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**Level 3 – 12th October 2023**

## Scrolling on the toilet can damage your body

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2310/231012-toilet-scrolling.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/2310/231012-toilet-scrolling.html>

Many people use their smartphone in the toilet. They feel it is a good chance to send a text or check out the latest videos on social media. However, doctors say scrolling through your phone while on the toilet could damage your body. Dr. Saurabh Sethi is a gastroenterologist who graduated from Harvard University. He studied the functions of the stomach and intestines. He has warned that bacteria in the bathroom pose many health risks. Dr Sethi said too many people were taking their phones to the lavatory without knowing about the dangers. He urged us to stop this habit. He said being addicted to smartphones, "can actually have some serious consequences, especially whilst doing a 'number two'".

Dr Sethi said many people wrongly believe using their smartphone in the toilet is harmless. He listed several issues that could arise while checking your emails on the loo. One is that it can damage the "toilet areas" of your stomach. Using a smartphone results in sitting on the toilet for longer periods of time. This puts extra pressure on our "tubes" and can make people's veins swell up. Another potential hazard comes from micro-organisms and germs. Dr Sethi warned that using your phone in the loo can, "make your device a "breeding ground for bacteria". He added: "The average smartphone is dirtier than a public toilet seat, so try avoiding scrolling while using the toilet."

Sources: <https://www.mirror.co.uk/news/health/doctor-says-using-your-phone-31100350>  
<https://www.express.co.uk/life-style/health/1821079/doctor-warning-using-phone-on-the-toilet>  
<https://nypost.com/2023/10/02/here-is-the-real-reason-why-you-shouldnt-use-your-phone-on-the-toilet/>

# WARM-UPS

**1. TOILETS:** Students walk around the class and talk to other students about toilets. 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?

smartphone / toilet / text / social media / body / stomach / intestines / health risks / issues / emails / pressure / veins / hazard / micro-organisms / device / scrolling

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

**3. TOILET BAN:** Students A **strongly** believe there should be on smartphones in toilets; Students B **strongly** believe that's silly. Change partners again and talk about your conversations.

**4. SMARTPHONE USE:** What are the dos and don'ts about using smartphones in these places? Complete this table with your partner(s). Change partners often and share what you wrote.

	Dos	Don'ts
In the toilet		
Classrooms		
On trains		
In restaurants		
In cinemas		
On the beach		

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

**6. SMARTPHONES:** Rank these with your partner. Put the best features of smartphones at the top. Change partners often and share your rankings.

- Phone
- Music player
- Text messaging
- Camera
- Internet
- Video chats
- Maps
- Translation

# VOCABULARY MATCHING

## Paragraph 1

- |                |   |
|----------------|---|
| 1. chance      | a. An activity that is natural to or the purpose of a person or thing.                          |
| 2. latest      | b. A possibility of something happening.  |
| 3. function    | c. The long tubes from the end of the stomach to the exit of the body that food passes through. |
| 4. intestines  | d. A regular thing we do that is hard to stop doing.  |
| 5. habit       | e. The most recent.   |
| 6. addicted    | f. A result or effect, typically one that is unwelcome or unpleasant.                           |
| 7. consequence | g. Physically and/or mentally needing something.  |

## Paragraph 2

- |               |   |
|---------------|---|
| 8. harmless   | h. A small number larger than two.  |
| 9. several    | i. Having or showing the capacity to change into something in the future.             |
| 10. pressure  | j. Safe.  |
| 11. tube      | k. A non-stop physical force on or against an object by something in contact with it. |
| 12. potential | l. The act of producing more babies or young.   |
| 13. breeding  | m. A long, hollow cylinder to hold or move things.                                    |
| 14. avoiding  | n. Keeping away from or stopping oneself from doing something.                        |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

