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## Level 6

# 7 portions of fruit & vegetables a day best

3rd April, 2014



<http://www.breakingnewsenglish.com/1404/140403-fruit-and-vegetables.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

For many years, the nutrition message has been "five a day" – the recommendation that five portions of fruit and vegetables are enough to keep disease at bay and help us to live longer. That advice has been revised upwards. A new study suggests that people who get seven or more portions a day are healthier. Researchers from University College London studied the dietary habits of 65,000 adults over a seven-year period. They concluded that: "A robust inverse association exists between fruit and vegetable consumption and mortality, with benefits seen in up to 7-plus portions daily." In other words, if you eat more fruit and vegetables, chances are you live longer.

The researchers put people into five different groups, depending on how much fruit and veg they ate. They found that those who ate seven or more portions a day had a 42 per cent lower risk of death than those who ate just one portion. They recommended that schools serve healthier meals and that supermarkets put more emphasis on prominently displaying cheaper produce. They warned that frozen and canned fruit was linked to higher mortality rates. Some experts say the findings of the study should be taken with a pinch of salt. One dietician said the findings ignored the fact that people who eat more fruit and veg are generally wealthier and thus lead lifestyles that will help them live longer anyway.

Sources: <http://www.newscientist.com/article/dn25338-five-a-day-is-not-enough-fruit-and-veg-for-best-health.html#.UzpcTV4uKHA>  
<http://jech.bmj.com/content/early/2014/03/03/jech-2013-203500>  
<http://www.livescience.com/44504-fruits-vegetables-servings-mortality.html>

# WARM-UPS

**1. FRUIT AND VEGETABLES:** Students walk around the class and talk to other students about fruit and vegetables. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

*nutrition / recommendation / disease / healthier / dietary habits / mortality / benefits / groups / risk / supermarkets / canned fruit / salt / dietician / wealthier / lifestyle*

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

**3. NUTRITION:** What do you know about these foods and food groups? Complete this table with your partner(s). Change partners often and share what you wrote.

	Your knowledge	How to incorporate these in your diet
Fruit		
Protein		
Salt		
Carbohydrates		
Vitamins		
Chocolate		

**4. FRUIT BETTER:** Students A **strongly** believe fruit is better than vegetables; Students B **strongly** believe vegetables are better than fruit. Change partners again and talk about your conversations.

**5. FRUIT:** Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- banana
- grape
- pineapple
- orange
- strawberry
- mango
- durian
- apple

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

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

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

- |                                                                           |       |
|---------------------------------------------------------------------------|-------|
| a. We used to be told to have five servings of fruit and vegetables.      | T / F |
| b. The research is from a university in California.                       | T / F |
| c. Researchers looked at the diets of 65,000 adults over seven years.     | T / F |
| d. Researchers said people wouldn't live longer by eating fruit.          | T / F |
| e. The study said longevity increased 42% by eating one portion of fruit. | T / F |
| f. The study said people canned and frozen fruit wasn't so good for us.   | T / F |
| g. Researchers recommended we have a pinch of salt a day.                 | T / F |
| h. A dietician said the lifestyle of richer people made them live longer. | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |                   |                |
|-------------------|----------------|
| 1. recommendation | a. reassessed  |
| 2. enough         | b. specialists |
| 3. revised        | c. categories  |
| 4. robust         | d. advice      |
| 5. mortality      | e. attention   |
| 6. groups         | f. strong      |
| 7. serve          | g. richer      |
| 8. emphasis       | h. sufficient  |
| 9. experts        | i. provide     |
| 10. wealthier     | j. death       |

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

- |                               |                           |
|-------------------------------|---------------------------|
| 1. enough to keep disease     | a. that will help them    |
| 2. dietary                    | b. higher mortality rates |
| 3. A robust inverse           | c. words                  |
| 4. In other                   | d. at bay                 |
| 5. chances are you            | e. a pinch of salt        |
| 6. depending on how much      | f. habits                 |
| 7. a 42 per cent lower        | g. fruit and veg they ate |
| 8. canned fruit was linked to | h. live longer            |
| 9. ...should be taken with    | i. risk of death          |
| 10. lead lifestyles           | j. association exists     |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

