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Level 6 – 21st February, 2022

Brains do not slow down until after 60

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<https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

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

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THE ARTICLE

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Scientists in Germany have cast doubt on a previously believed assumption that the processing speed of our brain starts to decline from the age of 20. Until now, it has been thought that our cognition level peaks when we are 20 and declines thereafter. Lead researcher doctor Mischa von Krause, of Heidelberg University, offered hope to older people who worry about increasing forgetfulness or reduced brain power. He said cognitive skills were still powerful at the age of 60 and do not diminish before then. He wrote: "Our finding is encouraging, as our results show that average levels in mental speed in contexts demanding fast and forced decisions do not decline until relatively late in the lifespan."

The study was based on data from over 1.1 million people, aged between 10 and 80 years old. The results show that our mental processing speed remains relatively constant until the age of 60, but does start to decline from our seventh decade. The researchers said people's mental processing speed actually increases in their 20s and remains high until 60. Dr von Krause said: "Until older adulthood, the speed of information processing in the task we studied barely changed." He added that older people do take longer to make decisions, but said this was because we become more cautious, and less impulsive and reckless as we age. The study could cast light on neurodegenerative diseases such as Alzheimer's.

Sources: <https://www.theguardian.com/science/2022/feb/17/brains-do-not-slow-down-until-after-age-of-60-study-finds>
<https://medicalxpress.com/news/2022-02-human-brain-doesnt.html>
<https://www.newscientist.com/article/2308810-your-brain-doesnt-slow-down-until-your-60s-later-than-we-thought/>

WARM-UPS

1. BRAIN POWER: Students walk around the class and talk to other students about brain power. 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?

scientists / doubt / processing speed / age / forgetfulness / skill / decline / lifespan / data / 80 years old / decade / mental / adulthood / decisions / cautious / impulsive

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

3. EXERCISE: Students A **strongly** believe we need to do daily exercises to keep our brain healthy; Students B **strongly** believe this is not necessary. Change partners again and talk about your conversations.

4. BRAIN HELP: How can these things help our brain? What do you do? Complete this table with your partner(s). Change partners often and share what you wrote.

	How Helpful?	What You Do
Sleep		
Studying		
Exercise		
Food		
Laughter		
Reducing stress		

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

6. BRAIN: Rank these with your partner. Put the best things for our brain at the top. Change partners often and share your rankings.

- Crossword puzzles
- Keeping busy
- Chocolate
- Studying English
- Sleeping
- Music
- Painting
- Hiking

VOCABULARY MATCHING

Paragraph 1

- | | |
|------------------|---|
| 1. cast doubt on | a. Positive and giving hope for future success. |
| 2. assumption | b. A thing that is accepted as true or as certain to happen, without proof. |
| 3. decline | c. The mental action or process of getting knowledge and understanding through thought, experience, and the senses. |
| 4. cognition | d. Expressed a feeling of uncertainty about. |
| 5. peak | e. The length of time for which a person or animal lives or a thing functions. |
| 6. encouraging | f. (typically of something regarded as good) becoming smaller, fewer, or less. |
| 7. lifespan | g. Reach a highest point, either of a specified value or at a specified time. |

Paragraph 2

- | | |
|---------------|---|
| 8. relatively | h. Only just. |
| 9. constant | i. A piece of work to be done or undertaken. |
| 10. task | j. Acting or done without thinking about it beforehand. |
| 11. barely | k. In relation, comparison, or proportion to something else. |
| 12. cautious | l. Occurring continuously over a period of time. |
| 13. impulsive | m. Not thinking of danger or the consequences of one's actions. |
| 14. reckless | n. Careful to avoid potential problems or dangers. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

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

1. Scientists believed brain power starts to decrease from the age of 30. **T / F**
2. A doctor from a university in Munich led the research. **T / F**
3. The doctor told people not to worry about forgetfulness. **T / F**
4. The doctor said cognitive skills do not diminish before we are 60. **T / F**
5. Research was done on over a million people. **T / F**
6. The doctor said older people take longer to make decisions. **T / F**
7. The doctor said older people are more reckless. **T / F**
8. The research will probably not help to understand brain diseases. **T / F**