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

1. The article says everyone uses their smartphone on the toilet. **T / F**
2. Dr. Saurabh Sethi studied gastronomy at Harvard University. **T / F**
3. Dr Sethi studied the functions of the intestines and stomach. **T / F**
4. Using a smartphone while doing a "number two" can be bad for us. **T / F**
5. Many people believe using the smartphone in the loo is harmless. **T / F**
6. Using a smartphone shortens how long we sit on a toilet. **T / F**
7. Bacteria can breed on a smartphone taken into a toilet. **T / F**
8. The average smartphone is cleaner than a public toilet seat. **T / F**

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

- |                        |                      |
|------------------------|----------------------|
| 1. <b>chance</b>       | a. germs             |
| 2. <b>latest</b>       | b. possible          |
| 3. <b>bacteria</b>     | c. incorrectly       |
| 4. <b>lavatory</b>     | d. results           |
| 5. <b>consequences</b> | e. safe              |
| 6. <b>wrongly</b>      | f. most recent       |
| 7. <b>harmless</b>     | g. keeping away from |
| 8. <b>pressure</b>     | h. opportunity       |
| 9. <b>potential</b>    | i. toilet            |
| 10. <b>avoiding</b>    | j. load              |

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

- |  |                         |
|--|-------------------------|
| 1. a good chance                           | a. and intestines       |
| 2. check out the latest videos             | b. swell up             |
| 3. the functions of the stomach            | c. consequences         |
| 4. being addicted                          | d. ground for bacteria  |
| 5. serious                                 | e. a public toilet seat |
| 6. sitting on the toilet for longer        | f. to send a text       |
| 7. make people's veins                     | g. micro-organisms      |
| 8. Another potential hazard comes from     | h. to smartphones       |
| 9. a breeding                              | i. periods of time      |
| 10. The average smartphone is dirtier than | j. on social media      |

# GAP FILL

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

Many people use their smartphone in the toilet. They (1) \_\_\_\_\_ it is a good chance to send a text or check out the (2) \_\_\_\_\_ videos on social media. However, (3) \_\_\_\_\_ say scrolling through your phone while on the toilet could damage your body. Dr. Saurabh Sethi is a gastroenterologist who graduated from Harvard University. He studied the (4) \_\_\_\_\_ of the stomach and intestines. He has warned that bacteria in the bathroom (5) \_\_\_\_\_ many health risks. Dr Sethi said too many people were taking their phones to the lavatory without knowing about the dangers. He (6) \_\_\_\_\_ us to stop this habit. He said being (7) \_\_\_\_\_ to smartphones, "can actually have some serious consequences, especially whilst doing a (8) \_\_\_\_\_ two".

*doctors*  
*urged*  
*latest*  
*feel*  
*addicted*  
*pose*  
*number*  
*functions*

Dr Sethi said many people wrongly (9) \_\_\_\_\_ using their smartphone in the toilet is harmless. He listed several (10) \_\_\_\_\_ that could arise while checking your emails on the loo. One is that it can damage the "toilet (11) \_\_\_\_\_" of your stomach. Using a smartphone results in sitting on the toilet for longer (12) \_\_\_\_\_ of time. This puts extra pressure on our "tubes" and can make people's veins (13) \_\_\_\_\_ up. Another potential hazard comes from micro-organisms and germs. Dr Sethi warned that using your phone in the loo can, "make your (14) \_\_\_\_\_ a "breeding ground for (15) \_\_\_\_\_". He added: "The average smartphone is dirtier than a public toilet seat, so try (16) \_\_\_\_\_ scrolling while using the toilet."

*areas*  
*device*  
*believe*  
*avoiding*  
*periods*  
*issues*  
*bacteria*  
*swell*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

