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**Level 2** – 10th March, 2022

## Study says plant-based diet helps heart a little

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

<https://breakingnewsenglish.com/2203/220310-plant-based-diet-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-2.html>

A new study suggests eating lots of vegetables may not greatly reduce the risk of heart attacks. This goes against what doctors tell us. People usually believe it is important to eat lots of vegetables to keep the heart healthy. The study says other factors may affect our heart. These include other things we eat, the exercise we get, where we live, our income, and if we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took part in it. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate.

The scientists said people should eat lots of vegetables because they were good for our heart. The study found that the risk of dying from cardiovascular disease was 15 per cent lower for those eating the most vegetables, especially raw vegetables. However, they said many other factors also caused this 15% reduction. The lead researcher said: "Our large study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said differences in income and lifestyle also affected the health of our heart.

Sources: <https://www.bbc.com/news/health-60429955>  
<https://edition.cnn.com/2022/02/21/health/vegetables-heart-risk-wellness/index.html>  
<https://www.techexplorist.com/consumption-vegetables-not-lower-risk-cvd/44895/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-2.html>

## PARAGRAPH ONE:

- |                               |                          |
|-------------------------------|--------------------------|
| 1. greatly reduce the risk    | a. about their lifestyle |
| 2. it is important            | b. we eat                |
| 3. other things may           | c. vegetables            |
| 4. These include other things | d. affect our heart      |
| 5. if we smoke                | e. part in the study     |
| 6. 400,000 people took        | f. of heart attacks      |
| 7. answered questions         | g. or drink              |
| 8. raw and cooked             | h. to eat vegetables     |

## PARAGRAPH TWO:

- |                                     |                       |
|-------------------------------------|-----------------------|
| 1. people should eat lots           | a. this 15% reduction |
| 2. the risk                         | b. disease            |
| 3. 15 per cent                      | c. of dying           |
| 4. people who ate the               | d. affected the heart |
| 5. other factors also caused        | e. of vegetables      |
| 6. Our large study did not          | f. most vegetables    |
| 7. the occurrence of cardiovascular | g. find evidence      |
| 8. money and lifestyle also         | h. lower              |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-2.html>

A new study suggests (1) \_\_\_\_\_ vegetables may not greatly (2) \_\_\_\_\_ of heart attacks. This goes against what doctors tell us. People usually believe it is important to eat lots of vegetables (3) \_\_\_\_\_ heart healthy. The study says other factors may affect our heart. These include other things we eat, the exercise we get, (4) \_\_\_\_\_, our income, and if we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people (5) \_\_\_\_\_ it. They answered questions about their lifestyle, diet, (6) \_\_\_\_\_ and cooked vegetables they ate.

The scientists said people should (7) \_\_\_\_\_ vegetables because they were good (8) \_\_\_\_\_. The study found that the (9) \_\_\_\_\_ from cardiovascular disease was 15 per cent (10) \_\_\_\_\_ eating the most vegetables, especially raw vegetables. However, they said many other factors (11) \_\_\_\_\_ 15% reduction. The lead researcher said: "Our large study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said differences (12) \_\_\_\_\_ lifestyle also affected the health of our heart.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-2.html>

A new study suggests eating lots of vegetables may not greatly reduce the risk of heart attacks. This goes against what doctors tell us. People usually believe it is important to eat lots of vegetables to keep the heart healthy. The study says other factors may affect our heart. These include other things we eat, the exercise we get, where we live, our income, and if we smoke and drink. The study is from universities in Oxford, Bristol and Hong Kong. Almost 400,000 people took part in it. They answered questions about their lifestyle, diet, and what raw and cooked vegetables they ate. The scientists said people should eat lots of vegetables because they were good for our heart. The study found that the risk of dying from cardiovascular disease was 15 percent lower for those eating the most vegetables, especially raw vegetables. However, they said many other factors also caused this 15% reduction. The lead researcher said: "Our largest study did not find evidence for a protective effect of vegetable intake on the occurrence of cardiovascular disease". He said differences in income and lifestyle also affected the health of our heart.

# VEGETABLES SURVEY

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-2.html>

Write five GOOD questions about vegetables 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) \_\_\_\_\_

