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Level 6

Children can learn to eat vegetables

2nd June, 2014

<http://www.breakingnewsenglish.com/1406/140602-vegetables.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

For many parents, getting their kids to eat their greens is a constant battle. It often seems that whatever vegetables are served up to young children, they are refused with a vengeance. This can lead to young ones adopting poor diets. A new study from the University of Leeds in the U.K. suggests parents can train their children to like vegetables. The study showed that children under the age of two can get to like vegetables they initially rejected if they are offered them five to ten times. Researchers said even the fussiest of eaters will succumb to repeated exposure to vegetables. This is good news for parents worried about their children's dietary intake and levels of nutrition.

The study was conducted on 332 children aged between four months and three years from Britain, Denmark and France. Each child was given between five and 10 servings of at least 100g of artichoke puree. The younger children consumed more of the artichoke than the older children. Professor Marion Hetherington said: "If they are under two, they will eat new vegetables because they tend to be willing and open to new experiences. After 24 months, children become reluctant to try new things and start to reject foods - even those they previously liked." She added: "If you want to encourage your children to eat vegetables, make sure you start early and often."

Sources: <http://www.bbc.com/news/health-27635861>
http://www.science20.com/news_articles/start_them_early_give_them_often_if_you_want_kids_to_like_vegetables-137487
<http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0097609>

WARM-UPS

1. VEGETABLES: Students walk around the class and talk to other students about vegetables. Change partners often and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

greens / constant battle / poor diets / under the age of two / fussy eaters / nutrition / conducted / servings / older children / willing / new experiences / reluctant / encourage

Have a chat about the topics you liked. Change topics and partners frequently.

3. VEGGIES: What do you know about these vegetables? Complete this table with your partner(s). Change partners often and share what you wrote.

	Ways of cooking	How to grow	Varieties
Corn			
Potato			
Cabbage			
Onion			
Garlic			
Carrots			

4. KIDS' DIETS: Students A **strongly** believe children should eat mainly fruit and vegetables; Students B **strongly** believe children should eat anything. Change partners again and talk about your conversations.

5. KIDS' BATTLES: Rank these with your partner. Put the biggest battles to get kids to do things at the top. Change partners often and share your rankings.

- eat healthily
- go to bed early
- tidy their room
- do their homework
- say 'please' and 'thank you'
- do as they are told
- be nice to siblings
- be quiet

6. NUTRITION: Spend one minute writing down all of the different words you associate with the word "nutrition". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. The article says getting kids to eat vegetables is a battle for parents. T / F
- b. Research suggests parents can train their kids to like vegetables. T / F
- c. The key age to get kids to like vegetables is four. T / F
- d. The study said parents should give vegetables to kids up to ten times. T / F
- e. Researchers focused on children in four European countries. T / F
- f. Researchers tried to get children to eat garlic in their study. T / F
- g. The study says kids are less willing to try new things from the age of 2. T / F
- h. Researchers suggest encouraging kids to eat vegetables once a month. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|---------------|---------------------|
| 1. constant | a. result in |
| 2. refused | b. carried out |
| 3. lead to | c. give in |
| 4. initially | d. never-ending |
| 5. succumb | e. ready |
| 6. conducted | f. at first |
| 7. consumed | g. not in favour of |
| 8. willing | h. turned down |
| 9. reluctant | i. urge |
| 10. encourage | j. ate |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|-------------------------|
| 1. getting their kids to eat their greens | a. diets |
| 2. they are refused with | b. try new things |
| 3. adopting poor | c. intake |
| 4. even the fussiest of | d. to be willing |
| 5. children's dietary | e. is a constant battle |
| 6. The study was conducted | f. liked |
| 7. between five and 10 | g. on 332 children |
| 8. they tend | h. a vengeance |
| 9. children become reluctant to | i. servings |
| 10. even those they previously | j. eaters will succumb |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

For many parents, getting their kids to eat their greens is a (1) _____ battle. It often seems that whatever vegetables are served up to young children, they are (2) _____ with a vengeance. This can lead to young ones adopting (3) _____ diets. A new study from the University of Leeds in the U.K. (4) _____ parents can train their children to like vegetables. The study showed that children under the age of two can get to like vegetables they (5) _____ rejected if they are offered them five to ten times. Researchers said even the (6) _____ of eaters will succumb to repeated exposure to vegetables. This is good (7) _____ for parents worried about their children's dietary intake and (8) _____ of nutrition.

