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## Level 3

### Japan makes banana with peel you can eat

1st February, 2018

<https://breakingnewsenglish.com/1802/180201-banana-peel.html>

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**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

It almost seems too hard to believe, but there is now a banana that has an edible peel. Most people would never think of eating the peel of a banana. However, banana farmers in Japan have created a special technique for growing bananas with a peel we can eat. The new banana-growing method is called the "freeze-thaw awakening" technique. Farmers in Okayama, in the west of Japan, keep their banana trees at a freezing cold temperature of  $-60^{\circ}$  Celsius. The farmers then replant the trees in  $27^{\circ}\text{C}$  temperatures. The huge change in temperature makes the tree suddenly grow too quickly for the peel to fully mature. This makes the skin thin, soft and sweet enough to eat.

The new variety of banana is called the "Mongee". Farmers are now selling it in small bunches of 10 bananas. They are not cheap. One Mongee banana costs ¥650 (about six dollars). The farmers have not grown a lot of Mongee bananas, so the price is high. They want to grow more so they can sell them all over the world. This means the price will come down. Bananas are the most popular fruit in Japan. Similar to other countries, Japan imports most of its bananas. About 99% of bananas in Japanese stores are imported. The Mongee could mean Japanese people eat more home-grown bananas. The Mongee banana skin is sweet and contains nutrients such as vitamin B6 and magnesium.

Sources: <https://qz.com/1191654/a-banana-with-an-edible-peel-is-now-available-for-sale-in-japan/>  
<http://www.konbini.com/us/lifestyle/discover-mongee-banana-edible-skin/>  
<http://www.newsweek.com/you-eat-these-newly-engineered-bananas-skin-and-all-791546>

# WARM-UPS

**1. BANANA PEEL:** Students walk around the class and talk to other students about banana peel. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

believe / banana / edible / farmers / technique / temperature / tree / Japan / west  
variety / cheap / price / world / popular / import / countries / sweet / nutrients

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

**3. CHANGE:** Students A **strongly** believe farmers should not try to change fruit or vegetables; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. FRUIT:** How would you like to change these fruits, vegetables, etc.? Complete this table with your partner(s). Change partners often and share what you wrote.

	Changes	Why?
Apple		
Coconuts		
Potatoes		
Rice		
Grapes		
Spinach		

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

**6. BANANAS:** Rank these with your partner. Put the best ways to eat bananas at the top. Change partners often and share your rankings.

- raw
- fried
- banana cake
- frozen
- banana smoothie
- banana pancake
- with ice cream
- banana curry

# VOCABULARY MATCHING

## Paragraph 1

- |                 |  |
|-----------------|--|
| 1. edible       | a. When ice, snow or another frozen thing starts to melt and becomes soft and free from ice. |
| 2. technique    | b. Fully developed physically; full-grown.   |
| 3. freeze       | c. OK to be eaten.   |
| 4. thaw         | d. Make something very, very cold or turn it to ice.   |
| 5. awakening    | e. A way of doing something.   |
| 6. temperatures | f. An act of waking from sleep.  |
| 7. mature       | g. How hot or cold something is.   |

## Paragraph 2

- |               |  |
|---------------|--|
| 8. variety    | h. A number of things of the same kind that are growing together (grapes, bananas, etc.) or that are put together (flowers). |
| 9. bunches    | i. Liked, admired, or enjoyed by many people or by a particular person or group.   |
| 10. popular   | j. Things in the natural world that we eat that are important for our health and growth.                                     |
| 11. imports   | k. A number of different things of the same general type.  |
| 12. contains  | l. A group of special chemicals that are important for our health.   |
| 13. nutrients | m. Have or hold someone or something inside something else.  |
| 14. vitamin   | n. Buy things from another country to sell in your country.  |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

