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Level 2

60 is the new middle age, not 50

19th April, 2015

<http://www.breakingnewsenglish.com/1504/150419-middle-age-2.html>

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Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1504/150419-middle-age-2.html>

For 100 years, people said middle age was about 50 years old. This is when we grow 'old'. However, new research says this should change. A study from the International Institute for Applied Systems Analysis (IIAS) in Austria says middle age now starts at 60, 65, or older. The biggest reason is that we are living longer. We are also healthier, we eat better, we exercise more and we have nicer lifestyles. The IIAS said: "Life expectancies have increased over the past several decades...People once considered 'old' should actually be viewed as more middle aged."

The study was not a worldwide one. The researchers looked at people in 39 European countries. Britain's National Health Service (NHS) warned against thinking this study is 100 per cent true. It said the researchers did not look at things that could reduce life expectancy and make us die younger. It said we don't know if researchers looked at the possible impact of diseases and infections. Another problem might be antibiotic resistance, or the increased number of people with diabetes because of obesity. The NHS said healthy eating and exercise was the way to live longer.

Sources: <http://www.today.com/health/60-really-new-50-scientists-say-t15411>
<http://www.nhs.uk/news/2015/04April/Pages/60-the-new-40-claims-media.aspx>
http://www.huffingtonpost.com/2015/04/16/60-is-the-new-middle-age_n_7079006.html

MATCHING

From <http://www.breakingnewsenglish.com/1504/150419-middle-age-2.html>

PARAGRAPH ONE:

- | | |
|--|-------------------------|
| 1. For 100 years, people said middle age | a. several decades |
| 2. new research says this should | b. starts at 60 |
| 3. middle age now | c. middle aged |
| 4. The biggest reason is that | d. change |
| 5. we have nicer | e. we are living longer |
| 6. Life expectancies | f. was about 50 |
| 7. over the past | g. have increased |
| 8. viewed as more | h. lifestyles |

PARAGRAPH TWO:

- | | |
|------------------------------------|-------------------------------|
| 1. The study was not a | a. die younger |
| 2. look at things that could | b. study is 100 per cent true |
| 3. make us | c. to live longer |
| 4. the possible impact of diseases | d. resistance |
| 5. antibiotic | e. worldwide one |
| 6. warned against thinking this | f. reduce life expectancy |
| 7. healthy eating and | g. and infections |
| 8. the way | h. exercise |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1504/150419-middle-age-2.html>

For 100 years, people said middle (1) _____ 50 years old. This (2) _____ 'old'. However, new research says this should change. A study from the International Institute for Applied Systems Analysis (IIAS) in Austria says middle (3) _____ 60, 65, or older. The biggest reason is that we are living longer. We (4) _____, we eat better, we exercise more and we have nicer lifestyles. The IIAS said: "Life expectancies have increased (5) _____ several decades....People once considered 'old' should actually be (6) _____ middle aged."

The study was not (7) _____. The researchers looked at people in 39 European countries. Britain's National Health Service (NHS) (8) _____ this study is 100 per cent true. It said the researchers did (9) _____ that could reduce life expectancy and make us die younger. It said we don't know if researchers looked at (10) _____ of diseases and infections. Another problem might be antibiotic resistance, or the increased (11) _____ with diabetes because of obesity. The NHS said healthy eating and exercise was (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1504/150419-middle-age-2.html>

For 100 years, people said middle age was about 50 years old. This is when we grow 'old'. However, new research says this should change. A study from the International Institute for Applied Systems Analysis (IIAS) in Austria says middle age now starts at 60, 65, or older. The biggest reason is that we are living longer. We are also healthier, we eat better, we exercise more and we have nicer lifestyles. The IIAS said: "Life expectancies have increased over the past several decades.... People once considered 'old' should actually be viewed as more middle aged." The study was not a world wide one. The researchers looked at people in 39 European countries. Britain's National Health Service (NHS) warned against thinking this study is 100 percent true. It said the researchers did not look at things that could reduce life expectancy and make us die younger. It said we don't know if researchers looked at the possible impact of diseases and infections. Another problem might be antibiotic resistance, or the increased number of people with diabetes because of obesity. The NHS said healthy eating and exercise was the way to live longer.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

60 is the new middle age, not 50 – 19th April, 2015
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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)

g)

h)
