Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

Level 3 – 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.html

Contents

Please try Levels 0, 1 and 2 (they are easier).

Twitter   twitter.com/SeanBanville

Facebook   www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE ARTICLE

New research says eating nuts could be a valuable, tasty and nutritious slimming aid. Researchers from Harvard University recommended that people replace a daily unhealthy snack with a small handful of nuts to slow down weight gain. They say this is especially helpful for people as they get older. The researchers found that people who ate just 14g of nuts every day gained less weight than those who ate another snack. The people who ate the nuts were less likely to become obese. However, the benefits to our weight could be quite small. The scientists said swapping chocolate, cakes and potato chips with nuts could help prevent a weight gain of just 0.4 to 0.7kg over four years.

The researchers conducted a long-term study in which they looked at the lifestyle of nearly 190,000 people over two decades. The participants in the research were divided into three groups. They included more than 51,000 male health professionals aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 nurses aged 24 to 44. Researchers asked the participants questions every four years about their weight, how often they ate nuts, and how often they exercised. Researcher doctor Xiaoran Liu said: "Incorporating nuts [into] a healthy diet by replacing less healthy foods may help [reduce] the gradual weight gain common during adulthood and beneficially contribute to the prevention of obesity."

WARM-UPS

1. NUTS: Students walk around the class and talk to other students about nuts. 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?

> research / nuts / slimming / snack / helpful / obese / weight / chocolate / chops / long term / study / decades / professionals / nurses / healthy / common / obesity

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

3. POTATO CHIPS: Students A **strongly** believe governments should make the price of nuts much cheaper than potato chips; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. SLIMMING: How good are these things as a slimming aid? What are your experiences of these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Good Are They?	Your Experience
No sweets		
Exercise		
More vegetables		
Special diets		
Sit-ups		
Gyms		

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

6. VALUABLE: Rank these with your partner. Put the most valuable food at the top. Change partners often and share your rankings.

- nuts
- bread
- spinach
- cheese

- beans
- garlic
- tomatoes
- rice

VOCABULARY MATCHING

Paragraph 1

1.	valuable	a.	A small amount of something, small enough to fit in the hand.
2.	nutritious	b.	Very, very useful or important.
3.	aid	c.	A person or thing that is helpful or that helps other people.
4.	handful	d.	Very fat or overweight.
5.	gained	e.	Stop something happening.
6.	obese	f.	(Of food) good enough to make our body grow and be healthy.
7.	prevent	g.	Added; put on (weight).

Paragraph 2

8.	conducted	h.	People doing a higher-level job who are very good at that job.
9.	lifestyle	i.	Give (something, especially money) in order to help achieve or provide something.
10.	participant	j.	Taking place or happening slowly.
11.	professional	k.	A person who takes part in something.
12.	incorporating	l.	Taking in or containing something as part of a whole.
13.	gradual	m.	Did or carried out.
14.	contribute	n.	The way in which a person or group lives.

BEFORE READING / LISTENING

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

a.   The article said nuts were tasty, valuable and nutritious.   **T / F**

b.   Researchers say a handful of nuts a day can slow down weight loss.   **T / F**

c.   People who eat nuts are more likely to become obese.   **T / F**

d.   People who eat nuts might lose 0.7kg over four years.   **T / F**

e.   Researchers looked at the lifestyle of almost 190,000 people.   **T / F**

f.   Researchers looked at the lifestyle of nurses in their sixties.   **T / F**

g.   Researchers asked participants questions every four months.   **T / F**

h.   A researcher said eating nuts could increase obesity.   **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

1. **valuable**		a. carried out
2. **recommended**		b. probable
3. **especially**		c. exchanging
4. **likely**		d. widespread
5. **swapping**		e. advised
6. **conducted**		f. worked out
7. **divided**		g. including
8. **exercised**		h. precious
9. **incorporating**		i. split
10. **common**		j. particularly

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

1. slimming		a. of nuts
2. a small handful		b. over four years
3. less likely to		c. 24 to 44
4. help prevent		d. into three groups
5. just 0.4 to 0.7kg		e. aid
6. researchers conducted a		f. of obesity
7. divided		g. a weight gain
8. nurses aged		h. a healthy diet
9. Incorporating nuts into		i. become obese
10. contribute to the prevention		j. long-term study