- 1) a good chance to send a text or check out \_\_\_\_\_
  - a. the latest videos
  - b. the latent videos
  - c. the lay test videos
  - d. the least videos
- 2) He has warned that bacteria in the bathroom pose \_\_\_\_\_
  - a. many health risks
  - b. many health disks
  - c. many health frisks
  - d. many health brisk
- 3) many people were taking their phones to the lavatory without knowing \_\_\_\_\_
  - a. about the dangerous
  - b. about the endangers
  - c. about the daggers
  - d. about the dangers
- 4) He urged us to stop this habit. He said being \_\_\_\_\_
  - a. addicted of smartphones
  - b. addicted to smartphones
  - c. addicted on smartphones
  - d. addicted at smartphones
- 5) have some serious consequences, especially whilst doing \_\_\_\_\_
  - a. a number two
  - b. a number three
  - c. a number one
  - d. a number four
- 6) Dr Sethi said many people wrongly believe using their smartphone in the \_\_\_\_\_
  - a. toilet is harms less
  - b. toilet is armless
  - c. toilet is harmless
  - d. toilet is harm least
- 7) He listed several issues that could arise while checking your emails \_\_\_\_\_
  - a. on the poo
  - b. on the loo
  - c. on the moo
  - d. on the goo
- 8) Using a smartphone results in sitting on the toilet for longer \_\_\_\_\_
  - a. period of time
  - b. periods off time
  - c. periods of times
  - d. periods of time
- 9) This puts extra pressure on our "tubes" and can make people's \_\_\_\_\_
  - a. veins swell up
  - b. veins swell down
  - c. veins dwell up
  - d. veins dwell down
- 10) The average smartphone is dirtier than a \_\_\_\_\_
  - a. publicly toilet seat
  - b. pub lick toilet seat
  - c. pub-licked toilet seat
  - d. public toilet seat

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

Many people use their smartphone in the toilet. They feel it is (1) \_\_\_\_\_ to send a text or check out the latest videos on social media. However, doctors say scrolling through your phone (2) \_\_\_\_\_ toilet could damage your body. Dr. Saurabh Sethi is a gastroenterologist who graduated from Harvard University. He studied the functions of (3) \_\_\_\_\_ intestines. He has warned that bacteria in the bathroom (4) \_\_\_\_\_ risks. Dr Sethi said too many people were taking their phones to the lavatory without knowing about the dangers. He (5) \_\_\_\_\_ stop this habit. He said being addicted to smartphones, "can actually have some serious consequences, (6) \_\_\_\_\_ a 'number two'".

Dr Sethi said many people (7) \_\_\_\_\_ their smartphone in the toilet is harmless. He listed several issues that could arise while checking your emails on the loo. One is that it can damage (8) \_\_\_\_\_ of your stomach. Using a smartphone results in sitting on the toilet for longer (9) \_\_\_\_\_. This puts extra pressure on our "tubes" and can make people's veins swell up. Another potential (10) \_\_\_\_\_ micro-organisms and germs. Dr Sethi warned that using your phone in the loo can, "make (11) \_\_\_\_\_ "breeding ground for bacteria". He added: "The average smartphone is dirtier than a public toilet seat, (12) \_\_\_\_\_ scrolling while using the toilet."



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

1. What do people check out on their smartphone in the toilet?
2. Which university did Dr Sethi graduate from?
3. What did Dr Sethi urge us to stop?
4. What did Dr Sethi say can have serious consequences?
5. What expression in the last sentence of paragraph one means "poo"?
6. What do many people wrongly believe about using phones in toilets?
7. How does using a smartphone affect how long we sit on a toilet?
8. What did Dr Sethi say was another potential hazard?
9. What can smartphones be breeding grounds for?
10. What is the average smartphone dirtier than?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

- 1) What do people check out on their smartphone in the toilet?
  - a) prices
  - b) the latest videos
  - c) the weather
  - d) how many likes they got
- 2) Which university did Dr Sethi graduate from?
  - a) New York
  - b) MIT
  - c) Harvard
  - d) Stanford
- 3) What did Dr Sethi urge us to stop?
  - a) texting
  - b) smoking
  - c) using public toilets
  - d) a habit
- 4) What did Dr Sethi say can have serious consequences?
  - a) bacteria
  - b) being addicted to smartphones
  - c) intestines
  - d) not using 4G in the toilet
- 5) What expression in the last sentence of paragraph one means "poo"?
  - a) number two
  - b) didgeridoo
  - c) just a few
  - d) pee
- 6) What do many people wrongly believe about using phones in toilets?
  - a) It's harmless.
  - b) They don't work.
  - c) They make us go quicker.
  - d) It's deadly.
- 7) How does using a smartphone affect how long we sit on a toilet?
  - a) It doubles the time.
  - b) It doesn't.
  - c) It shortens the time.
  - d) We sit there for longer.
- 8) What did Dr Sethi say was another potential hazard?
  - a) laptop computers
  - b) tablets
  - c) micro-organisms and germs
  - d) coins
- 9) What can smartphones be breeding grounds for?
  - a) illnesses
  - b) viruses
  - c) new technology
  - d) bacteria
- 10) What is the average smartphone dirtier than?
  - a) an elevator button
  - b) a public toilet seat
  - c) a door handle
  - d) the inside of a fridge