For many years, the nutrition (1) \_\_\_\_\_ has been "five a day" – the recommendation that five portions of fruit and vegetables are enough to keep disease (2) \_\_\_\_\_ and help us to live longer. That advice has been revised (3) \_\_\_\_\_. A new study suggests that people who get seven or more portions a day are healthier. Researchers from University College London studied the dietary (4) \_\_\_\_\_ of 65,000 adults over a seven-year period. They concluded that: "A (5) \_\_\_\_\_ inverse association exists between fruit and vegetable consumption and (6) \_\_\_\_\_, with benefits seen in up to 7-plus portions daily." In other (7) \_\_\_\_\_, if you eat more fruit and vegetables, (8) \_\_\_\_\_ are you live longer.

*robust*  
*upwards*  
*habits*  
*words*  
*message*  
*chances*  
*at bay*  
*mortality*

The researchers put people into five different groups, (9) \_\_\_\_\_ on how much fruit and veg they ate. They found that those who ate seven or more portions a day had a 42 per cent lower (10) \_\_\_\_\_ of death than those who ate just one portion. They recommended that schools (11) \_\_\_\_\_ healthier meals and that supermarkets put more emphasis on prominently displaying cheaper (12) \_\_\_\_\_. They warned that frozen and canned fruit was (13) \_\_\_\_\_ to higher mortality rates. Some experts say the findings of the study should be taken with a pinch of (14) \_\_\_\_\_. One dietician said the findings ignored the fact that people who eat more fruit and veg are (15) \_\_\_\_\_ wealthier and thus (16) \_\_\_\_\_ lifestyles that will help them live longer anyway.

*linked*  
*generally*  
*risk*  
*lead*  
*depending*  
*produce*  
*salt*  
*serve*

# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

- 1) For many years, the nutrition message has been \_\_\_\_\_
  - a. "five a day"
  - b. "five at bay"
  - c. "five add eight"
  - d. "fiver day"
- 2) five portions of fruit and vegetables are enough to \_\_\_\_\_
  - a. keep disease all bay
  - b. keep disease all day
  - c. keep disease as bay
  - d. keep disease at bay
- 3) That advice has been \_\_\_\_\_
  - a. revised onwards
  - b. revised upward
  - c. revised upwards
  - d. revised onward
- 4) A robust inverse association exists between fruit and vegetable \_\_\_\_\_
  - a. consumption and mortuary
  - b. consumption and immortality
  - c. consumption and mortality
  - d. consumption and morality
- 5) if you eat more fruit and vegetables, \_\_\_\_\_ longer
  - a. chances are you live
  - b. chance is are you live
  - c. chances are you live
  - d. chanced are you live
- 6) The researchers put people into five different groups, \_\_\_\_\_ much ...
  - a. depending in how
  - b. depending on how
  - c. depend in on how
  - d. depending on now
- 7) supermarkets put more emphasis on prominently \_\_\_\_\_
  - a. displaying cheaper producer
  - b. displaying cheaper produces
  - c. displaying cheaper produced
  - d. displaying cheaper produce
- 8) They warned that frozen and canned fruit was linked to \_\_\_\_\_
  - a. higher mortality rate
  - b. higher mortality rates
  - c. higher mortality ratios
  - d. higher mortality rated
- 9) Some experts say the findings of the study should be taken with \_\_\_\_\_
  - a. a pinch of salt
  - b. a drop of rain
  - c. a grain of rice
  - d. a granule of sugar
- 10) generally wealthier and thus lead lifestyles that will help them \_\_\_\_\_
  - a. live longer anyways
  - b. live longer any way
  - c. live longer any ways
  - d. live longer anyway