GAP FILL

New research says eating nuts could be a (1) _____, tasty and nutritious slimming aid. Researchers from Harvard University recommended that people replace a (2) _____ unhealthy snack with a small handful of nuts to slow down weight (3) _____. They say this is especially helpful for people (4) _____ they get older. The researchers found that people who ate just 14g of nuts every day gained less weight than those who ate (5) _____ snack. The people who ate the nuts were less likely to become obese. However, the (6) _____ to our weight could be (7) _____ small. The scientists said swapping chocolate, cakes and potato chips with nuts could help (8) _____ a weight gain of just 0.4 to 0.7kg over four years.

as

daily

benefits

valuable

prevent

gain

quite

another

The researchers conducted a long-term study in which they looked at the (9) _____ of nearly 190,000 people over two decades. The participants in the research were (10) _____ into three groups. They included more than 51,000 male health professionals aged 40 to 75, 121,700 (11) _____ aged 35 to 55 and 16,686 nurses aged 24 to 44. Researchers asked the (12) _____ questions every four years about their weight, how often they ate nuts, and how often they (13) _____. Researcher doctor Xiaoran Liu said: "Incorporating nuts [into] a healthy (14) _____ by replacing less healthy foods may help [reduce] the gradual weight gain (15) _____ during adulthood and beneficially contribute to the prevention of (16) _____."

divided

exercised

common

participants

lifestyle

obesity

nurses

diet

LISTENING – Guess the answers. Listen to check.

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

1) New research says eating nuts could be a valuable, tasty and _____ aid
   a. nutritious slim in
   b. nutritiously slimming
   c. nutrition slimming
   d. nutritious slimming

2) people replace a daily unhealthy snack with a small _____
   a. hand full of nut
   b. handy full of nuts
   c. handful of nuts
   d. handful of nut

3) They say this is especially helpful for people as _____
   a. they get older
   b. they get olden
   c. they got older
   d. they got olden

4) The people who ate the nuts were less likely to _____
   a. become obesity
   b. be come obesity
   c. be came obese
   d. become obese

5) swapping chocolate, cakes and potato _____
   a. chip with nuts
   b. chips with nuts
   c. chip with nut
   d. chip with nuts

6) The researchers conducted a long-term study in which they looked _____
   a. that the lifestyle
   b. at the lifestyle
   c. at the live style
   d. that the lifestyle

7) The participants in the research were divided _____
   a. in two three groups
   b. into three groups
   c. into three group
   d. in two three group

8) Researchers asked the participants questions every four years about _____
   a. their weight
   b. their wait
   c. their worth
   d. their wright

9) how often they ate nuts, and how often _____
   a. they exorcised
   b. they exercised
   c. they exercises
   d. they exercising

10) during adulthood and beneficially contribute to the _____
   a. prevention of oboes city
   b. prevention of obese city
   c. prevention of obese
   d. prevention of obesity

LISTENING – Listen and fill in the gaps

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

New research says eating nuts (1) _____ valuable, tasty and nutritious slimming aid. Researchers from Harvard University recommended that people (2) _____ unhealthy snack with a small handful of nuts to slow down weight gain. They say this is especially helpful for people (3) _____ older. The researchers found that people who ate just 14g of nuts every day gained less weight than those who (4) _____. The people who ate the nuts were less likely to become obese. However, the (5) _____ weight could be quite small. The scientists said swapping chocolate, cakes and potato chips with nuts could help prevent a (6) _____ just 0.4 to 0.7kg over four years.

The researchers conducted a long-term study in (7) _____ at the lifestyle of nearly 190,000 people over two decades. The participants in the research (8) _____ three groups. They included more than 51,000 male health professionals aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 (9) _____ to 44. Researchers asked the participants questions every four years about their weight, how often they ate nuts, and (10) _____ exercised. Researcher doctor Xiaoran Liu said: "Incorporating nuts [into] (11) _____ by replacing less healthy foods may help [reduce] the gradual weight gain common during adulthood and beneficially (12) _____ prevention of obesity."

