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## **Level 2**

### **Fasting may lead to health benefits**

**27th February, 2017**

<http://www.breakingnewsenglish.com/1702/170227-fasting-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 <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-2.html>

Scientists have done tests on mice that show fasting can have health benefits. Fasting is eating or drinking little or nothing for a short period of time - 24 hours or sometimes a few days. The tests were done at universities in the USA and Italy. Scientists found that fasting in mice can lower the risk of diabetes, heart disease, cancer and other diseases. The scientists fed mice for four days on a diet low in calories, protein and carbohydrates but in fat. They then gave the mice just 10% of their normal food for three days. The scientists found this made the pancreas in the mice work better.

The pancreas is the organ that uses special beta cells to produce the hormone insulin. The body uses insulin to break down sugar in the blood. People with diabetes cannot produce enough insulin so they have health problems and it can be deadly. There is too much sugar in their blood. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, either not enough insulin is produced or the insulin has no effect. Scientists said the fasting mice produced increased amounts of insulin. They said their results were promising and tests now needed to be done on humans.

Sources: <http://www.nhs.uk/news/2017/02February/Pages/Fasting-diet-may-help-regenerate-diabetic-pancreas.aspx>  
<http://www.sciencealert.com/this-fasting-diet-could-reverse-diabetes-and-repair-the-pancreas-says-new-research>  
<https://en.wikipedia.org/wiki/Fasting>

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-2.html>

## PARAGRAPH ONE:

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1. Scientists have done tests       | a. of diabetes          |
| 2. Fasting is eating or drinking    | b. in calories          |
| 3. for a short                      | c. mice work better     |
| 4. lower the risk                   | d. mice for four days   |
| 5. The scientists fed               | e. of their normal food |
| 6. a diet low                       | f. on mice              |
| 7. They then gave the mice just 10% | g. period of time       |
| 8. this made the pancreas in the    | h. little or nothing    |

## PARAGRAPH TWO:

- |  |                        |
|--|------------------------|
| 1. The body uses insulin to break down | a. producing insulin   |
| 2. the hormone                         | b. were promising      |
| 3. the pancreas stops                  | c. no effect           |
| 4. not enough                          | d. be done on humans   |
| 5. or the insulin has                  | e. sugar in the blood  |
| 6. the fasting mice produced increased | f. insulin is produced |
| 7. They said their results             | g. insulin             |
| 8. tests now needed to                 | h. amounts of insulin  |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-2.html>

Scientists have (1) \_\_\_\_\_ mice that show fasting can have health benefits. Fasting is eating or drinking little or nothing (2) \_\_\_\_\_ of time - 24 hours or sometimes a few days. The tests were done at universities in the USA and Italy. Scientists found that fasting in mice (3) \_\_\_\_\_ risk of diabetes, heart disease, cancer and other diseases. The scientists fed mice (4) \_\_\_\_\_ a diet low in calories, protein and carbohydrates (5) \_\_\_\_\_. They then gave the mice just 10% of their normal food for three days. The scientists found this made the pancreas in the (6) \_\_\_\_\_.

The pancreas is the organ (7) \_\_\_\_\_ beta cells to produce the hormone insulin. The body uses insulin to break down (8) \_\_\_\_\_. People with diabetes cannot produce enough insulin so they have health problems (9) \_\_\_\_\_ deadly. There is too much sugar in their blood. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, (10) \_\_\_\_\_ insulin is produced or the insulin has no effect. Scientists said the fasting mice produced increased (11) \_\_\_\_\_. They said their results were promising and tests now needed (12) \_\_\_\_\_ humans.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-2.html>

Scientists have done tests on mice that show fasting can have health benefits. Fasting is eating or drinking little or nothing for a short period of time - 24 hours or sometimes a few days. The tests were done at universities in the USA and Italy. Scientists found that fasting in mice can lower the risk of diabetes, heart disease, cancer and other diseases. The scientists fed mice for four days on a diet low in calories, protein and carbohydrates but high in fat. They then gave the mice just 10% of their normal food for three days. The scientists found this made the pancreas in the mice work better. The pancreas is the organ that uses special beta cells to produce the hormone insulin. The body uses insulin to break down sugar in the blood. People with diabetes cannot produce enough insulin so they have health problems and it can be deadly. There is too much sugar in their blood. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, either not enough insulin is produced or the insulin has no effect. Scientists said that fasting mice produced increased amounts of insulin. They said their results were promising and tests now needed to be done on humans.

# FASTING SURVEY

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-4.html>

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

*Fasting may lead to health benefits – 27th February, 2017*  
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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) \_\_\_\_\_

