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Level 3 – 31st July, 2021

Flavonoids can cut the risk of dementia by a third

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

<https://breakingnewsenglish.com/2107/210731-flavonoids.html>

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

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THE ARTICLE

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

People around the world are living longer. This means there are more people who suffer from mental illnesses like dementia. Researchers have found that food can cut the chances of developing dementia. In particular, if people eat food that contains flavonoids, they could reduce their chances of getting dementia by a third. Flavonoids are chemicals that give fruit and vegetables their bright colours. They help increase the amount of oxygen going to the brain. They are in produce such as blueberries, oranges, peppers and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful diet rich in flavonoids seems to be a good bet for promoting long-term brain health."

Dr Willett conducted a study of the eating habits and mental health of around 77,000 middle-aged people for 20 years. He discovered that people who ate more flavonoids were less likely to experience signs of cognitive decline later in their life. The researchers said people who ate more flavonoid-rich food were 38 per cent less likely to suffer from mental decline. Dr Willett said this meant people in their later years could feel up to four years younger with the right diet. He added: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."

Sources: <https://www.medicalnewstoday.com/articles/colorful-fruit-and-veg-may-reduce-risk-of-cognitive-decline#Subjective-cognitive-decline>
<https://edition.cnn.com/2021/07/28/health/flavonoid-cognitive-decline-study-wellness/index.html>
<https://www.mirror.co.uk/news/uk-news/healthy-diet-could-cut-risk-24638889>

WARM-UPS

1. FLAVONOIDS: Students walk around the class and talk to other students about flavonoids. 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?

people / the world / mental illness / dementia / chemicals / fruit / vegetables / brain / study / eating habits / cognitive decline / diet / powerhouse / thinking skills / colour

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

3. MENTAL HEALTH: Students A **strongly** believe all children should learn about mental health at schools; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. HEALTH BENEFITS: What are the health benefits of these foods? How can we add them more to our diet? Complete this table with your partner(s). Change partners often and share what you wrote.

	Benefits	Adding Them to Our Diet
Strawberries		
Chocolate		
Spinach		
Salmon		
Garlic		
Walnuts		

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

6. FRUIT & VEG: Rank these with your partner. Put the best fruit and veg at the top. Change partners often and share your rankings.

- Strawberries
- Onions
- Cabbage
- Avocado
- Tomatoes
- Garlic
- Bananas
- Spinach

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|---|
| 1. suffer | a. The kinds of food that a person, animal, or community habitually eats. |
| 2. illness | b. Starting to get a disease or illness. |
| 3. developing | c. How much of something. |
| 4. reduce | d. Experience something bad or unpleasant. |
| 5. amount | e. O ₂ |
| 6. oxygen | f. A disease or period of sickness affecting the body or mind. |
| 7. diet | g. Make smaller or lower. |

Paragraph 2

- | | |
|----------------|--|
| 8. conducted | h. Encounter or undergo an event or happening. |
| 9. habit | i. A regular way of doing something, especially one that is hard to stop doing or give up. |
| 10. likely | j. Stopping something from happening. |
| 11. experience | k. Did; carried out. |
| 12. cognitive | l. Relating to mental actions or processes. |
| 13. decline | m. Such as well might happen or be true; probable. |
| 14. preventing | n. A gradual and continuous loss of strength, numbers, quality, or value. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

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

1. The article says people around the world are dying younger. **T / F**
2. Researchers said dementia makes people want to eat more fruit. **T / F**
3. Flavonoids give colour to fruit and vegetables. **T / F**
4. Flavonoids help the brain to get oxygen. **T / F**
5. Researchers looked at the eating habits of over 100,000 people. **T / F**
6. Flavonoids could cut the chances of mental decline by 38%. **T / F**
7. Flavonoids could make you feel up to four years younger. **T / F**
8. A colourful plate of food could cut the chances of cognitive decline. **T / F**