COMPREHENSION QUESTIONS

1. What university are the researchers from?

2. How many grams of nuts did researchers say we could eat every day?

3. What are people who eat nuts less likely to be?

4. How big did a doctor say the benefits to our weight were?

5. How long might it take people to lose 0.7kg?

6. How many people's lifestyles did researchers look at?

7. How long did the research take?

8. How many male health professionals were part of the research?

9. How often did the researchers ask the participants questions?

10. What did a doctor say eating nuts could help to prevent?

MULTIPLE CHOICE - QUIZ

1) What university are the researchers from?
a) Princeton
b) Harvard
c) Oxford
d) Cambridge

2) How many grams of nuts did researchers say we could eat every day?
a) 20g
b) 18g
c) 16g
d) 14g

3) What are people who eat nuts less likely to be?
a) slim
b) happy
c) obese
d) nutty

4) How big did a doctor say the benefits to our weight were?
a) quite small
b) very big
c) tiny
d) huge

5) How long might it take people to lose 0.7kg?
a) four months
b) four years
c) four weeks
d) four months

6) How many people's lifestyles did researchers look at?
a) almost 190,000
b) around 190,000
c) exactly 190,000
d) just over 190,000

7) How long did the research take?
a) 12 years
b) two years
c) two decades
d) a decade

8) How many male health professionals were part of the research?
a) more than 51,000
b) 16,686
c) 121,700
d) 2,544

9) How often did the researchers ask the participants questions?
a) every four weeks
b) every four days
c) every four months
d) every four years

10) What did a doctor say eating nuts could help to prevent?
a) influenza
b) spotty faces
c) obesity
d) stomach aches

ROLE PLAY

Role A – Nuts

You think nuts are the most valuable food. Tell the others three reasons why. Tell them why their food isn't as valuable. Also, tell the others which is the least valuable of these (and why): bread, cheese or garlic.

Role B – Bread

You think bread is the most valuable food. Tell the others three reasons why. Tell them why their food isn't as valuable. Also, tell the others which is the least valuable of these (and why): nuts, cheese or garlic.

Role C – Cheese

You think cheese is the most valuable food. Tell the others three reasons why. Tell them why their food isn't as valuable. Also, tell the others which is the least valuable of these (and why): bread, nuts or garlic.

Role D – Garlic

You think garlic is the most valuable food. Tell the others three reasons why. Tell them why their food isn't as valuable. Also, tell the others which is the least valuable of these (and why): bread, cheese or nuts.

AFTER READING / LISTENING

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

nut	diet

- 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:

• new	• long
• handful	• divided
• as	• 40
• 14	• doctor
• small	• less
• 0.4	• prevention

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.

NUTS DISCUSSION

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

1. What did you think when you read the headline?

2. What images are in your mind when you hear the word 'nuts'?

3. What do you think of nuts?

4. How good a snack are nuts?

5. Have you ever been on a diet?

6. What is the best way to slim?

7. Are nuts better than chocolate and cakes?

8. What are your favorite nuts?

9. Would you eat more nuts and fewer snacks to lose weight?

10. Are you happy with your weight?

Eating nuts could help us to keep slim – 26th September, 2019
Thousands more free lessons at breakingnewsenglish.com

_____

NUTS 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 'diet'?

13. What do you think about what you read?

14. What do you know about the health benefits of nuts?

15. How tasty are nuts?

16. What can you do with nuts?

17. What is the best way to diet?

18. What do you think of eating a nut-only diet?

19. What do you know about obesity?

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. _____

DISCUSSION (Write your own questions)

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

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

New research says eating nuts could be a (1) _____, tasty and nutritious slimming aid. Researchers from Harvard University recommended that people replace a (2) _____ unhealthy snack with a small handful of nuts to slow down weight (3) _____. They say this is especially helpful for people as they get older. The researchers found that people who ate just 14g of nuts every day gained (4) _____ weight than those who ate another snack. The people who ate the nuts were less (5) _____ to become obese. However, the benefits to our weight could be quite small. The scientists said swapping chocolate, cakes and potato chips with nuts could help (6) _____ a weight gain of just 0.4 to 0.7kg over four years.

The researchers conducted a long-term (7) _____ in which they looked at the lifestyle of nearly 190,000 people over two (8) _____. The participants in the research were divided into three groups. They included more than 51,000 male health professionals (9) _____ 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 nurses aged 24 to 44. Researchers asked the participants questions every four years about their weight, how often they (10) _____ nuts, and how often they exercised. Researcher doctor Xiaoran Liu said: "Incorporating nuts [into] a healthy diet by replacing less healthy foods may help [reduce] the (11) _____ weight gain common during adulthood and beneficially (12)_____ to the prevention of obesity."