# ROLE PLAY

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

## **Role A – Phone**

You think the phone is the best feature of smartphones. 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): music player, camera or video chat.

## **Role B – Music Player**

You think the music player is the best feature of smartphones. 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): phone, camera or video chat.

## **Role C – Camera**

You think the camera is the best feature of smartphones. 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): music player, phone or video chat.

## **Role D – Video Chat**

You think video chat is the best feature of smartphones. 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): music player, camera or phone.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

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

toilet	phone

- 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>• chance</li><li>• latest</li><li>• studied</li><li>• pose</li><li>• urged</li><li>• serious</li></ul>	<ul style="list-style-type: none"><li>• believe</li><li>• arise</li><li>• longer</li><li>• extra</li><li>• device</li><li>• average</li></ul>
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# TOILETS SURVEY

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

Write five GOOD questions about toilets 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.

# TOILETS 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 'toilet'?
3. How important is your smartphone to you?
4. How important is social media to you?
5. What kinds of videos do you like on social media?
6. How might using a smartphone in a toilet be dangerous?
7. In what other places should we not use smartphones?
8. What do you know about the stomach?
9. How addicted are you to your smartphone?
10. Will you stop taking your smartphone into the toilet?

*Scrolling on the toilet can damage your body – 12th October 2023*  
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# TOILETS 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 'body'?
13. What do you think about what you read?
14. How often do you use your smartphone in the toilet?
15. What do you use your smartphone for most?
16. How much do you care about toilet cleanliness?
17. What would you do if you didn't own a smartphone?
18. What should we do to make sure smartphones are clean?
19. What things do we touch that are full of bacteria?
20. What questions would you like to ask the doctor?

# 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/2310/231012-toilet-scrolling.html>

Many people use their smartphone in the toilet. They (1) \_\_\_\_\_ it is a good chance to send a text or check out the (2) \_\_\_\_\_ videos on social media. However, doctors say scrolling through your phone while on the toilet could damage your body. Dr. Saurabh Sethi is a gastroenterologist who graduated from Harvard University. He studied the (3) \_\_\_\_\_ of the stomach and intestines. He has warned that bacteria in the bathroom (4) \_\_\_\_\_ many health risks. Dr Sethi said too many people were taking their phones to the lavatory without knowing about the dangers. He urged us to stop this (5) \_\_\_\_\_. He said being addicted to smartphones, "can actually have some serious consequences, especially whilst (6) \_\_\_\_\_ a 'number two'".

Dr Sethi said many people (7) \_\_\_\_\_ believe using their smartphone in the toilet is harmless. He listed several issues that could (8) \_\_\_\_\_ while checking your emails on the loo. One is that it can damage the "toilet areas" of your stomach. Using a smartphone results in sitting on the toilet for longer (9) \_\_\_\_\_ of time. This puts extra pressure on our "tubes" and can make people's veins swell (10) \_\_\_\_\_. Another potential hazard comes from micro-organisms and germs. Dr Sethi warned that using your phone in the loo can, "make your device a "(11) \_\_\_\_\_ ground for bacteria". He added: "The average smartphone is dirtier than a public toilet seat, so try (12) \_\_\_\_\_ scrolling while using the toilet."