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

- | | |
|----------------------|-------------------|
| 1. world | a. developing |
| 2. dementia | b. cut |
| 3. reduce | c. carried out |
| 4. amount | d. correct |
| 5. promoting | e. mental illness |
| 6. conducted | f. experience |
| 7. discovered | g. globe |
| 8. suffer | h. chances |
| 9. right | i. quantity |
| 10. risk | j. found |

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

- | | |
|---|-------------------------|
| 1. People around the world are living | a. their bright colours |
| 2. reduce their chances of getting | b. four years younger |
| 3. chemicals that give fruit and vegetables | c. term brain health |
| 4. increase the amount of oxygen | d. of cognitive decline |
| 5. promoting long- | e. their life |
| 6. a study of the eating habits | f. longer |
| 7. less likely to experience signs | g. going to the brain |
| 8. later in | h. lower the risk |
| 9. feel up to | i. dementia by a third |
| 10. Adding colour to your plate may | j. and mental health |

GAP FILL

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

People around the world are living longer. This (1) _____ there are more people who suffer from mental illnesses like dementia. Researchers have found that food can cut the (2) _____ of developing dementia. In particular, if people eat food that contains flavonoids, they could (3) _____ their chances of getting dementia by a third. Flavonoids are chemicals that give fruit and vegetables their (4) _____ colours. They help increase the (5) _____ of oxygen going to the brain. They are in produce such as blueberries, oranges, (6) _____ and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful (7) _____ rich in flavonoids seems to be a good bet for promoting long-term (8) _____ health."

reduce
peppers
brain
means
bright
chances
diet
amount

Dr Willett conducted a study of the eating habits and (9) _____ health of around 77,000 (10) _____ -aged people for 20 years. He discovered that people who ate more flavonoids were less (11) _____ to experience signs of cognitive (12) _____ later in their life. The researchers said people who ate more flavonoid-rich food were 38 per cent less likely to (13) _____ from mental decline. Dr Willett said this meant people in their later years could feel up to four years younger with the (14) _____ diet. He added: "Flavonoids are powerhouses when it comes to preventing your thinking (15) _____ from declining as you get older. Adding colour to your plate may lower the (16) _____ of cognitive decline."

likely
suffer
risk
middle
skills
mental
decline
right

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

- 1) People around the world are living longer. This means there are more _____
 - a. people who surfer
 - b. people whose a far
 - c. people who's afar
 - d. people who suffer
- 2) Researchers have found that food can cut the _____ dementia
 - a. chance is of developing
 - b. chance is off developing
 - c. chance soft developing
 - d. chances of developing
- 3) if people eat food that contains flavonoids, they could _____
 - a. deduce their chances
 - b. rid deuce their chances
 - c. red deuce their chances
 - d. reduce their chances
- 4) fruit and vegetables their bright colours. They help increase the _____
 - a. amount oft oxygen
 - b. amount off oxygen
 - c. amount toff oxygen
 - d. amount of oxygen
- 5) flavonoids seems to be a good bet for promoting long-_____
 - a. tame brain health
 - b. tram brain health
 - c. term brain health
 - d. team brain health
- 6) Dr Willett conducted a study of the eating _____ health
 - a. habit sand metal
 - b. habits and mental
 - c. herb bits and mental
 - d. ha bits and metal
- 7) people who ate more flavonoids were less likely to experience signs _____
 - a. of cog native decline
 - b. of cog nit tiff decline
 - c. of cog nit if decline
 - d. of cognitive decline
- 8) people who ate more flavonoid-rich food were 38 per cent less _____
 - a. liked to suffer
 - b. like lean to suffer
 - c. likely to suffer
 - d. lie key to suffer
- 9) people in their later years could feel up to four years younger with _____
 - a. the right die it
 - b. the right die at
 - c. the right diet
 - d. the right died
- 10) declining as you get older. Adding colour to your plate may _____
 - a. lower the risk
 - b. low all the risk
 - c. low where the risk
 - d. lower there risk

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

People around the world (1) _____. This means there are more people who suffer from mental illnesses like dementia. Researchers have found that food can (2) _____ of developing dementia. In particular, if people eat food that contains flavonoids, they could reduce their chances of getting dementia (3) _____. Flavonoids are chemicals that give fruit and vegetables their bright colours. They help increase the (4) _____ going to the brain. They are in produce such as blueberries, (5) _____ strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful diet rich in flavonoids seems to be a good bet (6) _____-term brain health."