initially
poor
news
constant
levels
refused
fussiest
suggests

The study was (9) _____ on 332 children aged between four months and three years from Britain, Denmark and France. Each child was given between five and 10 (10) _____ of at least 100g of artichoke (11) _____. The younger children (12) _____ more of the artichoke than the older children. Professor Marion Hetherington said: "If they are under two, they will eat new vegetables because they (13) _____ to be willing and open to new experiences. After 24 months, children become (14) _____ to try new things and start to reject foods - even those they (15) _____ liked." She added: "If you want to (16) _____ your children to eat vegetables, make sure you start early and often."

tend
puree
encourage
conducted
reluctant
servings
consumed
previously

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

- 1) For many parents, getting their kids to eat their greens is _____
 - a. an instant battle
 - b. a constantly battle
 - c. a constant battle
 - d. an instantly battle
- 2) whatever vegetables are served up to young children, they are refused _____
 - a. with revenge
 - b. with a vengeance
 - c. with even giants
 - d. wither vengeance
- 3) children under the age of two can get to like vegetables they _____
 - a. initial he rejected
 - b. initially rejection
 - c. initially rejected
 - d. initial rejection
- 4) Researchers said even the fussiest of eaters _____
 - a. will succumb
 - b. will suck thumb
 - c. wills succumb
 - d. wills suck thumb
- 5) good news for parents worried about their children's dietary intake and _____
 - a. level of nutrition
 - b. levels for nutrition
 - c. levels of nutrition
 - d. level for nutrition
- 6) Each child was given between five _____
 - a. and 10 serving
 - b. and 10 serve ins
 - c. and 10 swerving
 - d. and 10 servings
- 7) The younger children _____
 - a. consumed more
 - b. consummated more
 - c. confirmed more
 - d. consume more
- 8) they tend to be willing and open to _____
 - a. new experience
 - b. newly experienced
 - c. new experiences
 - d. new experience is
- 9) After 24 months, children become _____
 - a. reluctance to try
 - b. reluctant to try
 - c. reluctance to trial
 - d. reluctant to trial
- 10) start to reject foods - even those they _____
 - a. previous liked
 - b. previously like it
 - c. previous like it
 - d. previously liked

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

For many parents, getting their kids to eat their greens (1) _____. It often seems that whatever vegetables are served up to young children, they are refused (2) _____. This can lead to young ones (3) _____. A new study from the University of Leeds in the U.K. suggests parents can train their children to like vegetables. The study showed that children under the age of two can get to like vegetables (4) _____ if they are offered them five to ten times. Researchers said even (5) _____ will succumb to repeated exposure to vegetables. This is good news for parents worried about their children's (6) _____ levels of nutrition.

The study (7) _____ 332 children aged between four months and three years from Britain, Denmark and France. Each child was given between five and 10 (8) _____ 100g of artichoke puree. The younger children (9) _____ the artichoke than the older children. Professor Marion Hetherington said: "If they are under two, they will eat new vegetables because they (10) _____ and open to new experiences. After 24 months, children become reluctant to try new things and (11) _____ - even those they previously liked." She added: "If you (12) _____ your children to eat vegetables, make sure you start early and often."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

1. What is a constant battle?

2. What is refused with a vengeance?

3. What is the best age to train children to like vegetables?

4. Who will succumb to repeated exposure to vegetables?

5. What might parents worry about?

6. How many children were part of the study?

7. How much artichoke puree did the children get?

8. Who consumed more of the artichoke puree?

9. When do children start becoming reluctant to try new things?

10. When should parents start encouraging children to eat vegetables?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

1. What is a constant battle?
 - a) looking after children
 - b) eating
 - c) getting kids to eat greens
 - d) growing vegetables
2. What is refused with a vengeance?
 - a) vegetables
 - b) advice
 - c) food
 - d) offers of help
3. What is the best age to train children to like vegetables?
 - a) under 2 years
 - b) 3 months
 - c) 3 years
 - d) 4 years
4. Who will succumb to repeated exposure to vegetables?
 - a) babies
 - b) the fussiest of eaters
 - c) seven-year-olds
 - d) parents
5. What might parents worry about?
 - a) their waist lines
 - b) getting time to cook
 - c) the price of vegetables
 - d) their children's diet
6. How many children were part of the study?
 - a) 232
 - b) 332
 - c) 233
 - d) 323
7. How much artichoke puree did the children get?
 - a) 100g
 - b) 80g
 - c) 150g
 - d) 115g
8. Who consumed more of the artichoke puree?
 - a) farmers
 - b) babies
 - c) younger children
 - d) parents
9. When do children start becoming reluctant to try new things?
 - a) after eating artichokes
 - b) after their seventh birthday
 - c) from birth
 - d) from 24 months
10. When should parents start encouraging children to eat vegetables?
 - a) early
 - b) 9am
 - c) Monday mornings
 - d) on a child's 4th birthday

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

Role A – Vegetables

You think vegetables are the most important thing for growing children. Tell the others three reasons why. Tell them why their food types aren't as important. Also, tell the others which is the least important of these (and why): fruit, protein or carbohydrates.