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

- | | |
|----------------------|----------------|
| 1. doubt | a. hardly |
| 2. assumption | b. reasoning |
| 3. cognition | c. statistics |
| 4. hope | d. continuous |
| 5. decline | e. belief |
| 6. data | f. stays |
| 7. constant | g. optimism |
| 8. remains | h. throw |
| 9. barely | i. uncertainty |
| 10. cast | j. reduce |

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

- | | |
|--|-------------------------|
| 1. cast doubt on a previously | a. forgetfulness |
| 2. our brain starts to decline | b. reckless as we age |
| 3. our cognition level | c. lifespan |
| 4. people who worry about increasing | d. barely changed |
| 5. relatively late in the | e. peaks when we are 20 |
| 6. our mental processing speed remains | f. diseases |
| 7. the task we studied | g. believed assumption |
| 8. older people do take longer | h. relatively constant |
| 9. less impulsive and | i. from the age of 20 |
| 10. cast light on neurodegenerative | j. to make decisions |

GAP FILL

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Scientists in Germany have (1) _____ doubt on a previously believed assumption that the processing speed of our brain starts to (2) _____ from the age of 20. Until now, it has been thought that our cognition level (3) _____ when we are 20 and declines thereafter. Lead researcher doctor Mischa von Krause, of Heidelberg University, offered (4) _____ to older people who worry about increasing forgetfulness or (5) _____ brain power. He said cognitive skills were still powerful at the age of 60 and do not diminish before (6) _____. He wrote: "Our finding is encouraging, as our results show that average levels in mental speed in (7) _____ demanding fast and forced decisions do not decline until relatively late in the (8) _____."

decline
hope
contexts
cast
then
lifespan
peaks
reduced

The study was (9) _____ on data from over 1.1 million people, aged between 10 and 80 years old. The results show that our mental processing speed remains relatively (10) _____ until the age of 60, but does start to decline from our seventh (11) _____. The researchers said people's mental processing speed actually increases in their 20s and (12) _____ high until 60. Dr von Krause said: "Until older adulthood, the speed of information processing in the task we studied (13) _____ changed." He added that older people do take longer to make (14) _____, but said this was because we become more cautious, and less (15) _____ and reckless as we age. The study could cast (16) _____ on neurodegenerative diseases such as Alzheimer's.

remains
based
light
barely
decade
impulsive
constant
decisions

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

- 1) Scientists in Germany have cast doubt on a _____
 - a. previously relieved assumption
 - b. previously enlivened assumption
 - c. previously aggrieved assumption
 - d. previously believed assumption
- 2) the processing speed of our brain starts to decline from the _____
 - a. aged of 20
 - b. ages of 20
 - c. age of 20
 - d. gauge of 20
- 3) it has been thought that our cognition level peaks when we are 20 _____
 - a. and declines thereafter
 - b. and declines there after
 - c. and declines their after
 - d. and declines their afters
- 4) cognitive skills were still powerful at the age of 60 and do not _____
 - a. deem in ash before them
 - b. dim finish before then
 - c. diminish before them
 - d. diminish before then
- 5) fast and forced decisions do not decline until relatively late _____
 - a. on the lifespan
 - b. in the lifespan
 - c. end the lifespan
 - d. and the lifespan
- 6) The results show that our mental processing speed _____
 - a. remains relative constant
 - b. remains relatively constant
 - c. remains relatively constants
 - d. remains relatively constantly
- 7) people's mental processing speed actually increases in their 20s _____
 - a. and remains highs
 - b. and remains highly
 - c. and remains high
 - d. and remains height
- 8) Until older adulthood, the speed of information processing in the task we _____
 - a. studied bear rich changed
 - b. studied bare leech tinged
 - c. studied bared the change
 - d. studied barely changed
- 9) this was because we become more cautious, and less _____
 - a. impulsive and wreck less
 - b. impulsive and reckless
 - c. impulsive and wreak less
 - d. impulsive and rock less
- 10) The study could cast light on neurodegenerative diseases _____
 - a. such was Alzheimer's
 - b. such as Alzheimer's
 - c. such has Alzheimer's
 - d. such is Alzheimer's