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

- |     |              |              |               |              |
|-----|--------------|--------------|---------------|--------------|
| 1.  | (a) feel     | (b) felt     | (c) feeling   | (d) feels    |
| 2.  | (a) least    | (b) last     | (c) latest    | (d) lost     |
| 3.  | (a) average  | (b) bowels   | (c) functions | (d) danger   |
| 4.  | (a) oppose   | (b) propose  | (c) suppose   | (d) pose     |
| 5.  | (a) habit    | (b) line     | (c) response  | (d) evil     |
| 6.  | (a) does     | (b) doing    | (c) do        | (d) done     |
| 7.  | (a) wronged  | (b) wrongs   | (c) wrong     | (d) wrongly  |
| 8.  | (a) raise    | (b) arise    | (c) up        | (d) elevate  |
| 9.  | (a) bits     | (b) minutes  | (c) periods   | (d) strains  |
| 10. | (a) down     | (b) in       | (c) on        | (d) up       |
| 11. | (a) blooding | (b) bleeding | (c) brooding  | (d) breeding |
| 12. | (a) avoids   | (b) avoiding | (c) avoidance | (d) avoided  |



# SPELLING

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

## Paragraph 1

1. check out the satetl videos
2. dradagteu from Harvard University
3. the functions of the tscamho and intestines
4. He duegr us to stop this habit
5. being tedacidd to smartphones
6. saeeylclp whilst doing a number two

## Paragraph 2

7. erasvel issues that could arise
8. sitting on the toilet for longer rediops of time
9. Another tatleinop hazard
10. a breeding ground for acearbt
11. The agareev smartphone is dirtier
12. so try aivnogdi scrolling

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

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

- ( ) Dr Sethi said many people wrongly believe using their smartphone in the toilet is harmless. He listed several
- ( ) than a public toilet seat, so try avoiding scrolling while using the toilet."
- ( ) issues that could arise while checking your emails on the loo. One is that it can damage the "toilet areas"
- ( ) and germs. Dr Sethi warned that using your phone in the loo can, "make your device a "breeding
- ( ) ground for bacteria". He added: "The average smartphone is dirtier
- ( ) pressure on our "tubes" and can make people's veins swell up. Another potential hazard comes from micro-organisms
- ( ) of your stomach. Using a smartphone results in sitting on the toilet for longer periods of time. This puts extra
- ( ) from Harvard University. He studied the functions of the stomach and intestines. He has warned that bacteria in
- ( ) the bathroom pose many health risks. Dr Sethi said too many people were taking their phones to the
- ( ) on the toilet could damage your body. Dr. Saurabh Sethi is a gastroenterologist who graduated
- ( ) videos on social media. However, doctors say scrolling through your phone while
- ( ) lavatory without knowing about the dangers. He urged us to stop this habit. He said being addicted
- ( **1** ) Many people use their smartphone in the toilet. They feel it is a good chance to send a text or check out the latest
- ( ) to smartphones, "can actually have some serious consequences, especially whilst doing a 'number two'".

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

1. in smartphone use toilet . their the people Many
2. a chance text . to It's send good a
3. media . the Check social latest on videos out
4. the health risks . pose bathroom many in Bacteria
5. urged us to habit . He stop this
6. issues listed He arise . could several that
7. periods Sitting of time . on longer toilets for
8. our tubes . puts on This extra pressure
9. your for a device bacteria . Make breeding ground
10. the avoiding while toilet . scrolling Try using

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

Many people use their smartphone in the toilet. They feel it is a good *change / chance* to send a text or check out the *last / latest* videos on social media. However, doctors say scrolling *thoroughly / through* your phone while on the toilet could damage your *body / bodily*. Dr. Saurabh Sethi is a gastroenterologist who graduated *for / from* Harvard University. He studied the functions of the stomach and intestines. He has *warmed / warned* that bacteria in the bathroom *post / pose* many health risks. Dr Sethi said too many people were taking their phones to the lavatory without *knowing / known* about the dangers. He urged us to stop this habit. He said being addicted *of / to* smartphones, "can actually have some serious consequences, especially whilst *doing / do* a 'number two'".

