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Level 3

Giving babies peanuts and eggs may avoid allergies

27th September, 2016

<http://www.breakingnewsenglish.com/1609/160927-allergies.html>

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Many people have a food allergy to things like eggs and peanuts. An allergy to peanuts can be deadly. However, researchers from Imperial College London say that feeding eggs and peanuts to babies may stop them getting allergies when they are older. The researchers looked at 146 different studies about when children first ate eggs and peanuts. The studies involved more than 200,000 children. The researchers found that if babies aged between 4-to-6 months old ate eggs, they were 40 per cent less likely to get an egg allergy than children who ate eggs later in life. Babies aged four to 11 months old who ate things like peanut butter were 70 per cent less likely to develop an allergy to peanuts.

Researcher Robert Boyle said egg and peanut allergies were the two most common childhood food allergies. Dr Boyle advised parents to be careful when feeding babies eggs and nuts. He said babies should never have whole nuts because they might choke. They should also only have smooth and not crunchy peanut butter. Other common food allergies are to soy, wheat, sesame, fish and seafood. The researchers say giving these foods to babies one at a time before they become a year old may protect them from allergies. Parents should check their baby's health after each new food. They also say that more research should be done to find the best ages to start feeding eggs and peanuts to babies.

Sources: https://www.washingtonpost.com/national/health-science/giving-babies-eggs-and-peanuts-may-prevent-later-allergies-to-those-foods/2016/09/23/7fdaa018-810b-11e6-b002-307601806392_story.html
<http://www.sciencealert.com/introducing-peanuts-and-eggs-early-in-life-might-lead-to-less-allergies>
http://blogs.babycenter.com/mom_stories/eating-eggs-and-peanuts-early-may-reduce-allergies/

WARM-UPS

1. ALLERGIES: Students walk around the class and talk to other students about allergies. 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?

food / allergy / deadly / peanuts / eggs / researchers / studies / babies / likely / common / childhood / parents / careful / peanut butter / seafood / health / best age

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

3. DUST: Students A **strongly** believe a dust allergy is worse than an egg allergy; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. ALLERGENS: What would life be like if you were allergic to these things? What would you do? Complete this table with your partner(s). Change partners often and share what you wrote.

Allergen	What life would be like	What you would do
Computers		
Chocolate		
Shopping malls		
Paper		
Flowers		
Plastic		

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

6. ALLERGIC: Rank these with your partner. Put the worst things to be allergic to at the top. Change partners often and share your rankings.

- eggs
- peanuts
- dust
- pollen
- penicillin
- chocolate
- dogs
- fish

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

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

- a. The article says most people are allergic to eggs or peanuts. **T / F**
- b. Researchers looked at 146 different studies. **T / F**
- c. Researchers looked at data on just fewer than 200,000 children. **T / F**
- d. Babies who ate eggs were 70% less likely to get an egg allergy. **T / F**
- e. Egg allergies are one of the most common food allergies for children. **T / F**
- f. A doctor said it was OK for babies to eat crunchy peanut butter. **T / F**
- g. Being allergic to soy is quite common. **T / F**
- h. Researchers want to find out the best age to give eggs to babies. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|--------------------|--------------|
| 1. like | a. probable |
| 2. deadly | b. just |
| 3. stop | c. look at |
| 4. likely | d. lethal |
| 5. develop | e. safeguard |
| 6. common | f. such as |
| 7. only | g. giving |
| 8. protect | h. get |
| 9. check | i. prevent |
| 10. feeding | j. usual |