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

- a. A new banana has an inedible peel.    **T / F**
- b. The article said most people would think about eating a banana skin.    **T / F**
- c. Farmers first freeze banana trees at a temperature of -60°C.    **T / F**
- d. Heat makes the banana peel fully mature.    **T / F**
- e. Farmers will only sell one banana at a time.    **T / F**
- f. The price of the bananas will come down when farmers grow more.    **T / F**
- g. Over 98% of bananas in Japan are imported.    **T / F**
- h. The new banana's peel contains vitamin B6.    **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                     |                  |
|---------------------|------------------|
| <b>1. hard</b>      | a. bitterly cold |
| <b>2. created</b>   | b. like          |
| <b>3. technique</b> | c. ripen         |
| <b>4. freezing</b>  | d. made          |
| <b>5. mature</b>    | e. fall          |
| <b>6. cheap</b>     | f. shipped in    |
| <b>7. come down</b> | g. difficult     |
| <b>8. popular</b>   | h. inexpensive   |
| <b>9. imported</b>  | i. method        |
| <b>10. such as</b>  | j. well-liked    |

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

- |                                      |                        |
|--------------------------------------|------------------------|
| 1. It almost seems too               | a. for growing bananas |
| 2. a banana that has an              | b. mature              |
| 3. a special technique               | c. are imported        |
| 4. a freezing cold                   | d. edible peel         |
| 5. fully                             | e. will come down      |
| 6. Farmers are now selling it in     | f. such as vitamin B6  |
| 7. they can sell them all            | g. hard to believe     |
| 8. This means the price              | h. over the world      |
| 9. 99% of bananas in Japanese stores | i. small bunches of 10 |
| 10. contains nutrients               | j. temperature         |

# GAP FILL

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

It almost seems too hard to (1) \_\_\_\_\_, but there is now a banana that has an edible (2) \_\_\_\_\_. Most people would never think of eating the peel of a banana. However, banana (3) \_\_\_\_\_ in Japan have created a special technique for growing bananas with a peel we can eat. The new banana-growing (4) \_\_\_\_\_ is called the "freeze-thaw awakening" technique. Farmers in Okayama, in the (5) \_\_\_\_\_ of Japan, keep their banana trees at a freezing cold temperature of -60° Celsius. The farmers then (6) \_\_\_\_\_ the trees in 27°C temperatures. The (7) \_\_\_\_\_ change in temperature makes the tree suddenly grow too quickly for the peel to fully mature. This makes the skin thin, soft and sweet (8) \_\_\_\_\_ to eat.

*huge*  
*peel*  
*west*  
*believe*  
*enough*  
*method*  
*farmers*  
*replant*

The new (9) \_\_\_\_\_ of banana is called the "Mongee". Farmers are now selling it in small (10) \_\_\_\_\_ of 10 bananas. They are not cheap. One Mongee banana costs ¥650 (about six dollars). The farmers have not (11) \_\_\_\_\_ a lot of Mongee bananas, so the price is high. They want to grow more so they can sell them all (12) \_\_\_\_\_ the world. This means the price will come (13) \_\_\_\_\_. Bananas are the most popular fruit in Japan. Similar to other countries, Japan (14) \_\_\_\_\_ most of its bananas. About 99% of bananas in Japanese stores are imported. The Mongee could (15) \_\_\_\_\_ Japanese people eat more home-grown bananas. The Mongee banana skin is sweet and contains nutrients such as (16) \_\_\_\_\_ B6 and magnesium.

*over*  
*imports*  
*bunches*  
*vitamin*  
*variety*  
*mean*  
*down*  
*grown*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

- 1) It almost seems too hard to believe, but there is now a banana that has \_\_\_\_\_
  - a. an inedible peel
  - b. inedible peel
  - c. an audible peel
  - d. an edible peel
- 2) The new banana-growing method is called the "freeze-thaw \_\_\_\_\_"
  - a. awaken in" technique
  - b. awakening in" technique
  - c. awake ning" technique
  - d. awakening" technique
- 3) keep their banana trees at a freezing cold temperature of \_\_\_\_\_
  - a. -70° Celsius
  - b. -60° Celsius
  - c. -40° Celsius
  - d. -50° Celsius
- 4) temperature makes the tree suddenly grow too quickly for the peel \_\_\_\_\_
  - a. to fully nature
  - b. to fully rapture
  - c. to fully mature
  - d. to fully future
- 5) This makes the skin thin, soft and sweet \_\_\_\_\_
  - a. enough too eat
  - b. enough to wheat
  - c. enough two wheat
  - d. enough to eat
- 6) They want to grow more so they can sell them all \_\_\_\_\_
  - a. over the world
  - b. over a world
  - c. over then world
  - d. over that world
- 7) This means the price will come down. Bananas are the most \_\_\_\_\_ Japan
  - a. popularity fruit in
  - b. popular fruity in
  - c. popular fruit in
  - d. popular fruit inn
- 8) About 99% of bananas in Japanese stores \_\_\_\_\_
  - a. are import it
  - b. are important
  - c. are importer
  - d. are imported
- 9) The Mongee could mean Japanese people eat more \_\_\_\_\_ bananas
  - a. home-growing
  - b. home-groan
  - c. home-grown
  - d. home-gown
- 10) The Mongee banana skin is sweet and contains nutrients such \_\_\_\_\_
  - a. as vitamin B8
  - b. as vitamin B6
  - c. as vitamin B4
  - d. as vitamin B7

