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## **Level 4**

### **High heels cause arthritis and damaged knees**

**16th April, 2015**

<http://www.breakingnewsenglish.com/1504/150416-high-heels-4.html>

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Please try the harder Level 5 and the 26–page Level 6 (harder).

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# THE READING

From <http://www.breakingnewsenglish.com/1504/150416-high-heels-4.html>

High-heel shoes are popular with many women. A study shows that wearing them for a long time can damage the body. A team of researchers did tests on the knees of women who wore flat shoes, shoes with 3.8-cm heels and shoes with 8.9-cm heels. Women who wore high heels risked permanent damage to their knees. High heels put knees in a bent shape that makes them like aged or damaged joints. This increases the risk of surgery.

A survey of 1,200 women shows how popular high heels are. It said 93 per cent of women feel sexier in heels, 88 per cent thought they were stylish and 77 per cent said heels made them feel slimmer. Many women ignore health warnings, pain and discomfort to wear heels and look and feel good. A British doctor said heels put the feet at a strange angle. This increases pressure on the knees by 25 per cent, which puts stress on the kneecaps.

Sources: <http://www.dailymail.co.uk/femail/article-3036076/More-women-left-crippled-killer-heels-New-research-proves-high-heels-lead-arthritis-worn-knees.html>  
<http://www.express.co.uk/life-style/health/570159/Shoe-lovers-health-warning-high-heels-crippling-women-arthritis>

# MATCHING

From <http://www.breakingnewsenglish.com/1504/150416-high-heels-4.html>

## PARAGRAPH ONE:

- |                                    |                    |
|------------------------------------|--------------------|
| 1. High-heel shoes are popular     | a. to their knees  |
| 2. wearing them for                | b. on the knees    |
| 3. damage the                      | c. surgery         |
| 4. A team of researchers did tests | d. shape           |
| 5. women who wore                  | e. with many women |
| 6. permanent damage                | f. a long time     |
| 7. High heels put knees in a bent  | g. body            |
| 8. This increases the risk of      | h. flat shoes      |

## PARAGRAPH TWO:

- |                                     |                    |
|-------------------------------------|--------------------|
| 1. A survey                         | a. on the knees    |
| 2. 93 per cent of women feel sexier | b. stylish         |
| 3. 88 per cent thought they were    | c. the kneecaps    |
| 4. heels made them                  | d. and discomfort  |
| 5. ignore health warnings, pain     | e. of 1,200 women  |
| 6. put the feet at                  | f. in heels        |
| 7. This increases pressure          | g. feel slimmer    |
| 8. puts stress on                   | h. a strange angle |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1504/150416-high-heels-4.html>

High-heel shoes (1) \_\_\_\_\_ many women. A study shows that wearing them (2) \_\_\_\_\_ can damage the body. A team of researchers (3) \_\_\_\_\_ knees of women who wore flat shoes, shoes with 3.8-cm heels and shoes with 8.9-cm heels. Women who wore high heels risked permanent (4) \_\_\_\_\_ knees. High heels put knees in a bent shape (5) \_\_\_\_\_ like aged or damaged joints. (6) \_\_\_\_\_ risk of surgery.

A survey of 1,200 women (7) \_\_\_\_\_ high heels are. It said 93 per cent of women feel sexier in heels, 88 per cent (8) \_\_\_\_\_ stylish and 77 per cent said heels made them feel slimmer. Many women (9) \_\_\_\_\_ warnings, pain and discomfort to wear heels (10) \_\_\_\_\_ feel good. A British doctor said heels (11) \_\_\_\_\_ a strange angle. This increases pressure on the knees by 25 per cent, which (12) \_\_\_\_\_ kneecaps.

# HIGH HEELS SURVEY

From <http://www.breakingnewsenglish.com/1504/150416-high-heels-4.html>

Write five GOOD questions about high heels 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) \_\_\_\_\_
- g) \_\_\_\_\_
- h) \_\_\_\_\_

*High heels cause arthritis and damaged knees – 16th April, 2015*  
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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) \_\_\_\_\_
- g) \_\_\_\_\_
- h) \_\_\_\_\_

