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Level 0 – 26th September, 2019

Eating nuts could help us to keep slim

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/1909/190926-nuts-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1909/190926-nuts-0.html>

Harvard University says nuts could be a slimming aid. It said we could replace unhealthy snacks with nuts to slow down weight gain. People who ate 14g of nuts every day gained less weight than those who ate unhealthy snacks. However, eating nuts and not unhealthy snacks reduced weight gain by just 0.4 to 0.7kg over four years.

The researchers' looked at the lifestyles of 190,000 health workers and nurses over twenty years. Researchers asked them questions every four years about their weight, exercise, and how often they ate nuts. A researcher said nuts might help reduce weight gain as we get older. It might also lower the chances of obesity.

Sources: <https://news.sky.com/story/eating-more-nuts-could-slow-weight-gain-researchers-say-11817911>
<https://www.dailymail.co.uk/health/article-7495177/Eating-half-ounce-nuts-day-cuts-odds-gaining-weight.html>
<https://www.medicalnewstoday.com/articles/326422.php>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1909/190926-nuts-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------|-------------------------|
| 1. a slimming | a. gain |
| 2. slow | b. weight |
| 3. People who ate 14g | c. four years |
| 4. gained less | d. down weight gain |
| 5. those who | e. snacks |
| 6. unhealthy | f. of nuts every day |
| 7. reduced weight | g. aid |
| 8. 0.7kg over | h. ate unhealthy snacks |

PARAGRAPH TWO:

- | | |
|---------------------------------|-------------------|
| 1. the lifestyles of 190,000 | a. help |
| 2. Researchers asked | b. older |
| 3. every four | c. health workers |
| 4. how often | d. of obesity |
| 5. A researcher said nuts might | e. them questions |
| 6. reduce weight | f. they ate nuts |
| 7. as we get | g. years |
| 8. lower the chances | h. gain |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1909/190926-nuts-0.html>

Harvard University (1) _____ be a slimming aid. It (2) _____ replace unhealthy snacks with nuts to slow (3) _____. People who ate 14g of nuts every day gained (4) _____ those who ate unhealthy snacks. However, eating nuts (5) _____ snacks reduced weight gain by just 0.4 to 0.7kg (6) _____.

The researchers' (7) _____ lifestyles of 190,000 health workers (8) _____ twenty years. Researchers (9) _____ every four years about their weight, exercise, (10) _____ they ate nuts. A researcher said (11) _____ reduce weight gain as we get older. It might also lower (12) _____ obesity.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1909/190926-nuts-0.html>

HarvardUniversitysaysnutscouldbeaslimmingaid.Itsaidwecouldrepl
aceunhealthysnackswithnutstoslowdownweightgain.Peoplewhoate
14gofnutseverydaygainedlessweightthanthosewhoateunhealthysn
acks.However,eatingnutsandnotunhealthysnacksreducedweightgai
nbyjust0.4to0.7kgoverfouryears.Theresearchers'lookedatthelifest
ylesof190,000healthworkersandnursesovertwentyyears.Researcher
rsaskedthemquestionseveryfouryearsabouttheirweight,exercise,a
ndhowoftentheyatenuts.Aresearchersaidnutsmighthelpreducweig
htgainaswegetolder.Itmightalsolowerthechancesofobesity.

NUTS SURVEY

From <https://breakingnewsenglish.com/1909/190926-nuts-4.html>

Write five GOOD questions about nuts 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) _____

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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) _____