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

It almost seems too (1) \_\_\_\_\_, but there is now a banana that has an edible peel. Most people would never think of (2) \_\_\_\_\_ of a banana. However, banana farmers in Japan have created a special technique for growing bananas with a peel we can eat. The new banana-growing (3) \_\_\_\_\_ the "freeze-thaw awakening" technique. Farmers in Okayama, in the west of Japan, keep their banana trees at (4) \_\_\_\_\_ temperature of -60° Celsius. The farmers then replant the trees in 27°C temperatures. The huge change in temperature makes the tree suddenly (5) \_\_\_\_\_ for the peel to fully mature. This makes the skin thin, soft and (6) \_\_\_\_\_ eat.

The (7) \_\_\_\_\_ banana is called the "Mongee". Farmers are now selling it in (8) \_\_\_\_\_ 10 bananas. They are not cheap. One Mongee banana costs ¥650 (about six dollars). The farmers have not grown a lot of Mongee bananas, so the (9) \_\_\_\_\_. They want to grow more so they can sell them all over the world. This means the price will come down. Bananas are the (10) \_\_\_\_\_ in Japan. Similar to other countries, Japan imports most of its bananas. About 99% of bananas in Japanese (11) \_\_\_\_\_. The Mongee could mean Japanese people eat more home-grown bananas. The Mongee banana skin is sweet and (12) \_\_\_\_\_ as vitamin B6 and magnesium.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

1. What did the article say was hard to do?
2. How many people would never think of eating the peel of a banana?
3. Who created a special technique in Japan?
4. What was the lowest temperature the banana trees grew at?
5. What did a temperature change not allow banana peel to do fully?
6. How many bananas are in the bunches that the farmers are selling?
7. How much is one Mongee banana?
8. What is the most popular fruit in Japan?
9. How many of the bananas sold in Japan are imported?
10. What vitamin does the Mongee banana contain?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

- 1) What did the article say was hard to do?
  - a) grow bananas in the desert
  - b) believe you could eat a banana skin
  - c) grow a pink banana
  - d) eat 100 bananas in a day
- 2) How many people would never think of eating the peel of a banana?
  - a) some people
  - b) all people
  - c) many people
  - d) most people
- 3) Who created a special technique in Japan?
  - a) banana farmers
  - b) banana chefs
  - c) banana sellers
  - d) banana testers
- 4) What was the lowest temperature the banana trees grew at?
  - a) -62C
  - b) -63C
  - c) -60C
  - d) -61C
- 5) What did a temperature change not allow banana peel to do fully?
  - a) get black bits
  - b) mature
  - c) burst
  - d) become yellow
- 6) How many bananas are in the bunches that the farmers are selling?
  - a) 10
  - b) 8
  - c) 12
  - d) 6
- 7) How much is one Mongee banana?
  - a) ¥560
  - b) ¥650
  - c) ¥666
  - d) ¥605
- 8) What is the most popular fruit in Japan?
  - a) bananas
  - b) pears
  - c) cherries
  - d) plums
- 9) How many of the bananas sold in Japan are imported?
  - a) 99%
  - b) 99 million
  - c) 99,999,999
  - d) 99 million tons
- 10) What vitamin does the Mongee banana contain?
  - a) C6
  - b) D6
  - c) V6
  - d) B6

# ROLE PLAY

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

## **Role A – Fried Banana**

You think fried banana is the best banana dish. Tell the others three reasons why. Tell them what is wrong with their dishes. Also, tell the others which is the worst of these (and why): frozen banana, banana curry or banana smoothie.

