c _ s . R _ s _ _ r _ c _ h _ r _ s _ f _ _ n _ d _ t _ h _ t _ n _ n _ _ f
t _ h _ d _ v _ c _ s _ h _ d _ _ n _ _ r _ r _ r _ t _ b _ l _ w _ 20 _ p _ r _ c _ n _ t . D _ r
_ _ _ n _ _ s _ h _ l _ y , c - _ _ t _ h _ r _ _ f _ t _ h _ s _ t _ d _ y , s _ _ d : " P _ _ p _ l _
n _ _ d _ t _ k _ n _ w _ t _ h _ t _ _ n _ _ n _ r _ g _ y _ _ x _ p _ n _ d _ t _ r _ , [t _ h _
t _ r _ c _ k _ r _ s] g _ v _ r _ _ g _ h _ s _ t _ m _ t _ s . "

T _ h _ S _ t _ n _ f _ r _ d _ s _ c _ _ n _ t _ s _ t _ s _ s _ _ d _ _ s _ r _ s _ _ f _ f _ t _ n _ s _ s _ t _ r _ c _ k _ r _ s
s _ h _ _ l _ d _ b _ _ c _ _ t _ _ _ s _ _ b _ _ t _ _ s _ n _ g _ t _ h _ d _ v _ c _ s _ t _ j _ d _ g _
w _ h _ t _ t _ h _ y _ _ t . D _ r _ _ s _ h _ l _ y _ s _ _ d : " _ f _ y _ _ g _ t _ t _ h _ g _ y _ m ,
_ n _ d _ y _ _ t _ h _ n _ k _ y _ _ ' v _ _ l _ s _ t _ 400 _ c _ l _ r _ _ s , t _ h _ n _ y _ _
m _ g _ h _ t _ f _ _ l _ y _ _ ' v _ _ g _ t _ 400 _ c _ l _ r _ _ s _ t _ p _ l _ y _ w _ t _ h . " T _ h _ s
c _ _ l _ d _ b _ _ p _ r _ b _ l _ m _ f _ r _ t _ h _ s _ w _ h _ b _ s _ w _ h _ t _ t _ h _ y _ _ t
_ n _ h _ w _ m _ n _ y _ c _ l _ r _ _ s _ t _ h _ _ r _ f _ t _ n _ s _ s _ t _ r _ c _ k _ r _ s _ _ d _ t _ h _ y
b _ r _ n _ d . _ _ n _ C _ _ _ f _ _ f _ t _ n _ s _ s _ t _ r _ c _ k _ r _ c _ m _ p _ n _ y
s _ g _ g _ s _ t _ d _ t _ h _ r _ s _ _ r _ c _ h _ r _ s _ m _ y _ n _ t _ h _ v _ _ d _ j _ s _ t _ d _ t _ h _
_ s _ r _ s _ t _ t _ n _ g _ s _ p _ r _ p _ r _ l _ y . T _ h _ C _ _ _ t _ l _ d _ t _ h _ _ S _ T _ d _ y
n _ w _ s _ p _ p _ r _ t _ h _ t _ t _ h _ s _ t _ d _ y _ m _ t _ h _ d _ c _ _ l _ d _ h _ v _ r _ p _ r _ t _ d
_ n _ c _ r _ r _ c _ t _ d _ t _ , s _ y _ n _ g : " W _ _ t _ h _ n _ k _ t _ h _ _ x _ c _ s _ s _ _ r _ r _ r
r _ p _ r _ t _ d _ _ n _ _ n _ r _ g _ y _ _ x _ p _ n _ d _ t _ r _ _ s _ n _ t _ r _ p _ r _ s _ n _ t _ t _ v _
_ n _ t _ h _ s _ s _ t _ d _ y , d _ _ t _ t _ h _ s _ m _ t _ h _ d _ l _ g _ c _ l _ _ r _ r _ . "

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

a new report says fitness trackers are not so accurate in measuring the amount of calories our body burns while exercising and that this may lead people to make poor decisions about their diet the study is from stanford university in the usa researchers evaluated the accuracy of five popular trackers these included the apple watch microsoft band fitbit surge and samsung gear s2 the researchers observed 60 volunteers as they walked ran and cycled while wearing the devices researchers found that none of the devices had an error rate below 20 per cent dr euan ashley co-author of the study said "people need to know that on energy expenditure [the trackers] give rough estimates"

the stanford scientists said users of fitness trackers should be cautious about using the devices to judge what they eat dr ashley said "if you go to the gym and you think you've lost 400 calories then you might feel you've got 400 calories to play with" this could be a problem for those who base what they eat on how many calories their fitness tracker said they burned one ceo of a fitness tracker company suggested the researchers may not have adjusted the user settings properly the ceo told the usa today newspaper that the study method could have reported incorrect data saying "we think the excess error reported in energy expenditure is not representative in this study due to this methodological error"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1705/170528-fitness-trackers.html>

A new report says fitness trackers are not so accurate in measuring the amount of calories our body burns while exercising, and that this may lead people to make poor decisions about their diet. The study is from Stanford University in the USA. Researchers evaluated the accuracy of five popular trackers. These included the Apple Watch, Microsoft Band, Fitbit Surge and Samsung Gear S2. The researchers observed 60 volunteers as they walked, ran and cycled while wearing the devices. Researchers found that none of the devices had an error rate below 20 percent. Dr Euan Ashley, co-author of the study, said: "People need to know that on energy expenditure, [the trackers] give rough estimates." The Stanford scientists said users of fitness trackers should be cautious about using the devices to judge what they eat. Dr Ashley said: "If you go to the gym, and you think you've lost 400 calories, then you might feel you've got 400 calories to play with." This could be a problem for those who base what they eat on how many calories their fitness trackers said they burned. One CEO of a fitness tracker company suggested the researchers may not have adjusted the user settings properly. The CEO told the USA Today newspaper that the study method could have reported incorrect data, saying: "We think the excess error reported in energy expenditure is not representative in this study, due to this methodological error."

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

3. FITNESS TRACKERS: Make a poster about fitness trackers. Show your work to your classmates in the next lesson. Did you all have similar things?

4. DIET: Write a magazine article about everyone having to base their diet on the data given by wearing a fitness tracker. 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 fitness trackers. Ask him/her three questions about them. Give him/her three of your ideas on how we can encourage everyone to wear one. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|--------------|---------------|
| 1. accurate | a. precise |
| 2. amount | b. quantity |
| 3. evaluated | c. assessed |
| 4. observed | d. monitored |
| 5. rough | e. basic |
| 6. cautious | f. careful |
| 7. problem | g. drawback |
| 8. properly | h. correctly |
| 9. data | i. figures |
| 10. due to | j. because of |

COMPREHENSION QUESTIONS (p.8)

1. Diet
2. Five
3. 60
4. None
5. Rough estimates
6. What they eat
7. The settings
8. USA Today
9. Energy expenditure
10. A methodological error

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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