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Scientists in Germany have (1) _____ a previously believed assumption that the processing speed of our brain starts to decline from the age of 20. Until now, it has been thought that (2) _____ peaks when we are 20 and declines thereafter. Lead researcher doctor Mischa von Krause, of Heidelberg University, (3) _____ older people who worry about increasing forgetfulness or reduced brain power. He said cognitive skills were (4) _____ the age of 60 and do not diminish before then. He wrote: "Our finding is encouraging, as (5) _____ that average levels in mental speed in contexts demanding fast and forced decisions do not decline until (6) _____ the lifespan."

The study was (7) _____ from over 1.1 million people, aged between 10 and 80 years old. The results show that our mental processing (8) _____ constant until the age of 60, but does start to decline from our seventh decade. The researchers said people's mental processing speed actually increases in their 20s (9) _____ until 60. Dr von Krause said: "Until older adulthood, the speed of information processing (10) _____ we studied barely changed." He added that older people do take longer to make decisions, but said this was because we (11) _____, and less (12) _____ as we age. The study could cast light on neurodegenerative diseases such as Alzheimer's.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

1. When did scientists think our brain started to decline?
2. Who is Mischa von Krause?
3. Who might this research offer hope to?
4. When did a doctor say our cognitive skills are still powerful?
5. What did a doctor say about his finding?
6. On how many people did researchers look at data?
7. How old were the people looked at in the research?
8. What did a doctor say happened to processing speed in a task?
9. Who did a doctor say becomes more cautious?
10. What could this research shed light on?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

- 1) When did scientists think our brain started to decline?
 - a) from the age of 30
 - b) from the age of 50
 - c) from the age of 20
 - d) from the age of 60
- 2) Who is Mischa von Krause?
 - a) the lead researcher
 - b) a patient
 - c) a journalist
 - d) a puzzle maker
- 3) Who might this research offer hope to?
 - a) researchers
 - b) people worried about forgetfulness
 - c) doctors
 - d) people over 100
- 4) When did a doctor say our cognitive skills are still powerful?
 - a) at the age of 40
 - b) at the age of 20
 - c) at the age of 50
 - d) at the age of 60
- 5) What did a doctor say about his finding?
 - a) it was magical
 - b) it was interesting
 - c) it was encouraging
 - d) more was needed
- 6) On how many people did researchers look at data?
 - a) under 1.1 million
 - b) over 1.1 million
 - c) around 1.1 million
 - d) exactly 1.1 million
- 7) How old were the people looked at in the research?
 - a) between 20 and 80
 - b) between 10 and 60
 - c) between 20 and 60
 - d) between 10 and 80
- 8) What did a doctor say happened to processing speed in a task?
 - a) it increased a lot
 - b) it barely changed
 - c) nothing
 - d) it became erratic
- 9) Who did a doctor say becomes more cautious?
 - a) doctors
 - b) older people
 - c) people in their 20s
 - d) patients
- 10) What could this research shed light on?
 - a) neurodegenerative diseases
 - b) the brain
 - c) memory skills
 - d) how to increase intelligence

ROLE PLAY

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Role A – Chocolate

You think chocolate is the best thing for the brain. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): studying English, music or hiking.

Role B – Studying English

You think studying English is the best thing for the brain. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): chocolate, music or hiking.

Role C – Music

You think music is the best thing for the brain. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): studying English, chocolate or hiking.

Role D – Hiking

You think hiking is the best thing for the brain. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): studying English, music or chocolate.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

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

brain	mental

- 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">• doubt• starts• hope• powerful• results• fast	<ul style="list-style-type: none">• data• remains• seventh• older• decisions• light
---	--

BRAIN POWER SURVEY

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Write five GOOD questions about brain power 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.

BRAIN POWER 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 'mental'?
3. What do you think of the brain?
4. What do you think of your brain power?
5. Do you think you use your brain effectively?
6. Would you prefer to keep your brain active or relaxed?
7. Do you worry about your brain slowing down?
8. How forgetful are you?
9. Would you say that your brain is powerful?
10. When is the most active your brain has been?