## **Role B – Frozen Banana**

You think frozen banana is the best banana dish. Tell the others three reasons why. Tell them what is wrong with their dishes. Also, tell the others which is the worst of these (and why): fried banana, banana curry or banana smoothie.

## **Role C – Banana Curry**

You think banana curry is the best banana dish. Tell the others three reasons why. Tell them what is wrong with their dishes. Also, tell the others which is the worst of these (and why): frozen banana, fried banana or banana smoothie.

## **Role D – Banana Smoothie**

You think banana smoothie is the best banana dish. Tell the others three reasons why. Tell them what is wrong with their dishes. Also, tell the others which is the worst of these (and why): frozen banana, banana curry or fried banana.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

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

<b>banana</b>	<b>peel</b>
---------------	-------------

- 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"><li>• believe</li><li>• never</li><li>• special</li><li>• method</li><li>• keep</li><li>• soft</li></ul>	<ul style="list-style-type: none"><li>• selling</li><li>• six</li><li>• all</li><li>• similar</li><li>• home</li><li>• contains</li></ul>
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# BANANA PEEL SURVEY

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

Write five GOOD questions about banana peel 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.

# BANANA PEEL DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'banana'?
3. What do you think of eating banana skin?
4. Would you like to try the new banana peel?
5. Do you eat the peel or skin of other fruit?
6. How healthy do you think the new banana peel is?
7. What do you think of the freeze-thaw awakening technique?
8. What could farmers do to improve other types of fruit?
9. What do you think of edible pineapple skin and coconut husk?
10. What is your favourite fruit, and why?

*Japan makes banana with peel you can eat – 1st February, 2018*  
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# BANANA PEEL DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'fruit'?
13. What do you think about what you read?
14. Is the skin or peel of fruit and vegetables the healthiest part?
15. What do you think of the price of the new banana?
16. What is the most delicious fruit your country grows?
17. What is the best way to eat bananas?
18. What new desserts could you make with the Mongee banana peel?
19. What nutrients do bananas have?
20. What questions would you like to ask the banana farmers?

## **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 <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

It almost seems too hard to (1) \_\_\_\_\_, but there is now a banana that has an edible peel. Most people would never think of (2) \_\_\_\_\_ the peel of a banana. However, banana farmers in Japan have created a special (3) \_\_\_\_\_ for growing bananas with a peel we can eat. The new banana-growing method is called the "freeze-thaw awakening" technique. Farmers in Okayama, in the west of Japan, (4) \_\_\_\_\_ their banana trees at a freezing cold temperature of -60° Celsius. The farmers then (5) \_\_\_\_\_ the trees in 27°C temperatures. The huge change in temperature makes the tree suddenly grow too quickly for the peel to (6) \_\_\_\_\_ mature. This makes the skin thin, soft and sweet enough to eat.

The new variety of banana is called the "Mongee". Farmers are now selling it in small (7) \_\_\_\_\_ of 10 bananas. They are not cheap. One Mongee banana costs ¥650 (about six dollars). The farmers have not (8) \_\_\_\_\_ a lot of Mongee bananas, so the price is high. They want to grow more so they can sell them (9) \_\_\_\_\_ over the world. This means the price will come down. Bananas are the most (10) \_\_\_\_\_ fruit in Japan. Similar to other countries, Japan imports most of its bananas. About 99% of bananas in Japanese stores are (11) \_\_\_\_\_. The Mongee could mean Japanese people eat more home-grown bananas. The Mongee banana skin is sweet and contains nutrients such (12) \_\_\_\_\_ vitamin B6 and magnesium.