Dr Willett conducted a study of the (7) _____ mental health of around 77,000 middle-aged people for 20 years. He discovered that people who ate more flavonoids were (8) _____ experience signs of cognitive (9) _____ their life. The researchers said people who ate more flavonoid-rich food were 38 per cent (10) _____ suffer from mental decline. Dr Willett said this meant people (11) _____ years could feel up to four years younger with the right diet. He added: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may (12) _____ of cognitive decline."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

1. Who does the article say are living longer?
2. What do flavonoids give to fruit and vegetables?
3. What do flavonoids increase the amount of in the brain?
4. What food was mentioned besides blueberries, oranges and strawberries?
5. What can a colourful diet rich in flavonoids promote?
6. How many people did researchers look at in the study?
7. When might we be less likely to experience signs of cognitive decline?
8. By how much might flavonoid-rich food cut the risk of mental decline?
9. How much younger might flavonoids make you feel?
10. What did a researcher say could be added to your plate?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

- 1) Who does the article say are living longer?
 - a) researchers
 - b) strawberry farmers
 - c) people around the world
 - d) old people
- 2) What do flavonoids give to fruit and vegetables?
 - a) colour
 - b) flavour
 - c) hope
 - d) a bitter taste
- 3) What do flavonoids increase the amount of in the brain?
 - a) colour
 - b) oxygen
 - c) fibre
 - d) iron
- 4) What food was mentioned besides blueberries, oranges and strawberries?
 - a) chocolate smoothie
 - b) bananas
 - c) beef steak
 - d) peppers
- 5) What can a colourful diet rich in flavonoids promote?
 - a) painting
 - b) taste
 - c) long-term brain health
 - d) meat dishes
- 6) How many people did researchers look at in the study?
 - a) exactly 77,000
 - b) around 77,000
 - c) more than 77,000
 - d) fewer than 77,000
- 7) When might we be less likely to experience signs of cognitive decline?
 - a) from the age of 72
 - b) after eating a strawberry
 - c) when becoming vegetarian
 - d) later in life
- 8) By how much might flavonoid-rich food cut the risk of mental decline?
 - a) 33%
 - b) 38%
 - c) 33.33%
 - d) 35%
- 9) How much younger might flavonoids make you feel?
 - a) years younger
 - b) up to four years younger
 - c) a lot younger
 - d) the number of strawberries you eat times 127
- 10) What did a researcher say could be added to your plate?
 - a) colour
 - b) spinach
 - c) flavour
 - d) sauce

ROLE PLAY

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

Role A – Strawberries

You think strawberries are the best. Tell the others three reasons why. Tell them what is wrong with their fruit and veg. Also, tell the others which is the worst of these (and why): onions, bananas or spinach.

Role B – Onions

You think onions are the best. Tell the others three reasons why. Tell them what is wrong with their fruit and veg. Also, tell the others which is the worst of these (and why): strawberries, bananas or spinach.

Role C – Bananas

You think bananas are the best. Tell the others three reasons why. Tell them what is wrong with their fruit and veg. Also, tell the others which is the worst of these (and why): onions, strawberries or spinach.

Role D – Spinach

You think spinach is the best. Tell the others three reasons why. Tell them what is wrong with their fruit and veg. Also, tell the others which is the worst of these (and why): onions, bananas or strawberries.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

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

fruit	vegetables
--------------	-------------------

- 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">• world• chances• third• oxygen• produce• long	<ul style="list-style-type: none">• study• ate• later• 38• four• plate
---	---

FLAVONOIDS SURVEY

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

Write five GOOD questions about flavonoids 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.