Role B – Fruit

You think fruit is the most important thing for growing children. Tell the others three reasons why. Tell them why their food types aren't as important. Also, tell the others which is the least important of these (and why): vegetables, protein or carbohydrates.

Role C – Protein

You think protein is the most important thing for growing children. Tell the others three reasons why. Tell them why their food types aren't as important. Also, tell the others which is the least important of these (and why): fruit, vegetables or carbohydrates.

Role D – Carbohydrates

You think carbohydrates are the most important thing for growing children. Tell the others three reasons why. Tell them why their food types aren't as important. Also, tell the others which is the least important of these (and why): fruit, protein or vegetables.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'constant' and 'battle'.

constant	battle
-----------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• greens• refused• poor• train• eaters• levels	<ul style="list-style-type: none">• four• 100• older• tend• try• often
---	---

VEGETABLES SURVEY

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

Write five GOOD questions about vegetables 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.

VEGETABLES DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'vegetable'?
- c) Why do kids dislike so many vegetables?
- d) What vegetables did you dislike as a kid?
- e) How can you get children to eat more vegetables?
- f) How important is it for children to eat vegetables?
- g) What are you fussy about?
- h) Do you eat enough vegetables?
- i) Should children eat mainly fruit and vegetables?

Children can learn to eat vegetables – 2nd June, 2014
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VEGETABLES DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) What do you think of the survey in the article?
- c) How are vegetables different from fruit?
- d) Is a tomato a fruit or vegetable? Why do you say so?
- e) Should parents give children dozens of different types of vegetables?
- f) What vegetables do you dislike now? Why?
- g) How have your food tastes changed over the years?
- h) Do children eat too much rubbish nowadays?
- i) What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

For many parents, getting their kids to eat their greens is a (1) _____ battle. It often seems that whatever vegetables are served up to young children, they are (2) _____ with a vengeance. This can lead to young ones (3) _____ poor diets. A new study from the University of Leeds in the U.K. suggests parents can train their children to like vegetables. The study showed that children under the age of two can get to like vegetables they (4) _____ rejected if they are offered them five to ten times. Researchers said even the (5) _____ of eaters will succumb to repeated exposure to vegetables. This is good news for parents worried about their children's (6) _____ intake and levels of nutrition.

The study was conducted (7) _____ 332 children aged between four months and three years from Britain, Denmark and France. Each child was given between five and 10 servings of (8) _____ least 100g of artichoke puree. The younger children consumed more of the artichoke than the older children. Professor Marion Hetherington said: "If they are under two, they will eat new vegetables because they (9) _____ to be willing and open to new experiences. After 24 months, children become (10) _____ to try new things and start to reject foods - even those they previously (11) _____." She added: "If you want to encourage your children to eat vegetables, make sure you start early and (12) _____."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|--------------|----------------|
| 1. | (a) constraint | (b) constant | (c) consent | (d) consistent |
| 2. | (a) refuse | (b) refused | (c) refusal | (d) refuses |
| 3. | (a) adoption | (b) adept | (c) adapted | (d) adopting |
| 4. | (a) started | (b) initially | (c) began | (d) firstly |
| 5. | (a) difficulty | (b) choosy | (c) picky | (d) fussiest |
| 6. | (a) dieting | (b) diets | (c) dietary | (d) dietician |
| 7. | (a) on | (b) in | (c) at | (d) by |
| 8. | (a) on | (b) in | (c) at | (d) by |
| 9. | (a) mend | (b) fend | (c) lend | (d) tend |
| 10. | (a) reluctant | (b) against | (c) opposing | (d) shy |
| 11. | (a) liked | (b) preference | (c) choice | (d) tasted |
| 12. | (a) often | (b) regular | (c) frequent | (d) monthly |

SPELLING

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

Paragraph 1

1. refused with a eanvcngee
2. like vegetables they aytlliin rejected
3. the fussiest of eaters will cusubmc
4. repeated sxuerpeo to vegetables
5. children's ryadite intake
6. levels of ntotiniru

Paragraph 2

7. The study was onctdduce on 332 children
8. artichoke euerp
9. younger children umdoescn more
10. children become ctanreltu
11. those they isvrpeyuol liked
12. acrueeng your children

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

Number these lines in the correct order.