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

- | | |
|--|--------------------------|
| 1. Many people have a food allergy to things | a. when they are older |
| 2. An allergy to peanuts | b. be done |
| 3. stop them getting allergies | c. likely |
| 4. The studies involved more | d. to be careful |
| 5. they were 40 per cent less | e. like eggs and peanuts |
| 6. the two most common childhood | f. they might choke |
| 7. Dr Boyle advised parents | g. can be deadly |
| 8. babies should never have whole nuts because | h. food allergies |
| 9. protect them | i. than 200,000 children |
| 10. more research should | j. from allergies |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Many people have a food allergy to (1) _____ like eggs and peanuts. An allergy to peanuts can be (2) _____. However, researchers from Imperial College London say that feeding eggs and peanuts to babies may stop them (3) _____ allergies when they are older. The researchers looked at 146 different (4) _____ about when children first ate eggs and peanuts. The studies (5) _____ more than 200,000 children. The researchers found that if babies aged between 4-to-6 months old ate eggs, they were 40 per cent less (6) _____ to get an egg allergy than children who ate eggs later in life. Babies (7) _____ four to 11 months old who ate things like peanut butter were 70 per cent (8) _____ likely to develop an allergy to peanuts.

getting
likely
deadly
studies
less
things
aged
involved

Researcher Robert Boyle said egg and peanut allergies were the two (9) _____ common childhood food allergies. Dr Boyle advised parents to be (10) _____ when feeding babies eggs and nuts. He said babies should never have whole nuts because they might (11) _____. They should also only have smooth and not (12) _____ peanut butter. Other common food allergies are to soy, wheat, sesame, fish and seafood. The researchers say giving these foods to babies one at a (13) _____ before they become a year old may protect them from allergies. Parents should (14) _____ their baby's health after each new food. They also say that more research should be (15) _____ to find the best ages to start (16) _____ eggs and peanuts to babies.

choke
time
done
careful
feeding
most
crunchy
check

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

- 1) Many people have a food allergy to things _____ peanuts
 - a. likes eggs and
 - b. liked eggs and
 - c. like eggs and
 - d. likely eggs and
- 2) An allergy to peanuts can _____
 - a. be deadly
 - b. be dead
 - c. be deathly
 - d. be deader
- 3) researchers looked at 146 different studies about when children _____
 - a. firstly ate eggs
 - b. first eaten eggs
 - c. first to ate eggs
 - d. first ate eggs
- 4) they were 40 per cent less likely to get an egg allergy than children who ate _____
 - a. eggs later in life
 - b. eggs latest in living
 - c. eggs lately in life
 - d. eggs later in living
- 5) 70 per cent less likely to develop an _____
 - a. allergic to peanuts
 - b. allergen to peanuts
 - c. allergy to peanuts
 - d. allergies to peanuts
- 6) egg and peanut allergies were the two most common _____
 - a. child's hood food allergies
 - b. childhood food allergies
 - c. children hood food allergies
 - d. child hoodie food allergies
- 7) He said babies should never have whole nuts because _____
 - a. they might choke
 - b. they might chokes
 - c. they might choked
 - d. they might choking
- 8) Other common food allergies are to soy, wheat, sesame, _____
 - a. fishy and seafood
 - b. fish and sea's food
 - c. fishy and sea's food
 - d. fish and seafood
- 9) Parents should check their baby's health _____ food
 - a. after whole new
 - b. after every new
 - c. after each new
 - d. after each newly
- 10) They also say that more research should be done to _____ ages
 - a. find a best
 - b. fund the beast
 - c. fund the best
 - d. find the best

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Many people have a food allergy (1) _____ eggs and peanuts. An allergy to peanuts can be deadly. However, researchers from Imperial College London (2) _____ eggs and peanuts to babies may (3) _____ allergies when they are older. The researchers looked at 146 different studies about when children first ate eggs and peanuts. The studies (4) _____ 200,000 children. The researchers found that if babies aged between 4-to-6 months old ate eggs, they were 40 per cent less (5) _____ egg allergy than children who ate eggs later in life. Babies aged four-to-11 months old who ate things like peanut butter were 70 per cent less likely (6) _____ allergy to peanuts.