FLAVONOIDS 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 'risk'?
3. Why are people living longer?
4. How long do you want to live?
5. How healthy is the food you eat every day?
6. Would you like to eat more fruit and vegetables?
7. What do you know about dementia?
8. Should young people eat to live long lives?
9. Why is all the yummy food so unhealthy?
10. What do you do for your brain health?

Flavonoids can cut the risk of dementia by a third – 31st July, 2021
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FLAVONOIDS 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 'dementia'?
13. What do you think about what you read?
14. What are your eating habits like?
15. How worried are you about cognitive decline?
16. Do you think you should change your diet?
17. What are your thinking skills like?
18. What are your worries about old age?
19. Should everyone's plate be full of colourful food?
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. _____

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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 <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

People around the world are living (1) _____. This means there are more people who suffer from mental illnesses like dementia. Researchers have found that food can (2) _____ the chances of developing dementia. In particular, if people eat food that (3) _____ flavonoids, they could reduce their chances of getting dementia by a third. Flavonoids are chemicals that give fruit and vegetables their (4) _____ colours. They help increase the amount of oxygen going to the brain. They are in (5) _____ such as blueberries, oranges, peppers and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful diet rich (6) _____ flavonoids seems to be a good bet for promoting long-term brain health."

Dr Willett conducted a study of the eating habits and mental health of (7) _____ 77,000 middle-aged people for 20 years. He discovered that people who ate more flavonoids were (8) _____ likely to experience signs of cognitive decline later in their life. The researchers said people who ate more flavonoid-rich food were 38 per cent less likely (9) _____ suffer from mental decline. Dr Willett said this meant people in their later years could feel (10) _____ to four years younger with the right diet. He added: "Flavonoids are powerhouses when it comes to (11) _____ your thinking skills from declining as you get older. Adding colour to your plate may lower the (12) _____ of cognitive decline."

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

- | | | | | |
|-----|----------------|----------------|-----------------|-----------------|
| 1. | (a) lengthen | (b) longing | (c) longer | (d) longs |
| 2. | (a) cut | (b) dice | (c) slice | (d) sever |
| 3. | (a) contains | (b) contents | (c) certainties | (d) creations |
| 4. | (a) bright | (b) blight | (c) bight | (d) bite |
| 5. | (a) create | (b) produce | (c) maker | (d) manufacture |
| 6. | (a) by | (b) at | (c) on | (d) in |
| 7. | (a) abound | (b) roundly | (c) around | (d) rounding |
| 8. | (a) bit | (b) lowly | (c) few | (d) less |
| 9. | (a) to | (b) of | (c) for | (d) by |
| 10. | (a) up | (b) down | (c) along | (d) through |
| 11. | (a) prevention | (b) preventing | (c) prevents | (d) preventable |
| 12. | (a) risky | (b) risked | (c) risk | (d) risqué |

SPELLING

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

Paragraph 1

1. people who frsefu from mental illnesses
2. cut the chances of vedglpnoei dementia
3. Flavonoids are sieacalmh
4. the amount of xeogny going to the brain
5. oranges, rpeppes and strawberries
6. tomrnopig long-term brain health

Paragraph 2

7. Dr Willett tuoddenc a study
8. less yllkei to
9. suffer from nmleat ...
10. with the right iedt
11. rvtnigenep your thinking skills
12. lower the risk of cognitive cleinde

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

Number these lines in the correct order.

- () of oxygen going to the brain. They are in produce such as blueberries, oranges,
- () like dementia. Researchers have found that food can cut the chances of developing dementia. In
- () diet rich in flavonoids seems to be a good bet for promoting long-term brain health."
- () 38 per cent less likely to suffer from mental decline. Dr Willett said this meant people in their later
- () likely to experience signs of cognitive decline later in their life. The researchers said people who ate more flavonoid-rich food were
- () are powerhouses when it comes to preventing your thinking skills from declining as
- () peppers and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful
- () you get older. Adding colour to your plate may lower the risk of cognitive decline."
- (**1**) People around the world are living longer. This means there are more people who suffer from mental illnesses
- () Dr Willett conducted a study of the eating habits and mental health of around 77,000 middle-
- () aged people for 20 years. He discovered that people who ate more flavonoids were less
- () years could feel up to four years younger with the right diet. He added: "Flavonoids
- () third. Flavonoids are chemicals that give fruit and vegetables their bright colours. They help increase the amount
- () particular, if people eat food that contains flavonoids, they could reduce their chances of getting dementia by a

