

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freecslmaterials.com/sean_banville_lessons.html

Level 2 – 19th October 2023

Grapes are good for our eyesight

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

<https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-2.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, 1 and 3. They are (a little) harder.

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-2.html>

We all know carrots are good for our eyesight. A new study says grapes are also good for our eyes. The National University of Singapore found that eating just a few grapes a day can help our vision. This is good for older people. The lead researcher said: "Our study...shows that grape consumption beneficially impacts eye health in humans, which is very exciting, especially with a growing, ageing population." She added that we can easily buy grapes, and they have a "beneficial impact" on our eyesight. This is good news for people who dislike carrots.

Thirty-four adults took part in experiments over 16 weeks. Half of them ate one-and-a-half cups of grapes every day; the other half ate a placebo snack. The participants and the researchers did not know if the tests were on the grapes or the snack. This gave better test results. Researchers found that people who ate the grapes had better muscle strength around the retina. The retina passes information about light to the brain. It protects the eyes from damaging blue light. A lot of blue light comes from computer screens and LED lights.

Sources: <https://nypost.com/2023/10/13/grapes-are-the-new-carrots-when-it-comes-to-good-vision-new-eye-health-research/>
<https://uk.style.yahoo.com/fruits-grapes-health-benefits-vision-ageing-111631308.html>
<https://www.express.co.uk/life-style/health/1824216/eye-health-grapes-protect-eyesight>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|-----------------------------|
| 1. We all know carrots | a. population |
| 2. eating just a few grapes | b. on our eyesight |
| 3. This is good | c. a day |
| 4. grape | d. who dislike like carrots |
| 5. a growing, ageing | e. are good |
| 6. we can easily | f. consumption |
| 7. have a "beneficial impact" | g. buy grapes |
| 8. good news for people | h. for older people |

PARAGRAPH TWO:

- | | |
|----------------------------------|-----------------------------|
| 1. Thirty-four adults took | a. about light to the brain |
| 2. Half of them ate | b. results |
| 3. the other half ate a | c. damaging blue light |
| 4. This gave better test | d. one-and-a-half cups |
| 5. better muscle strength | e. and LED lights |
| 6. The retina passes information | f. part in experiments |
| 7. It protects the eyes from | g. around the retina |
| 8. computer screens | h. placebo snack |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-2.html>

We all know carrots are good (1) _____. A new study says grapes are also good for our eyes. The National University of Singapore found that eating (2) _____ grapes a day can (3) _____. This is good for older people. The lead researcher said: "Our study...shows that grape consumption beneficially impacts eye (4) _____, which is very exciting, especially with a growing, ageing population." She added that (5) _____ buy grapes, and they have a "beneficial impact" on our eyesight. This is (6) _____ people who dislike carrots.

Thirty-four adults (7) _____ experiments over 16 weeks. Half of them ate one-and-a-(8) _____ grapes every day; the (9) _____ a placebo snack. The participants and the researchers did not know if the tests were on the grapes (10) _____. This gave better test results. Researchers found that people who ate the grapes had better (11) _____ the retina. The retina passes information about light to the brain. It protects the eyes from damaging blue light. A (12) _____ light comes from computer screens and LED lights.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-2.html>

We all know carrots are good for our eyesight. A new study says grapes are also good for our eyes. The National University of Singapore found that eating just a few grapes a day can help our vision. This is good for older people. The lead researcher said: "Our study... shows that grape consumption beneficially impacts eye health in humans, which is very exciting, especially with a growing, ageing population." She added that we can easily buy grapes, and they have a "beneficial impact" on our eyesight. This is good news for people who dislike carrots. Thirty-four adults took part in experiments over 16 weeks. Half of them ate one-and-a-half cups of grapes every day; the other half ate a placebo snack. The participants and the researchers did not know if the tests were on the grapes or the snack. This gave better test results. Researchers found that people who ate the grapes had better muscle strength around the retina. The retina passes information about light to the brain. It protects the eyes from damaging blue light. All of blue light comes from computer screens and LED lights.

GRAPES SURVEY

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-2.html>

Write five GOOD questions about grapes 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) _____

Grapes are good for our eyesight – 19th October 2023
More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-2.html>

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