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Level 1 – 5th February, 2020

Soybean products may help you live longer

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<https://breakingnewsenglish.com/2002/200205-soybeans-1.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

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THE READING

From <https://breakingnewsenglish.com/2002/200205-soybeans-1.html>

Why do Japanese people live longer? One reason might be food like tofu and miso. Japan's National Institute of Health and Nutrition did a study into the health benefits of soybean products. They said people who ate tofu and miso were 10 per cent less likely to die from diseases. Soybean-based food cut the risk of death from heart attacks, stroke and other cardiovascular problems. Eating fermented soy products cut the risk of death.

Soybeans are superfoods. They are rich in protein, fibre and unsaturated fats. Soy fibre helps to reduce cholesterol and weight. Soy has been an important part of food in Asia for centuries. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste) and soy sauce. Researchers say the salt in miso does not increase blood pressure. Soybean products are becoming more popular worldwide.

Sources: <https://www.bmj.com/content/bmj/368/bmj.m247.full.pdf>
<https://food.ndtv.com/news/higher-consumption-of-fermented-soy-products-linked-to-lower-mortality-risk-says-study-2172124>
<https://medicalxpress.com/news/2020-01-fermented-soy-products-linked-death.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2002/200205-soybeans-1.html>

PARAGRAPH ONE:

- | | |
|------------------------|----------------|
| 1. Japanese people | a. likely |
| 2. food like | b. problems |
| 3. the health benefits | c. of death |
| 4. 10 per cent less | d. live longer |
| 5. heart | e. products |
| 6. cardiovascular | f. tofu |
| 7. fermented soy | g. of soybean |
| 8. cut the risk | h. attacks |

PARAGRAPH TWO:

- | | |
|--------------------------------|----------------------|
| 1. They are rich | a. paste |
| 2. helps to reduce cholesterol | b. popular worldwide |
| 3. an important part | c. and weight |
| 4. The most common types | d. pressure |
| 5. a fermented soybean | e. in protein |
| 6. the salt | f. of soy products |
| 7. increase blood | g. of food in Asia |
| 8. becoming more | h. in miso |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2002/200205-soybeans-1.html>

Why do Japanese (1) _____? One reason might be food like tofu and miso. Japan's National Institute of Health and Nutrition (2) _____ into the health benefits of soybean products. They said (3) _____ tofu and miso were 10 per cent less (4) _____ from diseases. Soybean-based food cut (5) _____ death from heart attacks, stroke and other cardiovascular problems. Eating fermented (6) _____ the risk of death.

Soybeans are superfoods. They (7) _____ protein, fibre and unsaturated fats. Soy fibre (8) _____ cholesterol and weight. Soy has been an (9) _____ food in Asia for centuries. The most (10) _____ soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste) and soy sauce. Researchers (11) _____ in miso does not (12) _____. Soybean products are becoming more popular worldwide.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2002/200205-soybeans-1.html>

Why do Japanese people live longer? One reason might be food like tofu and miso. Japan's National Institute of Health and Nutrition did a study into the health benefits of soybean products. They said people who ate tofu and miso were 10 percent less likely to die from diseases. Soybean-based food cuts the risk of death from heart attacks, stroke and other cardiovascular problems. Eating fermented soy products cuts the risk of death. Soybeans are superfoods. They are rich in protein, fibre and unsaturated fats. Soy fibre helps to reduce cholesterol and weight. Soy has been an important part of food in Asia for centuries. The most common types of soy products are tofu (soybean curd), natto (fermented soybeans), miso (a fermented soybean paste) and soy sauce. Researchers say the salt in miso does not increase blood pressure. Soybean products are becoming more popular worldwide.

SOYBEANS SURVEY

From <https://breakingnewsenglish.com/2002/200205-soybeans-4.html>

Write five GOOD questions about soybeans 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) _____