Brains do not slow down until after 60 – 21st February, 2022
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BRAIN POWER 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 'brain'?
13. What do you think about what you read?
14. What do you know about the brain?
15. What do you do to look after your brain?
16. Do you take a long time to make decisions?
17. What reckless things have you done?
18. How impulsive are you?
19. What do you know about neurodegenerative diseases?
20. 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 <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Scientists in Germany have cast doubt (1) _____ a previously believed assumption that the processing speed of our brain starts to (2) _____ from the age of 20. Until now, it has been thought that our cognition level peaks when we are 20 and declines (3) _____. Lead researcher doctor Mischa von Krause, of Heidelberg University, offered hope to older people who worry about increasing forgetfulness or (4) _____ brain power. He said cognitive skills were still powerful at the age of 60 and do not diminish before then. He wrote: "Our finding is encouraging, (5) _____ our results show that average levels in mental speed in contexts demanding fast and forced decisions do not decline until (6) _____ late in the lifespan."

The study was (7) _____ on data from over 1.1 million people, aged between 10 and 80 years old. The results show that our mental processing speed remains relatively (8) _____ until the age of 60, but does start to decline from our seventh decade. The researchers said people's mental processing speed actually increases (9) _____ their 20s and remains high until 60. Dr von Krause said: "Until older adulthood, the speed of information processing in the task we studied (10) _____ changed." He added that older people do take longer to make decisions, but said this was because we become more cautious, and less impulsive and reckless as we (11) _____. The study could cast (12) _____ on neurodegenerative diseases such as Alzheimer's.

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

- | | | | | |
|-----|-----------------|-------------------|----------------|-------------------|
| 1. | (a) as | (b) by | (c) at | (d) on |
| 2. | (a) recline | (b) incline | (c) cline | (d) decline |
| 3. | (a) furthermore | (b) thereafter | (c) moreover | (d) afterthought |
| 4. | (a) smallish | (b) dramatic | (c) reduced | (d) alter |
| 5. | (a) as | (b) has | (c) is | (d) was |
| 6. | (a) relatively | (b) relative | (c) relativity | (d) reality |
| 7. | (a) biased | (b) basted | (c) blasted | (d) based |
| 8. | (a) constant | (b) consequence | (c) same | (d) whole |
| 9. | (a) at | (b) in | (c) on | (d) of |
| 10. | (a) alternately | (b) concomitantly | (c) barely | (d) flourishingly |
| 11. | (a) old | (b) years | (c) age | (d) olden |
| 12. | (a) shadow | (b) light | (c) rays | (d) spectrum |

SPELLING

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Paragraph 1

1. cast bdtou on
2. our conoigitm level peaks
3. when we are 20 and declines rheratftee
4. do not nimsdiih before then
5. Our finding is eoganguncir
6. until teariyllve late in the lifespan

Paragraph 2

7. our mental ornegspsic speed
8. ntastocn until the age of 60
9. the task we studied yalrbe changed
10. become more cautious and less uepisilvm
11. skrecels as we age
12. vnrereeteaguedion diseases

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Number these lines in the correct order.

- () increases in their 20s and remains high until 60. Dr von Krause said: "Until older adulthood, the speed of information processing in the task we
- () is encouraging, as our results show that average levels in mental speed in contexts demanding
- () we age. The study could cast light on neurodegenerative diseases such as Alzheimer's.
- () fast and forced decisions do not decline until relatively late in the lifespan."
- () that our mental processing speed remains relatively constant until the age of 60, but does start
- () studied barely changed." He added that older people do take longer to make
- () decisions, but said this was because we become more cautious, and less impulsive and reckless as
- () The study was based on data from over 1.1 million people, aged between 10 and 80 years old. The results show
- () to decline from our seventh decade. The researchers said people's mental processing speed actually
- () skills were still powerful at the age of 60 and do not diminish before then. He wrote: "Our finding
- () when we are 20 and declines thereafter. Lead researcher doctor Mischa von Krause, of Heidelberg University, offered
- () hope to older people who worry about increasing forgetfulness or reduced brain power. He said cognitive
- () starts to decline from the age of 20. Until now, it has been thought that our cognition level peaks
- (**1**) Scientists in Germany have cast doubt on a previously believed assumption that the processing speed of our brain

