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Level 1 – 30th March 2023

Scientists know more about how we forget

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

<https://breakingnewsenglish.com/2303/230330-forgetting-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/2303/230330-forgetting-1.html>

Some people are forgetful, while others remember everything. Scientists know how the brain remembers things. There is little research on how it forgets things. Researchers in the USA studied how the brain forgets. The research may help people with memory problems. It may also help people who have depression and dementia. A researcher said: "It may sound surprising that people can control what and how they forget."

The researcher said forgetting was important to keep the brain working smoothly. She said we can remove information from our minds. This lets us focus on important tasks. We can control what we forget, but the act of forgetting needs a lot of effort. Another researcher said forgetting unimportant information is useful. Researchers will now look at why we forget simple things like where we left our keys.

Sources: <https://neurosciencenews.com/memory-removal-22884/>
<https://www.inc.com/jessica-stillman/the-science-of-why-youre-already-forgetting-all-your-covid-memories.html>
<https://www.eurekaalert.org/news-releases/572840>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2303/230330-forgetting-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|---------------------|
| 1. Some people | a. surprising |
| 2. Scientists know how the brain | b. problems |
| 3. how the brain | c. how they forget |
| 4. help people with memory | d. remembers things |
| 5. It may also help | e. forgets |
| 6. depression and | f. are forgetful |
| 7. It may sound | g. dementia |
| 8. control what and | h. people |

PARAGRAPH TWO:

- | | |
|---------------------------------------|-----------------------|
| 1. keep the brain working | a. of effort |
| 2. focus | b. simple things |
| 3. We can control | c. on important tasks |
| 4. the act | d. our keys |
| 5. a lot | e. what we forget |
| 6. forgetting unimportant information | f. smoothly |
| 7. why we forget | g. is useful |
| 8. where we left | h. of forgetting |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2303/230330-forgetting-1.html>

Some (1) _____, while others remember everything. Scientists know (2) _____ remembers things. There is little research on (3) _____ things. Researchers in the USA studied how the brain forgets. The research may help (4) _____ problems. It may also help people (5) _____ and dementia. A researcher said: "It may sound surprising that people can control (6) _____ they forget."

The researcher said forgetting was (7) _____ the brain working smoothly. She said (8) _____ information from our minds. This is (9) _____ on important tasks. We can control what we forget, but (10) _____ forgetting needs a lot of effort. Another researcher said forgetting unimportant information is useful. Researchers (11) _____ at why we forget simple things like where we (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2303/230330-forgetting-1.html>

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FORGETTING SURVEY

From <https://breakingnewsenglish.com/2303/230330-forgetting-4.html>

Write five GOOD questions about forgetting 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

From <https://breakingnewsenglish.com/2303/230330-forgetting-1.html>

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