Researcher Robert Boyle said egg and peanut allergies (7) _____ common childhood food allergies. Dr Boyle advised parents to (8) _____ feeding babies eggs and nuts. He said babies should never have whole nuts because they might choke. They should (9) _____ smooth and not crunchy peanut butter. Other common food allergies are to soy, wheat, sesame, fish and seafood. The researchers say giving these foods to babies (10) _____ before they become a year old (11) _____ from allergies. Parents should check their baby's health after each new food. They also say that more research should be done to find the (12) _____ start feeding eggs and peanuts to babies.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

1. What did the article say an allergy to peanuts can be?
2. How many different studies did the researchers look at?
3. How many children's data did the researchers look at?
4. How much less likely to get an egg allergy were babies who ate eggs?
5. How much less likely to get a peanut allergy were babies who ate peanuts?
6. What are the two most common childhood food allergies?
7. What might happen if babies eat whole nuts?
8. What kind of peanut butter did a doctor say babies should eat?
9. How should parents give babies food they might be allergic to?
10. What thing did the researchers say needed to be done more?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

- 1) What did the article say an allergy to peanuts can be?
 - a) egg
 - b) deadly
 - c) on a list
 - d) a thing
- 2) How many different studies did the researchers look at?
 - a) 143
 - b) 144
 - c) 145
 - d) 146
- 3) How many children's data did the researchers look at?
 - a) over 200,000
 - b) just less than 200,000
 - c) exactly 200,000
 - d) around 200,000
- 4) How much less likely to get an egg allergy were babies who ate eggs?
 - a) 64%
 - b) 46%
 - c) 40%
 - d) 70%
- 5) How much less likely to get a peanut allergy were babies who ate peanuts?
 - a) 46%
 - b) 70%
 - c) 40%
 - d) 64%
- 6) What are the two most common childhood food allergies?
 - a) fish and seafood
 - b) soy and wheat
 - c) eggs and peanuts
 - d) bananas and grapefruit
- 7) What might happen if babies eat whole nuts?
 - a) they will get an allergy
 - b) their teeth will grow faster
 - c) they will be strong
 - d) they might choke
- 8) What kind of peanut butter did a doctor say babies should eat?
 - a) smooth
 - b) salty
 - c) crunchy
 - d) low fat
- 9) How should parents give babies food they might be allergic to?
 - a) one at a time
 - b) quickly
 - c) with a spoon
 - d) through a straw
- 10) What thing did the researchers say needed to be done more?
 - a) ageing
 - b) research
 - c) eating
 - d) feeding

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Role A – Eggs

You think eggs are the worst things to be allergic to. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): dust, penicillin or dogs.

Role B – Dust

You think dust is the worst thing to be allergic to. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): eggs, penicillin or dogs.

Role C – Penicillin

You think penicillin is the worst thing to be allergic to. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): dust, eggs or dogs.

Role D – Dogs

You think dogs are the worst things to be allergic to. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): dust, penicillin or eggs.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

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

food	allergy
-------------	----------------

- 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">• deadly• older• 146• 200,000• 40• 70	<ul style="list-style-type: none">• most• careful• whole• soy• protect• best
--	---

ALLERGIES SURVEY

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Write five GOOD questions about allergies 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.

ALLERGIES DISCUSSION

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

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'allergy'?
3. Why does the body get allergies?
4. Are you allergic to anything?
5. What do you think about what you read?
6. What do you think of eggs and peanuts?
7. What do you think of giving peanuts to babies?
8. What would be the worst allergies to have?
9. What would an allergy to technology be like?
10. What can people do to reduce the effects of allergies?

Giving babies peanuts and eggs may avoid allergies – 27th September, 2016
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ALLERGIES DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What would you do if you had an allergy to dust?
13. What do you think of the researcher's advice to parents?
14. How difficult is life for people with allergies?
15. What do you know about hay fever (the allergy to pollen)?
16. How will scientists end all allergies?
17. What do you know about asthma?
18. What would it be like to be allergic to chocolate?
19. How many different things can people be allergic to?
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 <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Many people have a food allergy (1) _____ things like eggs and peanuts. An allergy to peanuts can be deadly. However, researchers from Imperial College London say that (2) _____ eggs and peanuts to babies may stop them getting allergies when they are older. The researchers looked (3) _____ 146 different studies about when children first (4) _____ eggs and peanuts. The studies involved more than 200,000 children. The researchers found that if babies aged between 4-to-6 months old ate eggs, they were 40 per cent less likely to get an egg allergy than children (5) _____ ate eggs later in life. Babies aged four to 11 months old who ate things like peanut butter were 70 per cent less likely (6) _____ develop an allergy to peanuts.

