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## **Level 1**

# **Loneliness is becoming a big danger to health**

**8th August, 2017**

<http://www.breakingnewsenglish.com/1708/170808-loneliness-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 <http://www.breakingnewsenglish.com/1708/170808-loneliness-1.html>

Research shows that loneliness could increase the risk of dying early by 50%. Researchers looked at how loneliness affected the risk of dying early. People can be lonely even if they are with family and friends. There are also dangers with living alone and with social isolation. This is having little or no contact with others. The research showed that the risk of dying early was 50% lower for people who mixed with their family and friends.

The researchers said loneliness could be more dangerous than obesity. A professor said this is worrying because the people are getting older. She said many countries are worrying about a 'loneliness epidemic'. She said teachers should teach social skills to children in schools and doctors should talk about loneliness to their patients. Finally, she said people should prepare for their social life in their old age like they prepare for their financial future.

Sources: <http://www.medicalnewstoday.com/articles/318723.php>  
<https://psychcentral.com/news/2017/08/06/loneliness-epidemic-growing-into-biggest-threat-to-public-health/124226.html>  
<http://www.telegraph.co.uk/science/2017/08/06/loneliness-deadlier-obesity-study-suggests/>

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1708/170808-loneliness-1.html>

## PARAGRAPH ONE:

- |                               |                        |
|-------------------------------|------------------------|
| 1. increase the risk of dying | a. alone               |
| 2. how loneliness affected    | b. and friends         |
| 3. if they are with family    | c. dangers             |
| 4. There are also             | d. with their family   |
| 5. living                     | e. contact with others |
| 6. social                     | f. early by 50%        |
| 7. having little or no        | g. isolation           |
| 8. people who mixed           | h. the risk of dying   |

## PARAGRAPH TWO:

- |                                   |                        |
|-----------------------------------|------------------------|
| 1. more dangerous than            | a. patients            |
| 2. people are getting             | b. epidemic'           |
| 3. many countries                 | c. future              |
| 4. a 'loneliness                  | d. obesity             |
| 5. She said teachers should       | e. in their age old    |
| 6. talk about loneliness to their | f. are worrying        |
| 7. prepare for their social life  | g. teach social skills |
| 8. prepare for their financial    | h. older               |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1708/170808-loneliness-1.html>

Research shows that loneliness (1) \_\_\_\_\_ the risk of dying early by 50%. Researchers looked at how loneliness affected (2) \_\_\_\_\_ dying early. People can be lonely (3) \_\_\_\_\_ are with family and friends. There are also dangers (4) \_\_\_\_\_ and with social isolation. This is having (5) \_\_\_\_\_ contact with others. The research showed that the risk of dying early was 50% (6) \_\_\_\_\_ who mixed with their family and friends.

The researchers said loneliness (7) \_\_\_\_\_ dangerous than obesity. A professor (8) \_\_\_\_\_ worrying because the (9) \_\_\_\_\_ older. She said many countries are (10) \_\_\_\_\_ 'loneliness epidemic'. She said teachers should teach social skills to children (11) \_\_\_\_\_ doctors should talk about loneliness to their patients. Finally, she said people should prepare for their social (12) \_\_\_\_\_ old age like they prepare for their financial future.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1708/170808-loneliness-1.html>

Research shows that loneliness could increase the risk of dying early by 50%. Researchers looked at how loneliness affected the risk of dying early. People can be lonely even if they are with family and friends. There are real dangers with living alone and with social isolation. This is having little or no contact with others. The research showed that the risk of dying early was 50% lower for people who mixed with their family and friends. These researchers said loneliness could be more dangerous than obesity. A professor said this is worrying because the people are getting older. She said many countries are worrying about a 'loneliness epidemic'. She said teachers should teach social skills to children in schools and doctors should talk about loneliness to their patients. Finally, she said people should prepare for their social life in their old age like they prepare for their financial future.

# LONELINESS SURVEY

From <http://www.breakingnewsenglish.com/1708/170808-loneliness-4.html>

Write five GOOD questions about loneliness 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) \_\_\_\_\_

*Loneliness is becoming a big danger to health – 8th August, 2017*  
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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) \_\_\_\_\_