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

1. doubt Scientists on a believed cast assumption . previously
2. brain speeds of decline . Processing our to starts
3. are level 20 . when Our peaks we cognition
4. worry increasing Older who about forgetfulness . people
5. fast forced and In demanding decisions . contexts
6. relatively speed Our processing constant . remains mental
7. It to our decade . decline from seventh starts
8. speed people's said actually Researchers processing increases . mental
9. task . speed of information in The the processing
10. to make take longer People decisions . do

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Scientists in Germany have *cast / fast* doubt on a previously believed assumption that the processing *speedy / speed* of our brain starts to decline from the age of 20. Until now, it has been *thinking / thought* that our cognition level peaks when we are 20 and *declines / reclines* thereafter. Lead researcher doctor Mischa von Krause, of Heidelberg University, *offered / remitted* hope to older people who worry about *increasing / upping* forgetfulness or reduced brain power. He said cognitive *skill / skills* were still powerful at the age of 60 and do not *diminish / dimming* before then. He wrote: "Our finding is encouraging, as our results show that average levels in mental speed in contexts *demand / demanding* fast and forced decisions do not decline until relatively *late / lately* in the lifespan."

The study was based *in / on* data from over 1.1 million people, aged between 10 and 80 years old. The results show that our *mentally / mental* processing speed remains *relatively / relative* constant until the age of 60, but does start to decline from our *seventh / seventy* decade. The researchers said people's mental processing speed actually increases *on / in* their 20s and remains *height / high* until 60. Dr von Krause said: "Until older adulthood, the speed of information processing *on / in* the task we studied barely changed." He added that older people *do / that* take longer to make decisions, but said this was because we become more *caution / cautious*, and less impulsive and reckless as we age. The study could *fast / cast* light on neurodegenerative diseases such as Alzheimer's.

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/2202/220221-mental-processing-speed.html>

Sc__nt_sts __n G_rm_ny h_v__c_st d__bt __n __pr_v__sly b_l__v_d __ss_mpt__n th_t th__pr_c_ss_ng sp__d __f __r br__n st_rts t__d_cl_n__fr_m th__g__f 20. __nt_l n_w, __t h_s b__n th__ght th_t __r c_gn_t__n l_v_l p__ks wh_n w__r_ 20 __nd d_cl_n_s th_r__ft_r. L__d r_s__rch_r d_ct_r M_sch__v_n Kr__s__, __f H__d_lb_rg __n_v_rs_ty, __ff_r_d h_p__t__ld_r p__pl__wh__w_rry __b__t __ncr__s_ng f_rg_tf_l_n_ss __r r_d_c_d br__n p_w_r. H__s__d c_gn_t_v__sk_lls w_r__st_ll p_w_rf_l __t th__g__f 60 __nd d__n_t d_m_n_sh b_f_r__th_n. H__wr_t_: " __r f_nd_ng __s __nc__r_g_ng, __s __r r_s_lts sh_w th_t __v_r_g__l_v_l_s __n m_nt_l sp__d __n c_nt_xts d_m_nd_ng f_st __nd f_rc_d d_c_s__ns d__n_t d_cl_n__nt_l r_l_t_v_ly l_t__n th__l_f_sp_n."