Researcher Robert Boyle said egg and peanut allergies were the two (7) _____ common childhood food allergies. Dr Boyle (8) _____ parents to be careful when feeding babies eggs and nuts. He said babies should never have (9) _____ nuts because they might choke. They should also only have smooth and not crunchy peanut butter. Other (10) _____ food allergies are to soy, wheat, sesame, fish and seafood. The researchers say giving these foods to babies one at a time before they become a year old may protect them (11) _____ allergies. Parents should check their baby's health after each new food. They also say that more research should be (12) _____ to find the best ages to start feeding eggs and peanuts to babies.

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

- | | | | | |
|-----|---------------|-------------|-------------|--------------|
| 1. | (a) to | (b) too | (c) two | (d) thru |
| 2. | (a) feeds | (b) fed | (c) feeding | (d) feed |
| 3. | (a) of | (b) on | (c) at | (d) by |
| 4. | (a) eating | (b) eats | (c) eaten | (d) ate |
| 5. | (a) who | (b) that | (c) what | (d) whom |
| 6. | (a) of | (b) to | (c) on | (d) by |
| 7. | (a) many | (b) much | (c) must | (d) most |
| 8. | (a) advice | (b) advised | (c) advises | (d) advising |
| 9. | (a) hole | (b) whole | (c) holy | (d) holed |
| 10. | (a) typically | (b) all | (c) every | (d) common |
| 11. | (a) as | (b) at | (c) to | (d) from |
| 12. | (a) had | (b) done | (c) taken | (d) ground |

SPELLING

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Paragraph 1

1. An allergy to peanuts can be ddleya
2. eraerschse from Imperial College
3. looked at 146 different sdsueit
4. vniveldo more than 200,000 children
5. 40 per cent less leykil to get an egg allergy
6. epdelvo an allergy to peanuts

Paragraph 2

7. the two most mncoom
8. Dr Boyle eaddsiy parents to be careful
9. babies should never have lhewo nuts
10. they might hekco
11. othmos and not crunchy peanut butter
12. ecptort them from allergies

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Number these lines in the correct order.

- () get an egg allergy than children who ate eggs later in life. Babies aged four to 11 months old who ate things
- () are older. The researchers looked at 146 different studies about when children first
- () like peanut butter were 70 per cent less likely to develop an allergy to peanuts.
- () between 4-to-6 months old ate eggs, they were 40 per cent less likely to
- () ate eggs and peanuts. The studies involved more than 200,000 children. The researchers found that if babies aged
- () choke. They should also only have smooth and not crunchy peanut butter. Other common food allergies are to soy,
- () babies eggs and nuts. He said babies should never have whole nuts because they might
- () a year old may protect them from allergies. Parents should check their baby's health after each new food. They also say
- (**1**) Many people have a food allergy to things like eggs and peanuts. An allergy to peanuts can be deadly. However, researchers
- () common childhood food allergies. Dr Boyle advised parents to be careful when feeding
- () wheat, sesame, fish and seafood. The researchers say giving these foods to babies one at a time before they become
- () that more research should be done to find the best ages to start feeding eggs and peanuts to babies.
- () Researcher Robert Boyle said egg and peanut allergies were the two most
- () from Imperial College London say that feeding eggs and peanuts to babies may stop them getting allergies when they