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

1.	(a)	value	(b)	valuable	(c)	values	(d)	valued
2.	(a)	daytime	(b)	daily	(c)	day	(d)	days
3.	(a)	gaining	(b)	gained	(c)	grain	(d)	gain
4.	(a)	lower	(b)	less	(c)	small	(d)	reduce
5.	(a)	likelihood	(b)	liken	(c)	likes	(d)	likely
6.	(a)	proof	(b)	prove	(c)	prevent	(d)	prevail
7.	(a)	study	(b)	researching	(c)	investigate	(d)	testing
8.	(a)	decadence	(b)	decade	(c)	decades	(d)	decides
9.	(a)	aged	(b)	ages	(c)	aging	(d)	ageless
10.	(a)	eatery	(b)	eats	(c)	eating	(d)	ate
11.	(a)	gradual	(b)	gradually	(c)	graded	(d)	grades
12.	(a)	contrite	(b)	constant	(c)	contribute	(d)	competition

SPELLING

Paragraph 1

1. a <u>aauvlleb</u>, tasty and nutritious slimming aid

2. a small <u>udhfanl</u> of nuts

3. this is <u>cpeyliseal</u> helpful

4. gained less <u>wtegih</u>

5. less likely to become <u>beeos</u>

6. <u>wiappgsn</u> chocolate, cakes and potato chips

Paragraph 2

7. the <u>lfsletyie</u> of nearly 190,000 people

8. The <u>trncisapiatp</u> in the research

9. health <u>oaliesrospfsn</u>

10. how often they <u>ieecdsrex</u>

11. during <u>dhooalutd</u>

12. beneficially <u>turnbitoce</u>

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

(   )   of nuts to slow down weight gain. They say this is especially helpful for people as they get

(   )   with nuts could help prevent a weight gain of just 0.4 to 0.7kg over four years.

(   )   weight could be quite small. The scientists said swapping chocolate, cakes and potato chips

(   )   people over two decades. The participants in the research were divided into three groups. They included more than 51,000 male health

(   )   those who ate another snack. The people who ate the nuts were less likely to become obese. However, the benefits to our

(   )   often they ate nuts, and how often they exercised. Researcher doctor Xiaoran Liu said:

(**1**)   New research says eating nuts could be a valuable, tasty and nutritious slimming aid. Researchers from

(   )   24 to 44. Researchers asked the participants questions every four years about their weight, how

(   )   "Incorporating nuts [into] a healthy diet by replacing less healthy foods may help [reduce] the gradual weight

(   )   The researchers conducted a long-term study in which they looked at the lifestyle of nearly 190,000

(   )   Harvard University recommended that people replace a daily unhealthy snack with a small handful

(   )   gain common during adulthood and beneficially contribute to the prevention of obesity."

(   )   professionals aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 nurses aged

(   )   older. The researchers found that people who ate just 14g of nuts every day gained less weight than

PUT THE WORDS IN THE RIGHT ORDER

1. could   be   says   nuts   valuable   .   New   eating   research

2. Recommended   replace   snack   .   a   people   unhealthy   that   daily

3. get   Especially   as   people   for   helpful   older   .   they

4. less   the   nuts   People   were   ate   likely   .   who

5. Benefits   small   .   could   to   our   be   quite   weight

6. 190,000   at   the   They   people   .   of   looked   lifestyle

7. into   the   Participants   research   divided   were   three   .   in

8. every   the   years   .   participants   asked   four   Researchers   questions

9. adulthood   .   gradual   Reduce   gain   common   weight   during   the

10. of   contribute   Beneficially   obesity   .   prevention   the   to

CIRCLE THE CORRECT WORD (20 PAIRS)

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

New research says *eaten / eating* nuts could be a valuable, tasty and nutritious slimming *made / aid*. Researchers from Harvard University recommended that people replace a *day / daily* unhealthy snack with a small handful of nuts to slow down weight *gain / against*. They say this is especially helpful for people as they *getting / get* older. The researchers found that people who ate just 14g *of / on* nuts every day gained less weight than those who ate another snack. The people who ate the nuts were less *likely / liked* to become obese. However, the *beneficial / benefits* to our weight could be quite *few / small*. The scientists said swapping chocolate, cakes and potato chips with nuts could help prevent a weight gain of just 0.4 to 0.7kg *over / about* four years.