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

1. are longer . living world People the around
2. of dementia . the cut chances developing can Food
3. dementia Reduce a of third . getting by chances
4. the amount of to brain . oxygen The going
5. brain long-term A good bet promoting for health .
6. around 77,000 mental The middle-aged of health people .
7. of signs later decline Experience life . in cognitive
8. younger . four feel could to People years up
9. thinking Preventing declining from age . skills with
10. may plate Adding to colour lower risks . your

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

People around the world are living *lengthier* / *longer*. This means there are more people who suffer from mental illnesses *like* / *such* dementia. Researchers have found that food can *wield* / *cut* the chances of developing dementia. In particular, if people eat food that *contents* / *contains* flavonoids, they could reduce their chances of *get* / *getting* dementia by a third. Flavonoids are chemicals that give fruit and vegetables their *bright* / *blight* colours. They help increase the amount of oxygen going *at* / *to* the brain. They are in produce such *for* / *as* blueberries, oranges, peppers and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful diet *wealth* / *rich* in flavonoids seems to be a good bet for promoting long-term brain *health* / *healthy*."

Dr Willett conducted a study *of* / *to* the eating habits and mental health of around 77,000 middle-aged people for 20 years. He *discovered* / *finding* that people who ate more flavonoids were less *likely* / *liked* to experience signs of cognitive decline later *in* / *on* their life. The researchers said people who ate more flavonoid-rich food were 38 per cent less likely to suffer *on* / *from* mental decline. Dr Willett said this *meaning* / *meant* people in their later years could feel *up* / *down* to four years younger with the right diet. He added: "Flavonoids are powerhouses when it *goes* / *comes* to preventing your thinking skills from *reclining* / *declining* as you get older. Adding colour to your plate may lower the *risk* / *risky* of cognitive decline."

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 <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

P__pl_ __r__nd th_ w_rld __r_ l_v_ng l_ng_r. Th_s m__ns th_r_ __r_ m_r_ p__pl_ wh_ s_ff_r fr_m m_nt_l __lln_ss_s l_k_ d_m_nt__. R_s__rch_rs h_v_ f__nd th_t f__d c_n c_t th_ ch_nc_s __f d_v_l_p_ng d_m_nt__. __n p_rt_c_l_r, __f p__pl_ __t f__d th_t c_nt__ns fl_v_n__ds, th_y c__ld r_d_c_ th__r ch_nc_s __f g_tt_ng d_m_nt__ by __ th_r_d. Fl_v_n__ds __r_ ch_m_c_ls th_t g_v_ fr__t __nd v_g_t_bls th__r br_ght c_l__rs. Th_y h_lp __ncr__s_ th_ __m__nt __f __xyg_n g__ng t_ th_ br__n. Th_y __r_ __n pr_d_c_ s_ch __s bl__b_rr__s, __r_ng_s, p_pp_rs __nd str_wb_rr__s. R_s__rch_r Dr W_l_t_r W_ll_tt fr_m H_rv_rd __n_v_rs_ty s__d: " __c_l__rf_l d__t r_ch __n fl_v_n__ds s__ms t_ b_ __ g__d b_t f_r pr_m_t_ng l_ng-t_rm br__n h__lth."