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

For many years, the nutrition message has (1) \_\_\_\_\_ – the recommendation that five portions of fruit and vegetables are enough to (2) \_\_\_\_\_ and help us to live longer. That advice has been revised upwards. A (3) \_\_\_\_\_ that people who get seven or more portions a day are healthier. Researchers from University College London studied (4) \_\_\_\_\_ 65,000 adults over a seven-year period. They concluded that: "A robust (5) \_\_\_\_\_ exists between fruit and vegetable consumption and mortality, with benefits seen in up to 7-plus portions daily." (6) \_\_\_\_\_, if you eat more fruit and vegetables, chances are you live longer.

The researchers put people (7) \_\_\_\_\_ groups, depending on how much fruit and veg they ate. They found that those who ate seven or more (8) \_\_\_\_\_ a 42 per cent lower risk of death than those who ate just one portion. They recommended that schools serve healthier meals and that supermarkets (9) \_\_\_\_\_ prominently displaying cheaper produce. They warned that (10) \_\_\_\_\_ fruit was linked to higher mortality rates. Some experts say the findings of the study should be taken with (11) \_\_\_\_\_. One dietician said the findings ignored the fact that people who eat more fruit and veg are generally wealthier and (12) \_\_\_\_\_ that will help them live longer anyway.

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

1. For how long has a message been "five a day"?

---

2. What do fruit and vegetables keep at bay?

---

3. How many people's dietary habits did researchers look at?

---

4. What was there an inverse association between?

---

5. Where were benefits seen?

---

6. Into how many groups did researchers put people?

---

7. How much lower was the risk of death with a "seven a day" diet?

---

8. Who did the researchers recommend serve better meals?

---

9. What should be taken with a pinch of salt?

---

10. Who leads healthier lives because of better lifestyles?

---



# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

1. For how long has a message been "five a day"?
  - a) after "four a day" was too old
  - b) 17 hours
  - c) as long as time itself
  - d) many years
2. What do fruit and vegetables keep at bay?
  - a) vegetarians
  - b) disease
  - c) ships
  - d) meat
3. How many people's dietary habits did researchers look at?
  - a) 650,000
  - b) 6,500
  - c) 65,000
  - d) 16,500
4. What was there an inverse association between?
  - a) eating fruit and vegetables and mortality
  - b) fruit and vegetables
  - c) vegetables and fruit
  - d) the researchers
5. Where were benefits seen?
  - a) lifestyles
  - b) supermarket profits
  - c) in people eating 7 portions a day
  - d) farmers' happiness
6. Into how many groups did researchers put people?
  - a) 4
  - b) 5
  - c) 6
  - d) 7
7. How much lower was the risk of death with a "seven a day" diet?
  - a) 114%
  - b) 24%
  - c) 14.2%
  - d) 42%
8. Who did the researchers recommend serve better meals?
  - a) schools
  - b) fast food restaurants
  - c) hotels
  - d) supermarkets
9. What should be taken with a pinch of salt?
  - a) celery
  - b) some vinegar
  - c) the findings of the study
  - d) high blood pressure
10. Who leads healthier lives because of better lifestyles?
  - a) canned fruit company bosses
  - b) richer people
  - c) the researchers
  - d) vegetarians

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

## **Role A – Vitamins**

You think vitamins are the best things for our body. Tell the others three reasons why. Tell them why their things are not so necessary. Also, tell the others which is the least beneficial of these (and why): protein, carbohydrates or chocolate.

## **Role B – Protein**

You think protein is the best thing for our body. Tell the others three reasons why. Tell them why their things are not so necessary. Also, tell the others which is the least beneficial of these (and why): protein, carbohydrates or chocolate.

## **Role C – Carbohydrates**

You think carbohydrates are the best things for our body. Tell the others three reasons why. Tell them why their things are not so necessary. Also, tell the others which is the least beneficial of these (and why): protein, carbohydrates or chocolate.