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

1. eggs have allergy like people food things Many a to .
2. may Feeding stop peanuts them to getting babies allergies .
3. peanuts eggs first when Studies and ate children about .
4. 40 were They allergy egg an get to likely less cent per .
5. who 11 aged peanut ate months 4 butter things old to Babies like .
6. peanut most allergies common were Egg the and two .
7. might have choke nuts Babies because should they never .
8. and peanut should smooth crunchy They have not butter only .
9. food check health new should baby's each Parents their after .
10. feeding start to ages best the Find babies to peanuts and eggs .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Many people have a food allergy to things *like / liken* eggs and peanuts. An allergy to peanuts can be *dead / deadly*. However, researchers from Imperial College London say that *feeding / fed* eggs and peanuts to babies may stop them *gotten / getting* allergies when they are older. The researchers looked at 146 different *studies / studios* about when children first ate eggs and peanuts. The studies *involved / involvement* more than 200,000 children. The researchers found that if babies aged *among / between* 4-to-6 months old ate eggs, they were 40 per cent less *likely / likelihood* to get an egg allergy than children who ate eggs *later / last* in life. Babies aged four to 11 months old who ate things like peanut butter were 70 per cent less likely to *envelope / develop* an allergy to peanuts.

Researcher Robert Boyle said egg and peanut allergies were the *two / three* most common childhood food allergies. Dr Boyle *advised / advice* parents to be *careful / carefree* when feeding babies eggs and nuts. He said babies should never have *hole / whole* nuts because they might *choke / choked*. They should also only have *smoothness / smooth* and not crunchy peanut butter. Other common food allergies are *to / too* soy, wheat, sesame, fish and seafood. The researchers say giving these foods to babies one *at / in* a time before they become a year old may protect them *for / from* allergies. Parents should check their baby's health after each new food. They also say that more research should be *doing / done* to find the best ages to start feeding eggs and peanuts to babies.

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 <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

M_ny p__pl_ h_v_ _ f__d __ll_rgy t_ th_ngs l_k_ __ggs
_nd p__n_ts. _n __ll_rgy t_ p__n_ts c_n b_ d__dly.
H_w_v_r, r_s__rch_rs fr_m __mp_r__l C_ll_g_ L_nd_n
s_y th_t f__d_ng __ggs __nd p__n_ts t_ b_b__s m_y st_p
th_m g_tt_ng __ll_rg__s wh_n th_y _r_ __ld_r. Th_
r_s__rch_rs l__k_d _t 146 d_ff_r_nt st_d__s _b__t
wh_n ch_ldr_n f_rst _t_ __ggs __nd p__n_ts. Th_ st_d__s
__nv_lv_d m_r_ th_n 200,000 ch_ldr_n. Th_ r_s__rch_rs
f__nd th_t f_b_b__s _g_d b_tw__n 4 t_ 6 m_nths __ld
t __ggs, th_y w_r_ 40 p_r c_nt l_ss l_k_ly t_ g_t_n
__gg __ll_rgy th_n ch_ldr_n wh_ _t_ __ggs l_t_r_n l_f_.
B_b__s _g_d f__r_t 11 m_nths __ld wh_ _t_ th_ngs l_k_
p__n_t b_tt_r w_r_ 70 p_r c_nt l_ss l_k_ly t_ d_v_l_p
_n __ll_rgy t_ p__n_ts.

R_s__rch_r R_b_rt B_yl_ s__d __gg __nd p__n_t
__ll_rg__s w_r_ th_ tw_ m_st c_mm_n ch_ldh__d f__d
__ll_rg__s. Dr B_yl_ __dv_s_d p_r_n_ts t_ b_c_r_f_l wh_n
f__d_ng b_b__s __ggs __nd n_ts. H_ s__d b_b__s sh__ld
n_v_r h_v_ wh_l_n ts b_c__s th_y m_ght ch_k_. Th_y
sh__ld __ls_ __nly h_v_ sm__th __nd n_t cr_nchy p__n_t
b_tt_r. __th_r c_mm_n f__d __ll_rg__s _r_ t_ s_y,
wh__t, s_s_m_, f_sh, __nd s__f__d. Th_ r_s__rch_rs s_y
g_v_ng th_s_ f__ds t_ b_b__s __n__t __t_m_ b_f_r_
th_y b_c_m_ __ y__r __ld m_y pr_t_ct th_m fr_m
__ll_rg__s. P_r_n_ts sh__ld ch_ck th__r b_by's h__lth
__ft_r __ch_n_w_f__d. Th_y __ls_ s_y th_t m_r_r_s__rch
sh__ld b_d_n_t f_nd th_ b_st_g_s t_ st_rt f__d_ng
__ggs __nd p__n_ts t_ b_b__s.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