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

- |     |               |               |                |                 |
|-----|---------------|---------------|----------------|-----------------|
| 1.  | (a) belief    | (b) believer  | (c) believe    | (d) believes    |
| 2.  | (a) eating    | (b) eaten     | (c) eats       | (d) eatery      |
| 3.  | (a) technique | (b) technical | (c) technician | (d) technically |
| 4.  | (a) keep      | (b) keeping   | (c) keeps      | (d) keepers     |
| 5.  | (a) repaint   | (b) replant   | (c) repoint    | (d) replicating |
| 6.  | (a) full up   | (b) fuller    | (c) full       | (d) fully       |
| 7.  | (a) branches  | (b) benches   | (c) bunches    | (d) blanches    |
| 8.  | (a) grows     | (b) grew      | (c) growing    | (d) grown       |
| 9.  | (a) all       | (b) in        | (c) on         | (d) at          |
| 10. | (a) popular   | (b) populated | (c) populace   | (d) populates   |
| 11. | (a) supported | (b) imported  | (c) reported   | (d) exported    |
| 12. | (a) was       | (b) has       | (c) as         | (d) ease        |



# SPELLING

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

## Paragraph 1

1. a banana that has an eebdli peel
2. created a special eunieqhtc
3. The new banana-growing dhtemo
4. egznirfe cold
5. The huge change in rtuematerrep
6. too quickly for the peel to fully mrtuae

## Paragraph 2

7. The new yvitera of banana
8. small usecnbh of 10 bananas
9. Bananas are the most rppolau fruit
10. 99% of bananas in Japanese stores are rtodipem
11. The Mongee banana skin is sweet and contains nttiuenrs
12. iiamnty B6

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

**Number these lines in the correct order.**

- ( ) temperatures. The huge change in temperature makes the tree suddenly grow too quickly for the peel to fully
- ( **1** ) It almost seems too hard to believe, but there is now a banana that has an edible peel. Most people would never think
- ( ) lot of Mongee bananas, so the price is high. They want to grow more so they can sell them all over the
- ( ) of eating the peel of a banana. However, banana farmers in Japan have created a special
- ( ) awakening" technique. Farmers in Okayama, in the west of Japan, keep their banana trees at a freezing
- ( ) imported. The Mongee could mean Japanese people eat more home-grown bananas. The Mongee banana
- ( ) 10 bananas. They are not cheap. One Mongee banana costs ¥650 (about six dollars). The farmers have not grown a
- ( ) The new variety of banana is called the "Mongee". Farmers are now selling it in small bunches of
- ( ) skin is sweet and contains nutrients such as vitamin B6 and magnesium.
- ( ) countries, Japan imports most of its bananas. About 99% of bananas in Japanese stores are
- ( ) mature. This makes the skin thin, soft and sweet enough to eat.
- ( ) technique for growing bananas with a peel we can eat. The new banana-growing method is called the "freeze-thaw
- ( ) cold temperature of -60° Celsius. The farmers then replant the trees in 27°C
- ( ) world. This means the price will come down. Bananas are the most popular fruit in Japan. Similar to other

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

1. peel . that There a banana is an now edible has
2. eating the would never of peel . Most think people
3. with Growing can bananas a we eat . peel
4. cold at banana temperature . trees a their Keep freezing
5. too quickly mature . to the for Grow peel
6. "Mongee" . the banana new is variety of called The
7. Farmers now selling it small are bunches . in
8. will the means price come down . This
9. the Japan . popular in fruit are Bananas most
10. vitamin such contains skin The B6 . as nutrients

## CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

It almost seems too hard to *believe / belief*, but there is now a banana that has an edible peel. Most people would never think *for / of* eating the peel of a banana. However, banana farmers in Japan have *creation / created* a special *technique / technical* for growing bananas with a peel we can eat. The new banana-growing method is *cold / called* the "freeze-thaw awakening" technique. Farmers in Okayama, in the west of Japan, *keep / reap* their banana trees at a *frozen / freezing* cold temperature of -60° Celsius. The farmers then *replant / repaint* the trees in 27°C temperatures. The huge change in temperature makes the tree *suddenly / sudden* grow too quickly for the peel to fully mature. This makes the skin *think / thin*, soft and sweet enough to eat.

The new *varied / variety* of banana is called the "Mongee". Farmers are now selling it in small *bunches / brunches* of 10 bananas. They are not *cheep / cheap*. One Mongee banana costs ¥650 (about six dollars). The farmers have not *grew / grown* a lot of Mongee bananas, so the price is high. They want to grow more so they can sell them *all / every* over the world. This means the price will come down. Bananas are the most *popular / popularity* fruit in Japan. Similar to *other / another* countries, Japan imports most of its bananas. About 99% of bananas in Japanese stores are *exported / imported*. The Mongee could *mean / meant* Japanese people eat more home-grown bananas. The Mongee banana skin is sweet and contains *nutrients / nutritious* such as vitamin B6 and magnesium.