## **Role D – Chocolate**

You think chocolate is the best thing for our body. Tell the others three reasons why. Tell them why their things are not so necessary. Also, tell the others which is the least beneficial of these (and why): protein, carbohydrates or chocolate.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

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

<b>fruit</b>	<b>vegetable</b>
--------------	------------------

- 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"><li>• message</li><li>• enough</li><li>• suggests</li><li>• seven</li><li>• benefits</li><li>• chances</li></ul>	<ul style="list-style-type: none"><li>• groups</li><li>• risk</li><li>• meals</li><li>• frozen</li><li>• pinch</li><li>• thus</li></ul>
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# FRUIT AND VEGETABLES SURVEY

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

Write five GOOD questions about fruit and 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.

# FRUIT AND VEGETABLES DISCUSSION

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'nutrition'?
- c) Do you follow the five-a-day recommendation?
- d) Will you eat more fruit and veg from now on?
- e) How healthy or unhealthy is your diet?
- f) Is it better to eat what you really like, even if it's unhealthy?
- g) Is it easy or difficult to eat seven types of fruit and veg a day?
- h) Should we all become vegetarians?
- i) Do people take notice of studies like the one in the article?
- j) What do you do to make sure you live longer?

*7 portions of fruit & vegetables a day best – 3rd April, 2014*  
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# FRUIT AND VEGETABLES DISCUSSION

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

- a) Did you like reading this article? Why/not?
- b) How can governments encourage people to eat more healthily?
- c) Should schools stop selling fast food?
- d) What responsibility do food shops have to promote healthy eating?
- e) Will you take this study with a pinch of salt?
- f) What are your favourite fruits and vegetables?
- g) What is the grammar rule for when we say "fruit" and "fruits"?
- h) Is the tastiest food the unhealthiest food?
- i) Why are richer people generally healthier?
- j) What questions would you like to ask the head researcher?

# 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 <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

For many years, the nutrition message has been "five a day" – the recommendation that five (1) \_\_\_\_\_ of fruit and vegetables are enough to keep disease at bay and help us to live longer. That advice has been (2) \_\_\_\_\_ upwards. A new study suggests that people who get seven or more portions a day are healthier. Researchers from University College London studied the dietary (3) \_\_\_\_\_ of 65,000 adults over a seven-year period. They concluded that: "A robust (4) \_\_\_\_\_ association exists between fruit and vegetable consumption and mortality, with benefits (5) \_\_\_\_\_ in up to 7-plus portions daily." In other words, if you eat more fruit and vegetables, (6) \_\_\_\_\_ are you live longer.

The researchers put people into five different groups, depending (7) \_\_\_\_\_ how much fruit and veg they ate. They found that those who ate seven or more portions a day had a 42 per cent lower (8) \_\_\_\_\_ of death than those who ate just one portion. They recommended that schools serve healthier meals and that supermarkets put more (9) \_\_\_\_\_ on prominently displaying cheaper produce. They warned that frozen and (10) \_\_\_\_\_ fruit was linked to higher mortality rates. Some experts say the findings of the study should be taken with a (11) \_\_\_\_\_ of salt. One dietician said the findings ignored the fact that people who eat more fruit and veg are generally wealthier and (12) \_\_\_\_\_ lead lifestyles that will help them live longer anyway.

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

- |     |               |              |                |                |
|-----|---------------|--------------|----------------|----------------|
| 1.  | (a) portions  | (b) potions  | (c) partitions | (d) rations    |
| 2.  | (a) advised   | (b) devised  | (c) revised    | (d) advertised |
| 3.  | (a) bits      | (b) devices  | (c) habits     | (d) recipes    |
| 4.  | (a) contrast  | (b) opposite | (c) comparison | (d) inverse    |
| 5.  | (a) hone      | (b) done     | (c) seen       | (d) tasked     |
| 6.  | (a) champs    | (b) chances  | (c) challenges | (d) changes    |
| 7.  | (a) in        | (b) on       | (c) by         | (d) of         |
| 8.  | (a) chancing  | (b) risk     | (c) possible   | (d) likely     |
| 9.  | (a) highlight | (b) marker   | (c) emphasis   | (d) bold       |
| 10. | (a) squid     | (b) ground   | (c) beaned     | (d) canned     |
| 11. | (a) nip       | (b) tuck     | (c) flick      | (d) pinch      |
| 12. | (a) those     | (b) this     | (c) though     | (d) thus       |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

