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Level 1 – 19th October 2023

Grapes are good for our eyesight

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

<https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-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/2310/231019-grapes-and-eyesight-1.html>

Carrots are good for our eyes. A new study from the National University of Singapore says grapes are also good. It says eating a few grapes a day can help our vision. A researcher said: "Grape consumption beneficially impacts eye health in humans." She said this was good as more people are getting older. She added that we can easily buy grapes. This research is good news for people who don't like carrots.

Thirty-four adults took part in the testing. Half of them ate grapes every day; the other half ate a placebo snack. None of them knew if the tests were on the grapes or the snack. This gave better test results. The people who ate the grapes had better muscle strength around the retina. The retina sends information about light to the brain. It protects the eyes from blue light, which damages the eye. A lot of blue light comes from computer screens.

Sources: <https://nypost.com/2023/10/13/grapes-are-the-new-carrots-when-it-comes-to-good-vision-new-eye-health-research/>
<https://uk.style.yahoo.com/fruits-grapes-health-benefits-vision-ageing-111631308.html>
<https://www.express.co.uk/life-style/health/1824216/eye-health-grapes-protect-eyesight>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-1.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|-----------------------|
| 1. Carrots are | a. buy grapes |
| 2. eating a few | b. impacts eye health |
| 3. help our | c. news |
| 4. Grape consumption beneficially | d. good for our eyes |
| 5. more people are | e. don't like carrots |
| 6. we can easily | f. getting older |
| 7. This research is good | g. vision |
| 8. people who | h. grapes a day |

PARAGRAPH TWO:

- | | |
|------------------------------|----------------------------|
| 1. Thirty-four adults took | a. a placebo snack |
| 2. the other half ate | b. blue light |
| 3. None of | c. around the retina |
| 4. The people who | d. information about light |
| 5. better muscle strength | e. them knew |
| 6. The retina sends | f. from computer screens |
| 7. It protects the eyes from | g. ate the grapes |
| 8. blue light comes | h. part in the testing |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-1.html>

Carrots are good for our eyes. A (1) _____ the National University of Singapore (2) _____ also good. It says eating a few grapes (3) _____ help our vision. A researcher said: "Grape consumption beneficially impacts eye (4) _____." She said this was good as more people (5) _____. She added that we can easily buy grapes. This research is (6) _____ people who don't like carrots.

Thirty-four adults took (7) _____ testing. Half of them ate grapes every day; the other (8) _____ placebo snack. None of them knew if the tests were on the grapes or the snack. This gave (9) _____. The people who ate the grapes had (10) _____ around the retina. The retina sends information (11) _____ the brain. It protects the eyes from blue light, which damages the eye. (12) _____ blue light comes from computer screens.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-1.html>

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GRAPES SURVEY

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight-4.html>

Write five GOOD questions about grapes 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/2310/231019-grapes-and-eyesight-1.html>

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