Dr W_ll_tt c_nd_ct_d __ st_dy __f th_ __t_ng h_b_ts __nd m_nt_l h__lth __f __r__nd 77,000 m_ddl__g_d p__pl_ f_r 20 y__rs. H_ d_sc_v_r_d th_t p__pl_ wh_ __t_ m_r_ fl_v_n__ds w_r_ l_ss l_k_ly t_ __xp_r__nc_s_gns __f c_gn_t_v_ d_cl_n_ l_t_r __n th__r l_f_. Th_r_s__rch_rs s__d p__pl_ wh_ __t_ m_r_ fl_v_n__d-r_ch f__d w_r_ 38 p_r c_nt l_ss l_k_ly t_ s_ff_r fr_m m_nt_l d_cl_n_. Dr W_ll_tt s__d th_s m__nt p__pl_ __n th__r l_t_r y__rs c__ld f__l __p t_ f__r y__rs y__ng_r w_th th_ r_ght d__t. H_ __dd_d: "Fl_v_n__ds __r_ p_w_rh__s_s wh_n __t c_m_s t_ pr_v_nt_ng y__r th_nk_ng sk_lls fr_m d_cl_n_ng __s y__ g_t __ld_r. __dd_ng c_l__r t_ y__r pl_t_ m_y l_w_r th_ r_sk __f c_gn_t_v_ d_cl_n_."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

people around the world are living longer. this means there are more people who suffer from mental illnesses like dementia. researchers have found that food can cut the chances of developing dementia. in particular, if people eat food that contains flavonoids, they could reduce their chances of getting dementia by a third. flavonoids are chemicals that give fruit and vegetables their bright colours. they help increase the amount of oxygen going to the brain. they are in produce such as blueberries, oranges, peppers and strawberries. researcher dr walter willett from harvard university said: "a colourful diet rich in flavonoids seems to be a good bet for promoting long-term brain health

dr willett conducted a study of the eating habits and mental health of around 77,000 middle-aged people for 20 years. he discovered that people who ate more flavonoids were less likely to experience signs of cognitive decline later in their life. the researchers said people who ate more flavonoid-rich food were 38 per cent less likely to suffer from mental decline. dr willett said this meant people in their later years could feel up to four years younger with the right diet. he added: "flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. adding colour to your plate may lower the risk of cognitive decline

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2107/210731-flavonoids.html>

People around the world are living longer. This means there are more people who suffer from mental illnesses like dementia. Researchers have found that food can cut the chances of developing dementia. In particular, if people eat food that contains flavonoids, they could reduce their chances of getting dementia by a third. Flavonoids are chemicals that give fruit and vegetables their bright colours. They help increase the amount of oxygen going to the brain. They are in produce such as blueberries, oranges, peppers and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful diet rich in flavonoids seems to be a good bet for promoting long-term brain health." Dr Willett conducted a study of the eating habits and mental health of around 77,000 middle-aged people for 20 years. He discovered that people who ate more flavonoids were less likely to experience signs of cognitive decline later in their life. The researchers said people who ate more flavonoid-rich food were 38 percent less likely to suffer from mental decline. Dr Willett said this meant people in their later years could feel up to four years younger with the right diet. He added: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."

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

4. FRUIT & VEG: Write a magazine article about getting us all to grow more fruit and veg. 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 fruit and vegetables. Ask him/her three questions about them. Give him/her three of your ideas on how we can get people to eat more fruit and vegetables. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 T 5 F 6 T 7 T 8 T

SYNONYM MATCH (p.5)

1. g	2. e	3. b	4. i	5. a
6. c	7. j	8. f	9. d	10. h

COMPREHENSION QUESTIONS (p.9)

1. People around the world
2. Colour
3. Oxygen
4. Peppers
5. Long-term brain health
6. Around 77,000
7. Later in life
8. 38%
9. Up to four years younger
10. Colour

WORDS IN THE RIGHT ORDER (p.19)

1. People around the world are living longer.
2. Food can cut the chances of developing dementia.
3. Reduce chances of getting dementia by a third.
4. The amount of oxygen going to the brain.
5. A good bet for promoting long-term brain health.
6. The mental health of around 77,000 middle-aged people.
7. Experience signs of cognitive decline later in life.
8. People could feel up to four years younger.
9. Preventing thinking skills from declining with age.
10. Adding colour to your plate may lower risks.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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