many people have a food allergy to things like eggs and peanuts an allergy to peanuts can be deadly however researchers from imperial college london say that feeding eggs and peanuts to babies may stop them getting allergies when they are older the researchers looked at 146 different studies about when children first ate eggs and peanuts the studies involved more than 200000 children the researchers found that if babies aged between 4-to-6 months old ate eggs they were 40 per cent less likely to get an egg allergy than children who ate eggs later in life babies aged four to 11 months old who ate things like peanut butter were 70 per cent less likely to develop an allergy to peanuts

researcher robert boyle said egg and peanut allergies were the two most common childhood food allergies dr boyle advised parents to be careful when feeding babies eggs and nuts he said babies should never have whole nuts because they might choke they should also only have smooth and not crunchy peanut butter other common food allergies are to soy wheat sesame fish and seafood the researchers say giving these foods to babies one at a time before they become a year old may protect them from allergies parents should check their baby's health after each new food they also say that more research should be done to find the best ages to start feeding eggs and peanuts to babies

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Many people have a food allergy to things like eggs and peanuts. An allergy to peanuts can be deadly. However, researchers from Imperial College London say that feeding eggs and peanut to babies may stop them getting allergies when they are older. The researchers looked at 146 different studies about when children first eat eggs and peanuts. The studies involve more than 200,000 children. The researchers found that if babies aged between 4 to 6 months old ate eggs, they were 40 percent less likely to get an egg allergy than children who ate eggs later in life. Babies aged four to 11 months old who ate things like peanut butter were 70 percent less likely to develop an allergy to peanuts. Researcher Robert Boyle said egg and peanut allergies were the two most common childhood food allergies. Dr Boyle advised parents to be careful when feeding babies eggs and nuts. He said babies should never have whole nuts because they might choke. They should also only have smooth and not crunchy peanut butter. Other common food allergies are to soy, wheat, sesame, fish and seafood. The researchers say giving these foods to babies one at a time before they become a year old may protect them from allergies. Parents should check their baby's health after each new food. They also say that more research should be done to find the best age to start feeding eggs and peanut to babies.

FREE WRITING

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Write about **allergies** for 10 minutes. Comment on your partner’s paper.

ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1609/160927-allergies.html>

Having an egg allergy is worse than having an allergy to dust. Discuss.

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 peanut and egg allergies. Share what you discover with your partner(s) in the next lesson.

3. ALLERGIES: Make a poster about allergies. Show your work to your classmates in the next lesson. Did you all have similar things?

4. BABIES: Write a magazine article about giving peanuts to babies. Include imaginary interviews with people who are for and against it.

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 health. Ask him/her three questions about it. Give him/her three of your ideas on how people can stay healthier. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|-------------|--------------|
| 1. like | a. such as |
| 2. deadly | b. lethal |
| 3. stop | c. prevent |
| 4. likely | d. probable |
| 5. develop | e. get |
| 6. common | f. usual |
| 7. only | g. just |
| 8. protect | h. safeguard |
| 9. check | i. look at |
| 10. feeding | j. giving |

COMPREHENSION QUESTIONS (p.8)

1. Deadly
2. 146
3. More than 200,000
4. 40%
5. 70%
6. Peanuts and eggs
7. They might choke
8. Smooth
9. One at a time
10. More research

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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