- () of artichoke puree. The younger children consumed more of the artichoke than the older
- () from Britain, Denmark and France. Each child was given between five and 10 servings of at least 100g
- () age of two can get to like vegetables they initially rejected if they are offered them five to ten
- () new things and start to reject foods - even those they previously liked." She added: "If you
- () exposure to vegetables. This is good news for parents worried about their children's dietary intake and levels of nutrition.
- () vengeance. This can lead to young ones adopting poor diets. A new study from the University of Leeds in the U.K.
- (**1**) For many parents, getting their kids to eat their greens is a constant battle. It often seems that whatever
- () tend to be willing and open to new experiences. After 24 months, children become reluctant to try
- () want to encourage your children to eat vegetables, make sure you start early and often."
- () children. Professor Marion Hetherington said: "If they are under two, they will eat new vegetables because they
- () times. Researchers said even the fussiest of eaters will succumb to repeated
- () The study was conducted on 332 children aged between four months and three years
- () suggests parents can train their children to like vegetables. The study showed that children under the
- () vegetables are served up to young children, they are refused with a

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

1. a is greens their eat to kids their Getting battle constant.

2. lead ones diets can young poor This to adopting.

3. like to Get rejected initially they vegetables.

4. will eaters of fussiest the Even succumb.

5. intake dietary children's their about worried Parents.

6. 332 children The . study was conducted on

7. child between 10 Each given and was five servings.

8. be willing and open to new experiences They tend to.

9. become Children things new try to reluctant.

10. children vegetables want your eat You encourage to to.

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

For many parents, *getting* / *gotten* their kids to eat their greens is a *constant* / *constantly* battle. It often seems that whatever vegetables are served up to young children, they are refused with a *revenge* / *vengeance*. This can lead to young ones adopting *penniless* / *poor* diets. A new study from the University of Leeds in the U.K. suggests parents can train their children *to* / *be* like vegetables. The study showed that children under the *old* / *age* of two can get to like vegetables they *initially* / *initials* rejected if they are offered them five to ten times. Researchers said even the *fussy* / *fussiest* of eaters will succumb to *repeated* / *repeatedly* exposure to vegetables. This is good news for parents worried about their children's dietary *intake* / *outtake* and levels of nutrition.

The study was *conducted* / *conduction* on 332 children aged between four months and three years from Britain, Denmark and France. *Each* / *All* child was given between five and 10 *servings* / *savings* of at least 100g of artichoke *pure* / *puree*. The younger children *consumed* / *resumed* more of the artichoke than the older children. Professor Marion Hetherington said: "If they are under two, they will eat new vegetables because they *fend* / *tend* to be willing and *open* / *openness* to new experiences. After 24 months, children become reluctant to try new things and *start* / *started* to reject foods - even those they *previously* / *previous* liked." She added: "If you want to encourage your children to eat vegetables, make sure you start *early* / *before* and often."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

F_r m_ny p_r_nts, g_tt_ng th_r k_ds t_ _t th_r gr__ns _s _ c_nst_nt b_ttl_. _t _ft_n s__ms th_t wh_t v_r v_g_t bl_s _r_s rv_d _p t_ y__ng ch_ldr_n, th_y _r_r_f_s_d w_th _ v_ng__nc_. Th_s c_n l__d t_ y__ng _n_s _d_pt_ng p__r d__ts. _n_w st_dy fr_m th_ _n_v_rs_ty _f L__ds _n th_ _K. s_gg_sts p_r_nts c_n tr__n th_r ch_ldr_n t_ l_k_ v_g_t bl_s. Th_ st_dy sh_w_d th_t ch_ldr_n _nd_r th_ _g_ _f tw_ c_n g_t t_ l_k_ v_g_t bl_s th_y _n_t__lly r_j_ct_d _f th_y _r__ff_r_d th_m f_v_ t_ t_n t_m_s. R_s__rch_rs s__d _v_n th_ f_ss__st _f __t_rs w_ll s_cc_mb t_r_p__t_d _xp_s_r_t_ v_g_t bl_s. Th_s _s g__d n_ws f_r p_r_nts w_rr__d _b__t th_r ch_ldr_n's d__t_ry _nt_k_ _nd l_v_ls _f n_tr_t__n.