The researchers conducted a long-term *studious / study* in which they looked at the *lifestyle / living* of nearly 190,000 people over two decades. The *participates / participants* in the research were *division / divided* into three groups. They included more than 51,000 male health *professional / professionals* aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 nurses aged 24 to 44. Researchers *asked / ask* the participants questions every four years about their weight, how *regular / often* they ate nuts, and how often they exercised. Researcher doctor Xiaoran Liu said: "Incorporating nuts [into] a healthy diet *by / at* replacing less healthy foods may help [reduce] the gradual weight *gain / gained* common during adulthood and beneficially contribute to the prevention of *obesity / obese*."

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)

N_w   r_s__ r c h   s_y s __ t_n g   n_t s   c__ l d   b_ _
v_l__ b l_,   t_s t y   _n d   n_t r_t___s   s l_m m_n g   __ d .
R_s__ r c h_r s   f r_m   H_r v_r d   U n_v_r s_t y   r_c_m
m_n d_d   t h_t   p__ p l_   r_p l_c_ _   d__ l y   _n h__ l t h y
s n_c k   w_t h   _   s m_l l   h_n d f_l   _f   n_t s   t_   s l_w
d_w n   w__ g h t   g__ n .   T h_y   s_y   t h_s   _s   _s
p_c__ l l y   h_l p f_l   f_r   p__ p l_ _s   t h_y   g_t   _l d_r
.   T h_   r_s__ r c h_r s   f__ n d   t h_t   p__ p l_   w h_ _t_
j_s t   1 4 g   _f   n_t s   _v_r y   d_y   g__ n_d   l_s s   w__
g h t   t h_n   t h_s_   w h_ _t_ _n_t h_r   s n_c k .   T h_
p__ p l_   w h_ _t_   t h_   n_t s   w_r_   l_s s   l_k_l y   t_
b_c_m_ _b_s_.   H_w_v_r ,   t h_   b_n_f_t s   t_ __ r   w__ g
h t   c__ l d   b_   q__ t_   s m_l l .   T h_   s c__ n t_s t s
s__ d   s w_p p_n g   c h_c_l t_,   c_k_s   _n d   p_t t_   c
h_p s   w_t h   n_t s   c__ l d   h_l p   p r_v_n t   _   w__ g h
t   g__ n   _f   j_s t   0 . 4   t_   0 . 7 k g   _v_r   f__ r   y__ r
s .

T h_   r_s__ r c h_r s   c_n d_c t_d   _   l_n g - t_r m   s t_d y
_n   w h_c h   t h_y   l__ k_d   _t   t h_   l_f_s t y l_ _f   n__
r l y   1 9 0 , 0 0 0   p__ p l_ _v_r   t w_   d_c_d_s .   T h_
p_r t_c_p_n t s   _n   t h_   r_s__ r c h   w_r_   d_v_d_d   _n t_
t h r__   g r__ p s .   T h_y   _n c l_d_d   m_r_   t h_n   5 1 ,
0 0 0   m_l_   h__ l t h   p r_f_s s__ n_l s   _g_d   4 0   t_   7
5 ,   1 2 1 , 7 0 0   n_r s_s   _g_d   3 5   t_   5 5   _n d   1 6 ,
6 8 6   n_r s_s   _g_d   2 4   t_   4 4 .   R_s__ r c h_r s   _s
k_d   t h_   p_r t_c_p_n t s   q__ s t__ n s   _v_r y   f__ r
y__ r s   _b__ t   t h__ r   w__ g h t ,   h_w   _f t_n   t h_y
_t_   n_t s ,   _n d   h_w   _f t_n   t h_y   _x_r c_s_d .   R_s__
r c h_r   d_c t_r   X___r_n   L__   s__ d :   " I n c_r p_r_t_n
g   n_t s   [_n t_]   _   h__ l t h y   d__ t   b y   r_p l_c_n g
l_s s   h__ l t h y   f__ d s   m_y   h_l p   [r_d_c_]   t h_   g
r_d__ l   w__ g h t   g__ n   c_m m_n   d_r_n g   _d_l t h__ d
_n d   b_n_f_c__ l l y   c_n t r_b_t_   t_   t h_   p r_v_n t__ n
_f   _b_s_t y . "

