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Level 2

People who read live longer

10th August, 2016

<http://www.breakingnewsenglish.com/1608/160810-reading-2.html>

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

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THE READING

From <http://www.breakingnewsenglish.com/1608/160810-reading-2.html>

Research from Yale University shows that people who read live longer. Reading for 30 minutes a day could help us. Researchers said reading keeps the mind active, reduces stress and makes us take better care of our health. The researchers said books help the brain more than newspapers and magazines, but any kind of reading is good. In the study, researchers looked at the lifestyles, reading habits, health and education of 3,500 men and women over a 12-year period. All of the people were at least 50 years old at the start of the research.

The study is in a journal. It found that people who read for up to 3.5 hours a week were 17 per cent less likely to die than those who read no books. Those who read for over 3.5 hours a week were 23 per cent less likely to die. A researcher said: "Older individuals, regardless of gender, health, wealth or education, showed the survival advantage of reading books." She added: "Individuals over the age of 65 spend an average of 4.4 hours per day watching television. Efforts to redirect leisure time into reading books could prove to be beneficial."

Sources: <http://www.dailymail.co.uk/health/article-3726386/Why-reading-help-live-longer-Immersing-good-story-mind-active-ease-stress.html>
http://www.huffingtonpost.com/entry/those-who-read-books-live-longer-than-those-who-dont-study-finds_us_57a358c8e4b0104052a17cd2
<https://www.rawstory.com/2016/08/a-new-study-has-found-that-avid-readers-appear-to-live-a-longer-life/>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1608/160810-reading-2.html>

PARAGRAPH ONE:

- | | |
|------------------------------|-----------------------|
| 1. Reading for 30 | a. mind active |
| 2. reading keeps the | b. least 50 years old |
| 3. newspapers and | c. education |
| 4. reading | d. of the research |
| 5. health and | e. minutes a day |
| 6. over a 12- | f. magazines |
| 7. All of the people were at | g. year period |
| 8. at the start | h. habits |

PARAGRAPH TWO:

- | | |
|----------------------------|-------------------------|
| 1. The study is | a. likely to die |
| 2. people who read for up | b. 3.5 hours a week |
| 3. 17 per cent less | c. be beneficial |
| 4. Those who read for over | d. average of 4.4 hours |
| 5. older | e. in a journal |
| 6. spend an | f. time |
| 7. leisure | g. to 3.5 hours a week |
| 8. prove to | h. individuals |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1608/160810-reading-2.html>

Research from Yale University (1) _____ who read live longer. Reading for 30 minutes a day could help us. Researchers said reading keeps (2) _____, reduces stress and makes us (3) _____ of our health. The researchers said books help the brain more than newspapers and magazines, (4) _____ reading is good. In the study, researchers looked at the lifestyles, (5) _____, health and education of 3,500 men and women over a 12-year period. All of the people were at least 50 years old (6) _____ the research.

The study is in a journal. It found that people (7) _____ 3.5 hours a week were 17 per cent less likely to die (8) _____ no books. Those who read for over 3.5 hours a week were 23 per cent (9) _____. A researcher said: "Older individuals, regardless of gender, health, (10) _____, showed the survival advantage of reading books." She added: "Individuals over the age of 65 (11) _____ of 4.4 hours per day watching television. Efforts to redirect leisure time into reading books (12) _____ beneficial."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1608/160810-reading-2.html>

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READING SURVEY

From <http://www.breakingnewsenglish.com/1608/160810-reading-4.html>

Write five GOOD questions about reading 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) _____

