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Level 0 – 10th March, 2022

Study says plant-based diet helps heart a little

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<https://breakingnewsenglish.com/2203/220310-plant-based-diet-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-0.html>

A study says vegetables may not greatly cut the risk of heart attacks. People believe vegetables are important.

However, other things may affect our heart. These include other things we eat, exercise, where we live, our income, and if we smoke or drink. Almost 400,000 answered questions in the study.

The scientists said the risk of dying from heart disease was 15 per cent lower for people who ate the most vegetables.

However, they said other things also caused the 15% reduction. A researcher said the study did not show that vegetables protected the heart. He said differences in money and lifestyle also affected the heart.

Sources: <https://www.bbc.com/news/health-60429955>
<https://edition.cnn.com/2022/02/21/health/vegetables-heart-risk-wellness/index.html>
<https://www.techexplorist.com/consumption-vegetables-not-lower-risk-cvd/44895/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-0.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|---------------------|
| 1. vegetables may not greatly | a. things we eat |
| 2. heart | b. drink |
| 3. vegetables are | c. attacks |
| 4. other things may | d. in the study |
| 5. other | e. cut the risk |
| 6. where | f. affect our heart |
| 7. if we smoke or | g. we live |
| 8. 400,000 answered questions | h. important |

PARAGRAPH TWO:

- | | |
|-------------------------|------------------------|
| 1. the risk of | a. show that |
| 2. heart disease was | b. dying |
| 3. people who ate | c. and lifestyle |
| 4. caused the 15% | d. 15 per cent lower |
| 5. the study did not | e. heart |
| 6. vegetables protected | f. reduction |
| 7. differences in money | g. the most vegetables |
| 8. affected the | h. the heart |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-0.html>

(1) _____ vegetables may not greatly cut the risk (2) _____. People believe vegetables are important. However, (3) _____ affect our heart. These include other (4) _____, exercise, where we live, our income, (5) _____ smoke or drink. Almost 400,000 answered questions (6) _____.

The scientists said (7) _____ dying from heart disease was 15 per cent (8) _____ who ate the most vegetables. However, (9) _____ things also caused (10) _____. A researcher said the study did not show that vegetables (11) _____. He said differences (12) _____ lifestyle also affected the heart.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-0.html>

A study says vegetables may not greatly cut the risk of heart attacks. People believe vegetables are important. However, other things may affect our heart. These include other things we eat, exercise, where we live, our income, and if we smoke or drink. Almost 400,000 answered questions in the study. The scientists said the risk of dying from heart disease was 15 percent lower for people who ate the most vegetables. However, they said other things also caused the 15% reduction. A researcher said the study did not show that vegetables protected the heart. He said differences in money and lifestyle also affected the heart.

VEGETABLES SURVEY

From <https://breakingnewsenglish.com/2203/220310-plant-based-diet-0.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.

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) _____