PUNCTUATE THE TEXT AND ADD CAPITALS

new research says eating nuts could be a valuable tasty and nutritious slimming aid researchers from harvard university recommended that people replace a daily unhealthy snack with a small handful of nuts to slow down weight gain they say this is especially helpful for people as they get older the researchers found that people who ate just 14g of nuts every day gained less weight than those who ate another snack the people who ate the nuts were less likely to become obese however the benefits to our weight could be quite small the scientists said swapping chocolate cakes and potato chips with nuts could help prevent a weight gain of just 04 to 07kg over four years

the researchers conducted a longterm study in which they looked at the lifestyle of nearly 190000 people over two decades the participants in the research were divided into three groups they included more than 51000 male health professionals aged 40 to 75 121700 nurses aged 35 to 55 and 16686 nurses aged 24 to 44 researchers asked the participants questions every four years about their weight how often they ate nuts and how often they exercised researcher doctor xiaoran liu said incorporating nuts into a healthy diet by replacing less healthy foods may help reduce the gradual weight gain common during adulthood and beneficially contribute to the prevention of obesity"

PUT A SLASH (/) WHERE THE SPACES ARE

Newresearchsayseatingnutscouldbeavaluable,tastyandnutritioussli
mmingaid.ResearchersfromHarvardUniversityrecommendedthatpe
oplereplaceadailyunhealthysnackwithasmallhandfulofnutstoslowdo
wnweightgain.Theysaythisisespeciallyhelpfulforpeopleastheygetol
der.Theresearchersfoundthatpeoplewhoatejust14gofnutseveryday
gainedlessweightthanthosewhoateanothersnack.Thepeoplewhoate
thenutswerelesslikelytobecomeobese.However,thebenefitstoourwe
ightcouldbequitesmall.Thescientistssaidswappingchocolate,cakesa
ndpotatochipswithnutscouldhelppreventaweightgainofjust0.4to0.7
kgoverfouryears.Theresearchersconductedalong-termstudyinwhic
htheylookedatthelifestyleofnearly190,000peopleovertwodecades.T
heparticipantsintheresearchweredividedintothreegroups.Theyinclu
dedmorethan51,000malehealthprofessionalsaged40to75,121,700
nursesaged35to55and16,686nursesaged24to44.Researchersaske
dtheparticipantsquestionseveryfouryearsabouttheirweight,howofte
ntheyatenuts,andhowoftentheyexercised.ResearcherdoctorXiaoran
Liusaid:"Incorporatingnuts[into]ahealthydietbyreplacinglesshealth
yfoodsmayhelp[reduce]thegradualweightgaincommonduringadult
hoodandbeneficiallycontributetothepreventionofobesity."

FREE WRITING

Write about **nuts** for 10 minutes. Comment on your partner's paper.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

ACADEMIC WRITING

Governments should make cakes more expensive and nuts cheaper. 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 news story. Share what you discover with your partner(s) in the next lesson.

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

4. HEALTHY FOOD: Write a magazine article about governments making healthy food cheaper and unhealthy food more expensive. 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. NUTS: Write a letter to an expert on nuts. Ask him/her three questions about them. Give him/her three of your ideas on how to lose weight. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1.	b	2.	f	3.	c	4.	a	5.	g	6.	d	7.	e
8.	m	9.	n	10.	k	11.	h	12.	l	13.	j	14.	i

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

1.	valuable	a.	precious
2.	recommended	b.	advised
3.	especially	c.	particularly
4.	likely	d.	probable
5.	swapping	e.	exchanging
6.	conducted	f.	carried out
7.	divided	g.	split
8.	exercised	h.	worked out
9.	incorporating	i.	including
10.	common	j.	widespread

COMPREHENSION QUESTIONS (p.9)

1. Harvard University
2. 14g
3. Obese
4. Quite small
5. Four years
6. Nearly 190,000
7. Two decades
8. More than 51,000
9. Every four years
10. Obesity

WORDS IN THE RIGHT ORDER (p.20)

1. New research says eating nuts could be valuable.
2. Recommended that people replace a daily unhealthy snack.
3. Especially helpful for people as they get older.
4. People who ate the nuts were less likely.
5. Benefits to our weight could be quite small.
6. They looked at the lifestyle of 190,000 people.
7. Participants in the research were divided into three.
8. Researchers asked the participants questions every four years.
9. Reduce the gradual weight gain common during adulthood.
10. Beneficially contribute to the prevention of obesity.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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