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**Level 0 – 5th February, 2020**

## **Soybean products may help you live longer**

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

<https://breakingnewsenglish.com/2002/200205-soybeans-0.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 1, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2002/200205-soybeans-0.html>

Why do Japanese people live longer? A reason might be tofu and miso. Japanese scientists studied the health benefits of soybean products. People who ate tofu and miso were 10 per cent less likely to die from diseases. Soybean-based food cut the risk of death from heart attacks, stroke and other cardiovascular problems.

Soybeans are superfoods. They are rich in protein, fibre and unsaturated fats. They help to lower cholesterol and weight.

Soy has been an important part of food in Asia for centuries.

The most common types of soy products are tofu, natto, miso and soy sauce. Soybean products are becoming more popular worldwide.

Sources: <https://www.bmj.com/content/bmj/368/bmj.m247.full.pdf>  
<https://food.ndtv.com/news/higher-consumption-of-fermented-soy-products-linked-to-lower-mortality-risk-says-study-2172124>  
<https://medicalxpress.com/news/2020-01-fermented-soy-products-linked-death.html>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2002/200205-soybeans-0.html>

## PARAGRAPH ONE:

- |                        |                          |
|------------------------|--------------------------|
| 1. A reason might      | a. from diseases         |
| 2. the health benefits | b. ate tofu and miso     |
| 3. People who          | c. attacks               |
| 4. 10 per cent less    | d. problems              |
| 5. die                 | e. likely                |
| 6. Soybean-based food  | f. of soybean            |
| 7. heart               | g. be tofu and miso      |
| 8. cardiovascular      | h. cut the risk of death |

## PARAGRAPH TWO:

- |                          |                    |
|--------------------------|--------------------|
| 1. They are rich         | a. of soy products |
| 2. fibre and unsaturated | b. part of food    |
| 3. They help to lower    | c. worldwide       |
| 4. an important          | d. fats            |
| 5. in Asia for           | e. soy sauce       |
| 6. The most common types | f. cholesterol     |
| 7. miso and              | g. in protein      |
| 8. becoming more popular | h. centuries       |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2002/200205-soybeans-0.html>

Why do Japanese (1) \_\_\_\_\_? A reason might be  
tofu and miso. (2) \_\_\_\_\_ the health benefits of  
soybean products. (3) \_\_\_\_\_ tofu and miso were  
10 per cent less (4) \_\_\_\_\_ from diseases.  
Soybean-based food (5) \_\_\_\_\_ of death from  
heart attacks, (6) \_\_\_\_\_ cardiovascular  
problems.

Soybeans are superfoods. They (7) \_\_\_\_\_  
protein, fibre and unsaturated fats. They (8) \_\_\_\_\_  
cholesterol and weight. Soy has been (9) \_\_\_\_\_  
of food in Asia for centuries. The (10) \_\_\_\_\_ of  
soy products are tofu, natto, miso (11) \_\_\_\_\_.  
Soybean products are becoming (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2002/200205-soybeans-0.html>

Why do Japanese people live longer? A reason might be tofu and miso. Japanese scientists studied the health benefits of soybean products. People who ate tofu and miso were 10 percent less likely to die from diseases. Soybean-based food cut the risk of death from heart attacks, stroke and other cardiovascular problems. Soybeans are superfoods. They are rich in protein, fibre and unsaturated fats. They help to lower cholesterol and weight. Soy has been an important part of food in Asia for centuries. The most common types of soy products are tofu, natto, miso and soy sauce. Soybean products are becoming more popular worldwide.

# SOYBEANS SURVEY

From <https://breakingnewsenglish.com/2002/200205-soybeans-4.html>

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

*Soybean products may help you live longer – 5th February, 2020*  
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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

From <https://breakingnewsenglish.com/2002/200205-soybeans-0.html>

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

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