Th__st_dy w_s b_s_d __n d_t__fr_m __v_r 1.1 m_ll__n p__pl__, __g_d b_tw__n 10 __n__80 y__rs __ld. Th__r_s_lts sh_w th_t __r m_nt_l pr_c_ss_ng sp__d r_m__ns r_l_t_v_ly c_nst_nt __nt_l th__g__f 60, b_t d__s st_rt t__d_cl_n__fr_m __r s_v_nth d_c_d__. Th__r_s__rch_rs s__d p__pl_'s m_nt_l pr_c_ss_ng sp__d __ct__lly __ncr__s_s __n th__r 20s __nd r_m__ns h_gh __nt_l 60. Dr v_n Kr__s__s__d: " __nt_l __ld_r __d_lth__d, th__sp__d __f __nf_r_m_t__n pr_c_ss_ng __n th__t_sk w__st_d__d b_r_ly ch_ng_d." H____dd_d th_t __ld_r p__pl__d__t_k__l_ng_r t__m_k__d_c_s__ns, b_t s__d th_s w_s b_c__s__w__b_c_m__m_r__c__t__s, __nd l_ss __mp_l_s_v__nd r_ckl_ss __s w__g__. Th__st_dy c__ld c__st l_gh_t __n n__r_d_g_n_r_t_v__d_s__s_s s_ch__s __lzh__m_r's.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

scientists in germany have cast doubt on a previously believed assumption that the processing speed of our brain starts to decline from the age of 20 until now it has been thought that our cognition level peaks when we are 20 and declines thereafter lead researcher doctor mischa von krause of heidelberg university offered hope to older people who worry about increasing forgetfulness or reduced brain power he said cognitive skills were still powerful at the age of 60 and do not diminish before then he wrote our finding is encouraging as our results show that average levels in mental speed in contexts demanding fast and forced decisions do not decline until relatively late in the lifespan

the study was based on data from over 11 million people aged between 10 and 80 years old the results show that our mental processing speed remains relatively constant until the age of 60 but does start to decline from our seventh decade the researchers said peoples mental processing speed actually increases in their 20s and remains high until 60 dr von krause said until older adulthood the speed of information processing in the task we studied barely changed he added that older people do take longer to make decisions but said this was because we become more cautious and less impulsive and reckless as we age the study could cast light on neurodegenerative diseases such as alzheimers

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed.html>

Scientists in Germany have cast doubt on a previously believed assumption that the processing speed of our brains starts to decline from the age of 20. Until now, it has been thought that our cognition level peaks when we are 20 and declines thereafter. Lead researcher doctor Misch von Krause, of Heidelberg University, offered hope to older people who worry about increasing forgetfulness or reduced brain power. He said cognitive skills were still powerful at the age of 60 and do not diminish before then. He wrote: "Our finding is encouraging, as our results show that average levels in mental speed in contexts demanding fast and forced decisions do not decline until relatively late in the lifespan." The study was based on data from over 1.1 million people, aged between 10 and 80 years old. The results show that our mental processing speed remains relatively constant until the age of 60, but does start to decline from our seventh decade. The researchers said people's mental processing speed actually increases in their 20s and remains high until 60. Dr von Krause said: "Until older adulthood, the speed of information processing in the task we studied barely changed." He added that older people do take longer to make decisions, but said this was because we become more cautious, and less impulsive and reckless as we age. The study could cast light on neurodegenerative diseases such as Alzheimer's.

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. BRAIN POWER: Make a poster about brain power. Show your work to your classmates in the next lesson. Did you all have similar things?

4. AGE 60: Write a magazine article about all 60-year-olds starting exercises to increase brain power. 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 brain power. Ask him/her three questions about it. Give him/her three of your ideas on how to increase it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

- 1 F 2 F 3 T 4 T 5 T 6 T 7 F 8 F

SYNONYM MATCH (p.5)

1. i	2. e	3. b	4. g	5. j
6. c	7. d	8. f	9. a	10. h

COMPREHENSION QUESTIONS (p.9)

- From the age of 20
- The lead researcher
- People worried about forgetfulness
- At the age of 60
- It was encouraging
- Over 1.1 million
- Between 10 and 80
- It barely changed
- Older people
- Neurodegenerative diseases

WORDS IN THE RIGHT ORDER (p.19)

- Scientists cast doubt on a previously believed assumption.
- Processing speeds of our brain starts to decline.
- Our cognition level peaks when we are 20.
- Older people who worry about increasing forgetfulness.
- In contexts demanding fast and forced decisions.
- Our mental processing speed remains relatively constant.
- It starts to decline from our seventh decade.
- Researchers said people's mental processing speed actually increases.
- The speed of information processing in the task.
- People do take longer to make decisions.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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