## Paragraph 1

1. the onuttirni message
2. the oiramnmeetcd that five portions of fruit
3. That advice has been revised radspuw
4. rdiaeyt habits
5. A robust inverse nioctasiaso exists
6. vegetable consumption and lttryioma

## Paragraph 2

7. iendgdnp on how much fruit and veg they ate
8. supermarkets put more hessaipm on...
9. yltronimnp displaying cheaper produce
10. Some rtexesp say...
11. One cateiniid said the findings ignored the fact
12. generally tahrilwee



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

**Number these lines in the correct order.**

- ( ) a seven-year period. They concluded that: "A robust inverse association exists
- ( ) fruit was linked to higher mortality rates. Some experts say the findings of the study should be
- ( ) taken with a pinch of salt. One dietician said the findings ignored the fact that people who eat more fruit and veg are generally
- ( ) day are healthier. Researchers from University College London studied the dietary habits of 65,000 adults over
- ( ) veg they ate. They found that those who ate seven or more portions a day had a 42 per cent lower
- ( ) risk of death than those who ate just one portion. They recommended that schools serve healthier meals and that
- ( ) words, if you eat more fruit and vegetables, chances are you live longer.
- ( ) supermarkets put more emphasis on prominently displaying cheaper produce. They warned that frozen and canned
- ( ) wealthier and thus lead lifestyles that will help them live longer anyway.
- ( **1** ) For many years, the nutrition message has been "five a day" – the recommendation that five portions
- ( ) of fruit and vegetables are enough to keep disease at bay and help us to live longer. That advice has been revised
- ( ) The researchers put people into five different groups, depending on how much fruit and
- ( ) between fruit and vegetable consumption and mortality, with benefits seen in up to 7-plus portions daily." In other
- ( ) upwards. A new study suggests that people who get seven or more portions a

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

1. a The has "five . message day" nutrition been

---

2. vegetables are enough to keep disease at bay Fruit and.

---

3. habits , dietary 65,000 adults the of Studied.

---

4. association that exists a robust They inverse concluded.

---

5. In vegetables and fruit more eat you if , words other.

---

6. put groups people into The five researchers different.

---

7. one than just death 42% ate of A who risk those lower.

---

8. on displaying produce Emphasis prominently cheaper.

---

9. fruit mortality was rates linked to Canned higher.

---

10. them lifestyles live that longer will help Lead.

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

For many years, the nutrition *massage / message* has been "five a day" – the recommendation that five portions of fruit and vegetables are *suffice / enough* to keep disease at *day / bay* and help us to live longer. That advice has been *revised / devised* upwards. A new study suggests that people who get seven or more *potions / portions* a day are healthier. Researchers from University College London studied the dietary *habitats / habits* of 65,000 adults over a seven-year period. They *conclusion / concluded* that: "A robust inverse association *exists / exacts* between fruit and vegetable consumption and mortality, with benefits *been / seen* in up to 7-plus portions daily." In other words, if you eat more fruit and vegetables, chances are you live *longer / longevity*.

The researchers put people into five *difference / different* groups, depending *on / in* how much fruit and veg they ate. They found that those who ate seven or more portions a day had a 42 per cent lower *riskiness / risk* of death than those who ate just one portion. They *recommended / recompensed* that schools serve healthier meals and that supermarkets put more *emphasis / emphatic* on prominently displaying cheaper produce. They warned that *frozen / freezing* and canned fruit was linked to higher *mortuary / mortality* rates. Some *experts / expats* say the findings of the study should be taken with a *pinch / punch* of salt. One dietician said the findings ignored the fact that people who eat more fruit and veg are generally wealthier and thus *lead / leave* lifestyles that will help them live longer anyway.