Th_ st_dy w_s c_nd_ct_d _n 332 ch_ldr_n _g_d b_tw__n f__r m_nths _nd thr__ y__rs fr_m Br_t__n, D_nm_rk _nd Fr_nc_. __ch ch_ld w_s g_v_n b_tw__n f_v_ _nd 10 s_rv_ngs _f _t l__st 100g _f _rt_ch_k_ p_r__. Th_y__ng_r ch_ldr_n c_n s_m_d m_r_ _f th_ _rt_ch_k_ th_n th_ _ld_r ch_ldr_n. Pr_f_ss_r M_r__n H_th_r_ngt_n s__d: "_f th_y _r_ _nd_r tw_, th_y w_ll __t n_w v_g_t bl_s b_c__s th_y t_nd t_b_w_ll_ng _nd _p_n t_n_w _xp_r__nc_s. _ft_r 24 m_nths, ch_ldr_n b_c_m_r_l_ct_nt t_ try n_w th_ngs _nd st_rt t_r_j_ct f__ds - _v_n th_s th_y pr_v__sly l_k_d." Sh__dd_d: "_f y__ w_nt t_ _nc__r_g_ y__r ch_ldr_n t_ __t v_g_t bl_s, m_k_ s_r_ y__ st_rt __rly _nd _ft_n."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

for many parents getting their kids to eat their greens is a constant battle it often seems that whatever vegetables are served up to young children they are refused with a vengeance this can lead to young ones adopting poor diets a new study from the university of leeds in the uk suggests parents can train their children to like vegetables the study showed that children under the age of two can get to like vegetables they initially rejected if they are offered them five to ten times researchers said even the fussiest of eaters will succumb to repeated exposure to vegetables this is good news for parents worried about their children's dietary intake and levels of nutrition

the study was conducted on 332 children aged between four months and three years from britain denmark and france each child was given between five and 10 servings of at least 100g of artichoke puree the younger children consumed more of the artichoke than the older children professor marion hetherington said "if they are under two they will eat new vegetables because they tend to be willing and open to new experiences after 24 months children become reluctant to try new things and start to reject foods - even those they previously liked" she added "if you want to encourage your children to eat vegetables make sure you start early and often"

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1406/140602-vegetables.html>

For many parents, getting their kids to eat their greens is a constant battle. It often seems that whatever vegetables are reserved up to young children, they are refused with vengeance. This can lead to young ones adopting poor diets. A new study from the University of Leeds in the U.K. suggests parents can train their children to like vegetables. The study showed that children under the age of two can get to like vegetables they initially rejected if they are offered them five to ten times. Researchers said even the fussiest of eaters will succumb to repeated exposure to vegetables. This is good news for parents worried about their children's dietary intake and level of nutrition. The study was conducted on 332 children aged between four months and three years from Britain, Denmark and France. Each child was given between five and 10 servings of at least 100g of artichoke puree. The younger children consumed more of the artichoke than the older children. Professor Marion Hetherington said: "If they are under two, they will eat new vegetables because they tend to be willing and open to new experiences. After 24 months, children become reluctant to try new things and start to reject foods - even those they previously liked." She added: "If you want to encourage your child to eat vegetables, make sure you start early and often."

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about children and vegetables. Share what you discover with your partner(s) in the next lesson.

3. VEGETABLES: Make a poster about vegetables. Show your work to your classmates in the next lesson. Did you all have similar things?

4. KIDS: Write a magazine article about training kids to eat vegetables. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to a nutrition expert. Ask him/her three questions about vegetables. Give him/her three ideas on how to get kids to eat more. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a T b T c F d T e F f F g T h F

SYNONYM MATCH (p.4)

- | | |
|---------------|---------------------|
| 1. constant | a. never-ending |
| 2. refused | b. turned down |
| 3. lead to | c. result in |
| 4. initially | d. at first |
| 5. succumb | e. give in |
| 6. conducted | f. carried out |
| 7. consumed | g. ate |
| 8. willing | h. ready |
| 9. reluctant | i. not in favour of |
| 10. encourage | j. urge |

COMPREHENSION QUESTIONS (p.8)

1. Getting kids to eat greens
2. Vegetables
3. Under the age of two
4. The fussiest of eaters
5. Their children's dietary intake
6. 332
7. 100g
8. Younger children
9. From 24 months
10. Early

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)