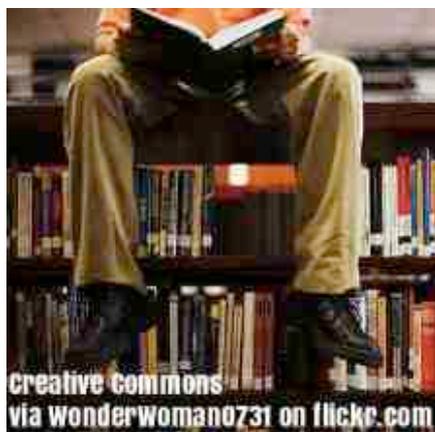


## People who read live longer

10th August, 2016



New research shows that people who read a lot live longer. The study was carried out by researchers from Yale University in the USA. The researchers said reading keeps the mind active, helps reduce stress and makes us take better care of our

health. The researchers said that books help the brain more than newspapers and magazines, but any kind of reading will help us to live longer. Even reading for half an hour a day could help us to live longer. In the study, researchers looked at the lifestyles of 3,500 men and women over a 12-year period. They looked at their reading habits, health, lifestyle and their education. All of the people were at least 50 years old at the start of the research.

The study is in the journal 'Social Science and Medicine'. It found that people who read for up to 3.5 hours a week were 17 per cent less likely to die during the study's 12-year research period than those who read no books. Those who read for more than 3.5 hours a week were 23 per cent less likely to die. Researcher Becca Levy said: "Older individuals, regardless of gender, health, wealth or education, showed the survival advantage of reading books." She suggested people swap watching TV for reading to live longer. She said: "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: [DailyMail.co.uk](http://DailyMail.co.uk) / [HuffingtonPost](http://HuffingtonPost) / [RawStory.com](http://RawStory.com)

## Writing

Reading is the most important skill in English. Discuss.

## Chat

Talk about these words from the article.

research / university / active / stress / health / magazines / reading / education / journal / likely / period / gender / wealth / survival / watching TV / leisure time

## True / False

- The research was carried out by Oxford University in the UK. T / F
- Researchers say reading makes us take better care of our health. T / F
- The researchers say reading magazines is better than reading books. T / F
- The researchers looked at 3,500 people aged between 12 and 50. T / F
- People who read have a better chance of living longer. T / F
- A researcher said reading was greatly affected by gender and health. T / F
- The researcher said people should swap watching TV for reading. T / F
- People aged over 65 spend an average of 4.4 hours a day watching TV. T / F

## Synonym Match

- |                |                |
|----------------|----------------|
| 1. carried out | a. lower       |
| 2. mind        | b. probable    |
| 3. reduce      | c. time        |
| 4. period      | d. discovered  |
| 5. start       | e. recommended |
| 6. found       | f. done        |
| 7. likely      | g. exchange    |
| 8. suggested   | h. useful      |
| 9. swap        | i. brain       |
| 10. beneficial | j. beginning   |

## Discussion – Student A

- How much do you like reading?
- What is so good about reading?
- How would you get someone who hates reading to read books?
- What do you think about what you read?
- Where is your favourite place to read?
- How difficult is it to read English books?
- What's the best way to improve your English reading?
- What was the last good thing you read?

## Phrase Match

- |   |                                  |
|---|----------------------------------|
| 1. reading keeps the mind               | a. 'Social Science and Medicine' |
| 2. any kind of reading will             | b. the age of 65                 |
| 3. over a 12-                           | c. habits                        |
| 4. reading                              | d. of 4.4 hours per day          |
| 5. at least 50 years old at the         | e. active                        |
| 6. The study is in the journal          | f. year period                   |
| 7. 17 per cent less                     | g. or education                  |
| 8. regardless of gender, health, wealth | h. start of the research         |
| 9. Individuals over                     | i. likely to die                 |
| 10. spend an average                    | j. help us to live longer        |

## Discussion – Student B

- Is it better to read a real book or read on a tablet?
- Will you now read more to live longer?
- What does reading do to your brain?
- Which is better – the book or the movie of the book?
- Are there any bad things about reading?
- What could you do less of to read more?
- Which is better – reading or watching TV?
- What questions would you like to ask the researchers?

## Spelling

- The study was riedacr out by researchers
- helps ecuedr stress
- newspapers and imseangaz
- the leslyifset of 3,500 men
- over a 12-year rpioed
- reading thsbia
- the nujraol 'Social Science and Medicine'
- 23 per cent less lieylk to die
- the survival dvkataena
- an rvagae of 4.4 hours per day
- vdiliadsinu over the age of 65
- reading books could prove to be leicifneab

### Answers – Synonym Match

1. f	2. i	3. a	4. c	5. j
6. d	7. b	8. e	9. g	10. h

## Role Play

### Role A – Newspapers

You think newspapers are the best things to read. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least useful of these (and why): manga, journals or biographies.

### Role B – Manga

You think manga is the best thing to read. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least useful of these (and why): newspapers, journals or biographies.

### Role C – Journals

You think journals are the best things to read. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least useful of these (and why): manga, newspapers or biographies.

### Role D – Biographies

You think biographies are the best things to read. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least useful of these (and why): manga, journals or newspapers.

## Speaking – Genres

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- |              |                 |
|--------------|-----------------|
| • newspapers | • encyclopaedia |
| • novels     | • non-fiction   |
| • manga      | • magazines     |
| • journals   | • biographies   |

### Answers – True False

a	F	b	T	c	F	d	F	e	T	f	F	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.