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Level 1

Fasting may lead to health benefits

27th February, 2017

<http://www.breakingnewsenglish.com/1702/170227-fasting-diet-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/1702/170227-fasting-diet-1.html>

Scientists in the USA and Italy did tests on mice that show fasting can be healthy. Fasting is eating or drinking little or nothing for a short period of time. Scientists found that fasting can lower the risk of diabetes, heart disease, cancer and other diseases. The scientists gave the mice a low-calorie, high-fat diet for four days. They then gave the mice just 10% of their normal food for three days. This made the pancreas in the mice work better.

The pancreas is the organ that makes the hormone insulin. Insulin breaks down sugar in the blood. People with diabetes have too much sugar in their blood. They have health problems and can die. People with type 1 diabetes do not produce any insulin. People with type 2 diabetes do not produce enough, or it has no effect. Scientists said fasting increased the amounts of insulin. They said the tests were promising and now needed to be done on humans.

Sources: <http://www.nhs.uk/news/2017/02February/Pages/Fasting-diet-may-help-regenerate-diabetic-pancreas.aspx>
<http://www.sciencealert.com/this-fasting-diet-could-reverse-diabetes-and-repair-the-pancreas-says-new-research>
<https://en.wikipedia.org/wiki/Fasting>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------------------|-------------------------|
| 1. Fasting is eating or drinking | a. other diseases |
| 2. for a short | b. three days |
| 3. fasting can lower the | c. high-fat diet |
| 4. cancer and | d. work better |
| 5. a low-calorie, | e. little or nothing |
| 6. They then gave the mice just 10% | f. risk of diabetes |
| 7. for | g. period of time |
| 8. This made the pancreas in the mice | h. of their normal food |

PARAGRAPH TWO:

- | | |
|-----------------------------------|----------------------------|
| 1. the organ that makes | a. sugar in their blood |
| 2. Insulin breaks down sugar | b. with diabetes |
| 3. People | c. promising |
| 4. have too much | d. not produce any insulin |
| 5. They have health problems | e. the hormone insulin |
| 6. People with type 1 diabetes do | f. and can die |
| 7. it has no | g. in the blood |
| 8. They said the tests were | h. effect |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-1.html>

Scientists in the USA and Italy did (1) _____ that show fasting can be healthy. (2) _____ or drinking little or nothing (3) _____ period of time. Scientists found that fasting can lower the risk of diabetes, heart disease, (4) _____ diseases. The scientists gave the mice a low-calorie, (5) _____ for four days. They then gave the mice just 10% of their normal food for three days. This made the pancreas (6) _____ better.

The pancreas (7) _____ makes the hormone insulin. Insulin breaks down (8) _____. People with diabetes (9) _____ sugar in their blood. They have health problems and can die. People with type 1 diabetes do not (10) _____. People with type 2 diabetes do not produce enough, (11) _____ effect. Scientists said fasting increased the amounts of insulin. They said the tests were promising and now needed (12) _____ humans.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-1.html>

Scientists in the USA and Italy did tests on mice that show fasting can be healthy. Fasting is eating or drinking little or nothing for a short period of time. Scientists found that fasting can lower the risk of diabetes, heart disease, cancer and other diseases. The scientists gave the mice a low-calorie, high-fat diet for four days. They then gave the mice just 10% of their normal food for three days. This made the pancreas in the mice work better. The pancreas is the organ that makes the hormone insulin. Insulin breaks down sugar in the blood. People with diabetes have too much sugar in their blood. They have health problems and can die. People with type 1 diabetes do not produce any insulin. People with type 2 diabetes do not produce enough, or it has no effect. Scientists said fasting increased the amount of insulin. They said the tests were promising and now needed to be done on humans.

FASTING SURVEY

From <http://www.breakingnewsenglish.com/1702/170227-fasting-diet-4.html>

Write five GOOD questions about fasting 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) _____