**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 <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

F\_r m\_ny y\_\_rs, th\_ n\_tr\_t\_\_n m\_ss\_g\_ h\_s b\_\_n "f\_v\_ \_\_ d\_y" - th\_ r\_c mm\_nd\_t\_\_n th\_t f\_v\_ p\_rt\_\_ns \_f fr\_\_t \_\_nd v\_g\_t\_bl\_s \_r\_\_n\_\_gh\_t\_k\_\_p\_d\_s\_\_s\_\_t b\_y \_\_nd h\_lp \_\_s\_t\_l\_v\_\_l\_ng\_r. Th\_t \_dv\_c\_ h\_s b\_\_n r\_v\_s\_d \_\_pw\_rds. \_\_n\_w st\_dy s\_gg\_sts th\_t p\_\_pl\_ wh\_ g\_t\_s\_v\_n\_r m\_r\_p\_rt\_\_ns \_\_d\_y\_r\_h\_\_lth\_\_r. R\_s\_\_rch\_rs fr\_m \_\_n\_v\_rs\_ty C\_ll\_g\_ L\_nd\_n st\_d\_\_d th\_d\_\_t\_ry h\_b\_ts \_f 65,000 \_\_d\_lts \_v\_r \_\_s\_v\_n-y\_\_r p\_r\_\_d. Th\_y c\_ncl\_d\_d th\_t: "\_\_r\_b\_st \_\_nv\_rs\_\_ss\_c\_\_t\_\_n \_\_x\_sts b\_tw\_\_n fr\_\_t \_\_nd v\_g\_t\_bl\_c\_ns mpt\_\_n \_\_nd m\_rt\_l\_ty, w\_th b\_n\_f\_ts s\_\_n \_\_n\_p t\_7-pl\_s p\_rt\_\_ns d\_\_ly." \_\_n \_\_th\_r w\_rds, \_f y\_\_ \_\_t m\_r\_\_ fr\_\_t \_\_nd v\_g\_t\_bl\_s, ch\_nc\_s \_\_r\_y\_\_ l\_v\_\_l\_ng\_r.

Th\_r\_s\_\_rch\_rs p\_t p\_\_pl\_ \_\_nt\_f\_v\_ d\_ff\_r\_nt gr\_\_ps, d\_p\_nd\_ng \_\_n h\_w m\_ch fr\_\_t \_\_nd v\_g th\_y \_\_t. Th\_y f\_\_nd th\_t th\_s \_\_wh\_\_t\_s\_v\_n\_r m\_r\_p\_rt\_\_ns \_\_d\_y h\_d \_\_42 p\_r\_c\_nt l\_w\_r\_r\_sk \_\_f d\_\_th th\_n th\_s \_\_wh\_\_t \_\_j\_st \_\_n\_p\_rt\_\_n. Th\_y r\_c mm\_nd\_d th\_t sch\_\_ls s\_rv\_\_h\_\_lth\_\_r m\_\_ls \_\_nd th\_t s\_p\_rm\_rk\_ts p\_t m\_r\_\_ \_\_mph\_s\_s \_\_n pr\_m\_n\_ntly d\_spl\_y\_ng ch\_\_p\_r pr\_d\_c\_. Th\_y w\_rn\_d th\_t fr\_z\_n \_\_nd c\_nn\_d fr\_\_t w\_s l\_nk\_d\_t \_\_h\_gh\_r m\_rt\_l\_ty r\_t\_s. S\_m\_\_xp\_rts s\_y th\_f\_nd\_ngs \_\_f th\_st\_dy sh\_\_ld b\_\_t\_k\_n w\_th \_\_p\_nch \_\_f\_s\_lt. \_\_n d\_\_t\_c\_\_n\_s\_\_d th\_f\_nd\_ngs \_\_gn\_r\_d th\_f\_ct th\_t p\_\_pl\_ wh\_\_ \_\_t m\_r\_\_ fr\_\_t \_\_nd v\_g \_\_r\_g\_n\_r\_lly w\_\_lth\_\_r \_\_nd th\_s l\_\_d\_l\_fstyl\_s th\_t w\_ll h\_lp th\_m l\_v\_\_l\_ng\_r \_\_nyw\_y.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