Dr Sethi said many people *wrongly / wrong* believe using their smartphone in the toilet is *harmless / harmed*. He listed several *issue / issues* that could arise while checking your emails on the *poo / loo*. One is that it can damage the "toilet areas" of your stomach. Using a smartphone results in sitting on the toilet for longer periods *of / on* time. This puts extra pressure on our "tubes" and can make people's veins swell *down / up*. Another potential hazard *comes / goes* from micro-organisms and germs. Dr Sethi warned that using your phone in the loo can, "make your device a "*breeding / feeding* ground for bacteria". He added: "The *usually / average* smartphone is dirtier than a public toilet seat, so try *avoiding / avoid* scrolling while using the toilet."

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

M\_ny p\_\_pl\_ \_s\_ th\_\_r sm\_rtph\_n\_ \_n th\_ t\_\_l\_t. Th\_y  
f\_\_l \_t \_s \_ g\_\_d ch\_nc\_ t\_ s\_nd \_ t\_xt \_r ch\_ck  
\_\_t th\_ l\_t\_st v\_d\_\_s \_n s\_c\_\_l m\_d\_\_\_. H\_w\_v\_r,  
d\_ct\_rs s\_y scr\_ll\_ng thr\_\_gh y\_\_r ph\_n\_ wh\_l\_ \_n th\_  
t\_\_l\_t c\_\_ld d\_m\_g\_ y\_\_r b\_dy. Dr. S\_\_r\_bh S\_th\_ \_s  
\_ g\_str\_\_nt\_r\_l\_g\_st wh\_ gr\_d\_\_t\_d fr\_m H\_rv\_rd  
\_n\_v\_rs\_ty. H\_ st\_d\_\_d th\_ f\_nct\_\_ns \_f th\_ st\_m\_ch  
\_nd \_nt\_st\_n\_s. H\_ h\_s w\_rn\_d th\_t b\_ct\_r\_\_ \_n th\_  
b\_thr\_\_m p\_s\_ m\_ny h\_\_lth r\_sks. Dr S\_th\_ s\_\_d t\_\_  
m\_ny p\_\_pl\_ w\_r\_ t\_k\_ng th\_\_r ph\_n\_s t\_ th\_ l\_v\_t\_ry  
w\_th\_\_t kn\_w\_ng \_b\_\_t th\_ d\_ng\_rs. H\_ \_rg\_d \_s t\_  
st\_p th\_s h\_b\_t. H\_ s\_\_d b\_\_ng \_dd\_ct\_d t\_  
sm\_rtph\_n\_s, "c\_n \_ct\_\_lly h\_v\_ s\_m\_ s\_r\_\_s  
c\_ns\_q\_\_nc\_s, \_sp\_c\_\_lly wh\_lst d\_\_ng \_ 'n\_mb\_r tw\_'".

Dr S\_th\_ s\_\_d m\_ny p\_\_pl\_ wr\_ngly b\_l\_\_v\_ \_s\_ng  
th\_\_r sm\_rtph\_n\_ \_n th\_ t\_\_l\_t \_s h\_rml\_ss. H\_ l\_st\_d  
s\_v\_r\_l \_ss\_\_s th\_t c\_\_ld \_r\_s\_ wh\_l\_ ch\_ck\_ng y\_\_r  
\_m\_\_ls \_n th\_ l\_\_\_. \_n\_ \_s th\_t \_t c\_n d\_m\_g\_ th\_  
"t\_\_l\_t \_r\_\_s" \_f y\_\_r st\_m\_ch. \_s\_ng \_ sm\_rtph\_n\_  
r\_s\_lts \_n s\_tt\_ng \_n th\_ t\_\_l\_t f\_r l\_ng\_r p\_r\_\_ds \_f  
t\_m\_. Th\_s p\_ts \_xtr\_ pr\_ss\_r\_ \_n \_\_r "t\_b\_s" \_nd  
c\_n m\_k\_ p\_\_pl\_'s v\_\_ns sw\_ll \_p. \_n\_th\_r p\_t\_nt\_\_l  
h\_z\_rd c\_m\_s fr\_m m\_cr\_-rg\_n\_sms \_nd g\_rms. Dr  
S\_th\_ w\_rn\_d th\_t \_s\_ng y\_\_r ph\_n\_ \_n th\_ l\_\_ c\_n,  
"m\_k\_ y\_\_r d\_v\_c\_ \_ "br\_\_d\_ng gr\_\_nd f\_r b\_ct\_r\_\_".  
H\_ \_dd\_d: "Th\_ \_v\_r\_g\_ sm\_rtph\_n\_ \_s d\_rt\_\_r th\_n \_  
p\_bl\_c t\_\_l\_t s\_\_t, s\_ try \_v\_\_d\_ng scr\_ll\_ng wh\_l\_  
\_s\_ng th\_ t\_\_l\_t."

