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Ready-to-Use English Lessons by Sean Banville

Level 2 – 4th October, 2019

Living by the sea makes us happier

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https://breakingnewsenglish.com/1910/191004-living-by-the-sea-2.html

Contents

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

THE READING

Research says people who live close to the sea are happier than those who live inland. The researchers looked at data from surveys of 25,963 people on their happiness, lifestyle and income. They found that those who live within one kilometer of the coast are 22 per cent less likely to show signs of mental health problems. People who lived over 50 kilometers from the coast had more symptoms of mental health problems. Poorer people living within sight of the coast were 40 per cent less likely to have mental health symptoms than those who lived inland.

The lead researcher of the study said: "People in poorer households living close to the coast experience fewer symptoms of mental health disorders." She said the coast seemed to protect people from mental health problems. The doctor added that living on the coast could help people on high and low incomes. Another researcher said: "We need to help policy makers understand how to maximize the wellbeing benefits of 'blue' spaces in towns and cities. We need to ensure that access is fair and inclusive for everyone, while not damaging our fragile coastal environments."

PHRASE MATCHING

PARAGRAPH ONE:

1.	people who live close	a.	sight of the coast
2.	happier than those who	b.	problems
3.	The researchers looked	c.	inland
4.	less likely to	d.	likely
5.	symptoms of mental health	e.	live inland
6.	living within	f.	to the sea
7.	40 per cent less	g.	show signs
8.	those who lived	h.	at data

PARAGRAPH TWO:

1.	The lead researcher	a.	and low incomes
2.	People in poorer	b.	for everyone
3.	experience fewer	c.	protect people
4.	the coast seemed to	d.	environments
5.	help people on high	e.	households
6.	We need to ensure that	f.	of the study
7.	inclusive	g.	symptoms
8.	fragile coastal	h.	access is fair

LISTEN AND FILL IN THE GAPS

Research says people (1) _____ to the sea are happier than those (2) _____. The researchers looked at data from surveys of 25,963 people on their happiness, (3) _____. They found that those who live within one kilometer of the coast are 22 per cent (4) _____ show signs of mental health problems. People who lived over 50 kilometers from the coast (5) _____ of mental health problems. Poorer people living (6) _____ the coast were 40 per cent less likely to have mental health symptoms than those who lived inland.

The lead researcher of the study said: "(7) _____ households living close to the coast experience fewer symptoms of mental health disorders." She said the coast (8) _____ people from mental health problems. The doctor added that living on the coast could help (9) _____ and low incomes. Another researcher said: "We need to help policy makers understand (10) _____ the wellbeing benefits of 'blue' spaces in towns and cities. We need to ensure that (11) _____ and inclusive for everyone, while not damaging (12) _____ environments."

PUT A SLASH (/)WHERE THE SPACES ARE

Researchsayspeoplewholiveclosetotheseaarehappierthanthosewho liveinland.Theresearcherslookedatdatafromsurveysof25,963people ontheirhappiness,lifestyleandincome.Theyfoundthatthosewholivew ithinonekilometerofthecoastare22percentlesslikelytoshowsignsofm entalhealthproblems.Peoplewholivedover50kilometersfromthecoas thadmoresymptomsofmentalhealthproblems.Poorerpeoplelivingwit hinsightofthecoastwere40percentlesslikelytohavementalhealthsym ptomsthanthosewholivedinland.Theleadresearcherofthestudysaid: "Peopleinpoorerhouseholdslivingclosetothecoastexperiencefewersy mptomsofmentalhealthdisorders."Shesaidthecoastseemedtoprotec tpeoplefrommentalhealthproblems.Thedoctoraddedthatlivingonthe coastcouldhelppeopleonhighandlowincomes.Anotherresearchersai d:"Weneedtohelppolicymakersunderstandhowtomaximizethewellb eingbenefitsof'blue'spacesintownsandcities.Weneedtoensurethatac cessisfairandinclusiveforeveryone,whilenotdamagingourfragilecoas talenvironments."

THE SEA SURVEY

Write five GOOD questions about the sea 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) _____

WRITING

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

_____

_____

_____

_____

_____

_____

_____

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_____

_____