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Ready-to-Use English Lessons by Sean Banville

Level 1 – 26th September, 2019
Eating nuts could help us to keep slim

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https://breakingnewsenglish.com/1909/190926-nuts-1.html

Contents

Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

Research from Harvard University says nuts could be a useful slimming aid. It recommended people replace unhealthy snacks with nuts to slow down weight gain, especially for older people. People who ate 14g of nuts every day gained less weight and were less likely to be obese than those who ate other snacks. The benefits could be small. Eating nuts instead of unhealthy snacks could reduce weight gain by just 0.4 to 0.7kg over four years.

The researchers' looked at the lifestyles of 190,000 people over twenty years. There were three groups of people. One had 51,000 male health workers aged 40 to 75, and others had nurses aged 24 to 55. Researchers asked them questions every four years about their weight, their exercise, and how often they ate nuts. Replacing less healthy foods with nuts might help reduce weight gain as we age. It might also lower the chances of becoming obese.

PHRASE MATCHING

From

PARAGRAPH ONE:

1.	nuts could be a useful slimming	a.	four years
2.	slow	b.	aid
3.	less likely	c.	unhealthy snacks
4.	those who	d.	gain
5.	The benefits could	e.	to be obese
6.	eating nuts instead of	f.	ate other snacks
7.	reduce weight	g.	be small
8.	0.7kg over	h.	down weight gain

PARAGRAPH TWO:

1.	the lifestyles of	a.	gain
2.	There were three	b.	with nuts
3.	asked them questions	c.	obese
4.	how often they	d.	190,000 people
5.	Replacing less healthy foods	e.	every four years
6.	help reduce weight	f.	the chances
7.	It might also lower	g.	ate nuts
8.	becoming	h.	groups of people

LISTEN AND FILL IN THE GAPS

Research from Harvard University (1) _____ be a useful slimming aid. It recommended (2) _____ snacks with nuts to slow (3) _____, especially for older people. People who ate 14g of nuts every day gained less weight and (4) _____ to be obese than those who ate other snacks. The (5) _____ small. Eating nuts instead of unhealthy snacks could reduce weight gain by just 0.4 to 0.7kg (6) _____.

The researchers' looked (7) _____ of 190,000 people over twenty years. There were (8) _____ people. One had 51,000 male health workers aged 40 to 75, and others (9) _____ 24 to 55. Researchers asked them questions every four years (10) _____, their exercise, and how often (11) _____. Replacing less healthy foods with nuts might help reduce weight gain as we age. It might also lower (12) _____ becoming obese.

PUT A SLASH (/)WHERE THE SPACES ARE

ResearchfromHarvardUniversitysaysnutscouldbeausefulslimmingaid.Itrecommendedpeoplereplaceunhealthysnackswithnutstoslowdownweightgain,especiallyforolderpeople.Peoplewhoate14gofnutseverydaygainedlessweightandwerelesslikelytobeobesethanthosewhoateothersnacks.Thebenefitscouldbesmall.Eatingnutsinsteadofunhealthysnackscouldreduceweightgainbyjust0.4to0.7kgoverfouryears.Theresearchers'lookedatthelifestylesof190,000peopleovertwentyyears.Therewerethreegroupsofpeople.Onehad51,000malehealthworkersaged40to75,andothershadnursesaged24to55.Researchersaskedthemquestionseveryfouryearsabouttheirweight,theirexercise,andhowoftentheyatenuts.Replacinglesshealthyfoodswithnutsmighthelpreduceweightgainasweage.Itmightalsolowerthechancesofbecomingobese.

NUTS SURVEY

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) _____

WRITING

Write about **nuts** for 10 minutes. Read and talk about your partner's paper.

_____

_____

_____

_____

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