**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 <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

It \_ l m \_ s t \_ \_ m s t \_ \_ h \_ r d t \_ b \_ l \_ \_  
v \_ , b \_ t t h \_ r \_ \_ s n \_ w \_ b \_ n \_ n \_ t h \_  
t h \_ s \_ \_ n \_ d \_ b l \_ p \_ \_ l . M \_ s t p \_ \_ p l \_  
w \_ \_ l d n \_ v \_ r t h \_ n k \_ f \_ \_ t \_ n g t h \_ p  
\_ \_ l \_ f \_ b \_ n \_ n \_ . H \_ w \_ v \_ r , b \_ n \_ n \_  
f \_ r m \_ r s \_ n J \_ p \_ n h \_ v \_ c r \_ \_ t \_ d \_ s  
p \_ c \_ \_ l t \_ c h n \_ q \_ \_ f \_ r g r \_ w \_ n g b \_ n  
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n \_ w b \_ n \_ n \_ - g r \_ w \_ n g m \_ t h \_ d \_ s c \_ l  
l \_ d t h \_ " f r \_ \_ z \_ - t h \_ w \_ w \_ k \_ n \_ n g " t  
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t h \_ w \_ s t \_ f J \_ p \_ n , k \_ \_ p t h \_ \_ r b \_ n  
\_ n \_ t r \_ \_ s \_ t \_ \_ f r \_ \_ z \_ n g c \_ l d t \_ m p  
\_ r \_ t \_ r \_ \_ f - 6 0 ° C \_ l s \_ \_ s . Th \_ f \_ r m  
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C t \_ m p \_ r \_ t \_ r \_ s . Th \_ h \_ g \_ c h \_ n g \_  
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d d \_ n l y g r \_ w t \_ \_ q \_ \_ c k l y f \_ r t h \_ p  
\_ \_ l t \_ f \_ l l y m \_ t \_ r \_ . Th \_ s m \_ k \_ s t  
h \_ s k \_ n t h \_ n , s \_ f t \_ n d s w \_ \_ t \_ n \_ \_  
g h t \_ \_ \_ t .

Th \_ n \_ w v \_ r \_ \_ t y \_ f b \_ n \_ n \_ \_ s c \_ l l  
\_ d t h \_ " M \_ n g \_ \_ " . F \_ r m \_ r s \_ r \_ n \_ w  
s \_ l l \_ n g \_ t \_ n s m \_ l l b \_ n c h \_ s \_ f 1 0  
b \_ n \_ n \_ s . Th \_ y \_ r \_ n \_ t c h \_ \_ p . O n \_  
M \_ n g \_ \_ b \_ n \_ n \_ c \_ s t s ¥ 6 5 0 ( \_ b \_ \_ t  
s \_ x d \_ l l \_ r s ) . Th \_ f \_ r m \_ r s h \_ v \_ n \_  
t g r \_ w n \_ l \_ t \_ f M \_ n g \_ \_ b \_ n \_ n \_ s ,  
s \_ t h \_ p r \_ c \_ \_ s h \_ g h . Th \_ y w \_ n t t  
\_ g r \_ w m \_ r \_ s \_ t h \_ y c \_ n s \_ l l t h \_ m  
\_ l l \_ v \_ r t h \_ w \_ r l d . Th \_ s m \_ \_ n s t h  
\_ p r \_ c \_ w \_ l l c \_ m \_ d \_ w n . B \_ n \_ n \_ s  
\_ r \_ t h \_ m \_ s t p \_ p \_ l \_ r f r \_ \_ t \_ n J \_ p  
\_ n . S \_ m \_ l \_ r t \_ \_ t h \_ r c \_ \_ n t r \_ \_ s , J  
\_ p \_ n \_ m p \_ r t s m \_ s t \_ f \_ t s b \_ n \_ n \_ s  
\_ . A b \_ \_ t 9 9 % \_ f b \_ n \_ n \_ s \_ n J \_ p \_ n \_  
s \_ s t \_ r \_ s \_ r \_ \_ m p \_ r t \_ d . Th \_ M \_ n g  
\_ \_ c \_ \_ l d m \_ \_ n J \_ p \_ n \_ s \_ p \_ \_ p l \_ \_  
t m \_ r \_ h \_ m \_ - g r \_ w n b \_ n \_ n \_ s . Th \_ M  
\_ n g \_ \_ b \_ n \_ n \_ s k \_ n \_ s s w \_ \_ t \_ n d c  
\_ n t \_ \_ n s n \_ t r \_ \_ n t s s \_ c h \_ \_ s v \_ t \_ m \_  
n B 6 \_ n d m \_ g n \_ s \_ \_ m .