for many years the nutrition message has been "five a day" – the recommendation that five portions of fruit and vegetables are enough to keep disease at bay and help us to live longer that advice has been revised upwards a new study suggests that people who get seven or more portions a day are healthier researchers from university college london studied the dietary habits of 65000 adults over a seven-year period they concluded that "a robust inverse association exists between fruit and vegetable consumption and mortality with benefits seen in up to 7-plus portions daily" in other words if you eat more fruit and vegetables chances are you live longer

the researchers put people into five different groups depending on how much fruit and veg they ate they found that those who ate seven or more portions a day had a 42 per cent lower risk of death than those who ate just one portion they recommended that schools serve healthier meals and that supermarkets put more emphasis on prominently displaying cheaper produce they warned that frozen and canned fruit was linked to higher mortality rates some experts say the findings of the study should be taken with a pinch of salt one dietician said the findings ignored the fact that people who eat more fruit and veg are generally wealthier and thus lead lifestyles that will help them live longer anyway

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1404/140403-fruit-and-vegetables.html>

For many years, the nutrition message has been "five a day" – there is commendation that five portions of fruit and vegetables are enough to keep disease at bay and help you to live longer. That advice has been revised upwards. A new study suggests that people who get seven or more portions a day are healthier. Researchers from University College London studied the dietary habits of 65,000 adults over a seven-year period. They concluded that: "A robust inverse association exists between fruit and vegetable consumption and mortality, with benefits seen in up to 7-plus portions daily." In other words, if you eat more fruit and vegetables, chances are you will live longer. The researchers put people into five different groups, depending on how much fruit and veg they ate. They found that those who ate seven or more portions a day had a 42 percent lower risk of death than those who ate just one portion. They recommended that schools serve healthier meals and that supermarkets put more emphasis on prominently displaying cheaper produce. They warned that frozen and canned fruit was linked to higher mortality rates. Some experts say the findings of the study should be taken with a pinch of salt. One dietician said the findings ignored the fact that people who eat more fruit and veg are generally wealthier and thus lead a lifestyle that will help them live longer anyway.







# 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 fruit and vegetables. Share what you discover with your partner(s) in the next lesson.

**3. FRUIT AND VEGETABLES:** Make a poster about why fruit and vegetables are good for you. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. YOU ARE WHAT YOU EAT:** Write a magazine article about nutrition. Include imaginary interviews with people who believe "you are what you eat" and with those who think this is untrue.

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 a nutritionist. Ask him/her three questions about fruit and vegetables. Give him/her three of your opinions on them. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

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

## SYNONYM MATCH (p.4)

- |                   |                |
|-------------------|----------------|
| 1. recommendation | a. advice      |
| 2. enough         | b. sufficient  |
| 3. revised        | c. reassessed  |
| 4. robust         | d. strong      |
| 5. mortality      | e. death       |
| 6. groups         | f. categories  |
| 7. serve          | g. provide     |
| 8. emphasis       | h. attention   |
| 9. experts        | i. specialists |
| 10. wealthier     | j. richer      |

## COMPREHENSION QUESTIONS (p.8)

1. Many years
2. Disease
3. 65,000
4. death and eating fruit and vegetables
5. in people who ate 7-plus portions daily
6. Five
7. 42%
8. Schools
9. The study's findings
10. Richer people

## MULTIPLE CHOICE - QUIZ (p.9)

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

## ALL OTHER EXERCISES

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