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

many people use their smartphone in the toilet they feel it is a good chance to send a text or check out the latest videos on social media however doctors say scrolling through your phone while on the toilet could damage your body dr saurabh sethi is a gastroenterologist who graduated from harvard university he studied the functions of the stomach and intestines he has warned that bacteria in the bathroom pose many health risks dr sethi said too many people were taking their phones to the lavatory without knowing about the dangers he urged us to stop this habit he said being addicted to smartphones can actually have some serious consequences especially whilst doing a number two

dr sethi said many people wrongly believe using their smartphone in the toilet is harmless he listed several issues that could arise while checking your emails on the loo one is that it can damage the toilet areas of your stomach using a smartphone results in sitting on the toilet for longer periods of time this puts extra pressure on our tubes and can make peoples veins swell up another potential hazard comes from microorganisms and germs dr sethi warned that using your phone in the loo can make your device a breeding ground for bacteria he added the average smartphone is dirtier than a public toilet seat so try avoiding scrolling while using the toilet

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2310/231012-toilet-scrolling.html>

Many people use their smart phone in the toilet. They feel it is a good chance to send a text or check out the latest videos on social media. However, doctors say scrolling through your phone while on the toilet could damage your body. Dr. Saurabh Sethi is a gastroenterologist who graduated from Harvard University. He studied the functions of the stomach and intestines. He has warned that bacteria in the bathroom pose many health risks. Dr. Sethi said too many people were taking their phones to the lavatory without knowing about the dangers. He urged us to stop this habit. He said being addicted to smart phones, "can actually have some serious consequences, especially whilst doing a 'number two'". Dr. Sethi said many people wrongly believe using their smart phone in the toilet is harmless. He listed several issues that could arise while checking your email on the loo. One is that it can damage the "toilet areas" of your stomach. Using a smart phone results in sitting on the toilet for longer periods of time. This puts extra pressure on our "tubes" and can make people's veins swell up. Another potential hazard comes from micro-organisms and germs. Dr. Sethi warned that using your phone in the loo can, "make your device a breeding ground for bacteria". He added: "The average smart phone is dirtier than a public toilet seat, so try avoiding scrolling while using the toilet."







# 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. SMARTPHONES:** Make a poster about smartphones. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. TOILET BAN:** Write a magazine article about banning the use of smartphones in toilets. 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 toilets. Ask him/her three questions about them. Give him/her three of your ideas on how to make them better. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

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

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. The latest videos
2. Harvard
3. A habit
4. Being addicted to smartphones
5. Number two
6. It's harmless
7. We sit there for longer
8. Micro-organisms and germs
9. Bacteria
10. A public toilet seat

## WORDS IN THE RIGHT ORDER (p.19)

1. Many people use their smartphone in the toilet.
2. It's a good chance to send a text.
3. Check out the latest videos on social media.
4. Bacteria in the bathroom pose many health risks.
5. He urged us to stop this habit.
6. He listed several issues that could arise.
7. Sitting on toilets for longer periods of time.
8. This puts extra pressure on our tubes.
9. Make your device a breeding ground for bacteria.
10. Try avoiding scrolling while using the toilet.

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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