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

it almost seems too hard to believe but there is now a banana that has an edible peel most people would never think of eating the peel of a banana however banana farmers in japan have created a special technique for growing bananas with a peel we can eat the new bananagrowing method is called the freezethaw awakening technique farmers in okayama in the west of japan keep their banana trees at a freezing cold temperature of 60 celsius the farmers then replant the trees in 27c temperatures the huge change in temperature makes the tree suddenly grow too quickly for the peel to fully mature this makes the skin thin soft and sweet enough to eat

the new variety of banana is called the mongee farmers are now selling it in small bunches of 10 bananas they are not cheap one mongee banana costs 650 about six dollars the farmers have not grown a lot of mongee bananas so the price is high they want to grow more so they can sell them all over the world this means the price will come down bananas are the most popular fruit in japan similar to other countries japan imports most of its bananas about 99 of bananas in japanese stores are imported the mongee could mean japanese people eat more homegrown bananas the mongee banana skin is sweet and contains nutrients such as vitamin b6 and magnesium.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

It almost seems too hard to believe, but there is now a banana that has an edible peel. Most people would never think of eating the peel of a banana. However, banana farmers in Japan have created a special technique for growing bananas with a peel we can eat. The new banana-growing method is called the "freeze-thaw awakening" technique. Farmers in Okayama, in the west of Japan, keep their banana trees at a freezing cold temperature of -60°Celsius. The farmer then replant the trees in 27°C temperatures. The huge change in temperature makes the trees suddenly grow too quickly for the peel to fully mature. This makes the skin thin, soft and sweet enough to eat. The new variety of banana is called the "Mongee". Farmers are now selling it in small bunches of 10 bananas. They are not cheap. One Mongee banana costs ¥650 (about six dollars). The farmers haven't grown a lot of Mongee bananas, so the price is high. They want to grow more so they can sell them all over the world. This means the price will come down. Bananas are the most popular fruit in Japan. Similar to other countries, Japan imports most of its bananas. About 99% of bananas in Japanese stores are imported. The Mongee could mean Japanese people eat more home-grown bananas. The Mongee banana skin is sweet and contains nutrients such as vitamin B6 and magnesium.





# ACADEMIC WRITING

From <https://breakingnewsenglish.com/1802/180201-banana-peel.html>

The skin or peel is the healthiest part of fruit and we should eat it. Discuss.

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# 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 this news story. Share what you discover with your partner(s) in the next lesson.

**3. BANANA PEEL:** Make a poster about banana peel. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. FRUIT SKIN:** Write a magazine article about scientists changing bananas and other fruit so we can eat the peel and the skin. 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 an expert on banana peel. Ask him/her three questions about it. Give him/her three of your opinions on eating the skin or peel of fruit and vegetables. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. c    2. e    3. d    4. a    5. f    6. g    7. b  
8. k    9. h    10. i    11. n    12. m    13. j    14. l

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

- |              |                  |
|--------------|------------------|
| 1. hard      | a. difficult     |
| 2. created   | b. made          |
| 3. technique | c. method        |
| 4. freezing  | d. bitterly cold |
| 5. mature    | e. ripen         |
| 6. cheap     | f. inexpensive   |
| 7. come down | g. fall          |
| 8. popular   | h. well-liked    |
| 9. imported  | i. shipped in    |
| 10. such as  | j. like          |

## COMPREHENSION QUESTIONS (p.9)

1. Believe that banana skin could be edible
2. Most people
3. Banana farmers
4. -60°C
5. Mature
6. Ten
7. ¥650 (about six dollars)
8. Bananas
9. 99%
10. B6

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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