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Level 1 – 31st July, 2021

Flavonoids can cut the risk of dementia by a third

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

<https://breakingnewsenglish.com/2107/210731-flavonoids-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2107/210731-flavonoids-1.html>

We are living longer, so more people have mental illnesses like dementia. Food can cut the chances of getting dementia. Food with flavonoids could reduce the chances by a third. Flavonoids give fruit and vegetables their bright colours. They give the brain oxygen. Food like blueberries, oranges, peppers and strawberries contain flavonoids. A researcher said: "A colourful diet rich in flavonoids seems to be a good bet for promoting long-term brain health."

Researchers studied the diets and mental health of 77,000 older people for 20 years. They found that people who ate more flavonoids were 38 per cent less likely to get dementia. This means older people could feel up to four years younger. A researcher said: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."

Sources: <https://www.medicalnewstoday.com/articles/colorful-fruit-and-veg-may-reduce-risk-of-cognitive-decline#Subjective-cognitive-decline>
<https://edition.cnn.com/2021/07/28/health/flavonoid-cognitive-decline-study-wellness/index.html>
<https://www.mirror.co.uk/news/uk-news/healthy-diet-could-cut-risk-24638889>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2107/210731-flavonoids-1.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|------------------------|
| 1. mental illnesses | a. bright colours |
| 2. cut the chances | b. in flavonoids |
| 3. reduce the chances | c. blueberries |
| 4. give fruit and vegetables their | d. by a third |
| 5. Food like | e. term brain health |
| 6. strawberries contain | f. like dementia |
| 7. A colourful diet rich | g. flavonoids |
| 8. long- | h. of getting dementia |

PARAGRAPH TWO:

- | | |
|----------------------------------|-------------------------|
| 1. Researchers studied the diets | a. get dementia |
| 2. 77,000 older | b. to your plate |
| 3. people who ate | c. people |
| 4. less likely to | d. of cognitive decline |
| 5. feel up to four years | e. and mental health |
| 6. thinking | f. younger |
| 7. Adding colour | g. more flavonoids |
| 8. lower the risk | h. skills |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2107/210731-flavonoids-1.html>

We ⁽¹⁾ _____, so more people have mental illnesses like dementia. Food ⁽²⁾ _____ chances of getting dementia. Food with flavonoids could reduce the chances ⁽³⁾ _____. Flavonoids give fruit and vegetables their bright colours. They give ⁽⁴⁾ _____. Food like blueberries, oranges, peppers and strawberries contain flavonoids. A researcher said: "A colourful ⁽⁵⁾ _____ flavonoids seems to be a good bet for promoting long-⁽⁶⁾ _____."

Researchers studied the ⁽⁷⁾ _____ health of 77,000 older people for 20 years. They found that ⁽⁸⁾ _____ more flavonoids were 38 per cent less likely to get dementia. This ⁽⁹⁾ _____ could feel ⁽¹⁰⁾ _____ years younger. A researcher said: "Flavonoids are powerhouses when it comes to preventing your thinking skills from declining ⁽¹¹⁾ _____ older. Adding colour to your plate may ⁽¹²⁾ _____ of cognitive decline."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2107/210731-flavonoids-1.html>

We are living longer, so more people have mental illnesses like dementia. Food can cut the chances of getting dementia. Food with flavonoids could reduce the chances by a third. Flavonoids give fruit and vegetables their bright colours. They give the brain oxygen. Food like blueberries, oranges, peppers and strawberries contain flavonoids. A researcher said: "A colourful diet rich in flavonoids seem to be a good bet for promoting long-term brain health." Researchers studied the diets and mental health of 77,000 older people for 20 years. They found that people who ate more flavonoids were 38 percent less likely to get dementia. This means older people could feel up to four years younger. A researcher said: "Flavonoids are powerful helpers when it comes to preventing your thinking skills from declining as you get older. Adding colour to your plate may lower the risk of cognitive decline."

FLAVONOIDS SURVEY

From <https://breakingnewsenglish.com/2107/210731-flavonoids-4.html>

Write five GOOD questions about flavonoids 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) _____

