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Level 0

Exercise pill could replace exercising

6th May, 2017

<http://www.breakingnewsenglish.com/1705/170506-exercise-pill-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 <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-0.html>

There could be a pill to help people who do not exercise. Scientists say the exercise pill could make us healthier. It could give us more stamina, a better mood, a healthier heart and a longer life – all with no exercise. The pill gave mice 70 per cent more stamina. This is good news for people who hate exercise.

The scientists looked at how exercise changes the body. A researcher wanted to know if he could replace exercise with a drug. He found a chemical that copies the good things about exercise without exercising. The chemical burnt body fat instead of sugar. This increases our stamina without needing to exercise.

Sources: <http://www.foxnews.com/lifestyle/2017/05/03/exercise-pill-may-replace-workouts-in-future.html>
<http://www.thehealthsite.com/news/can-you-have-an-exercise-pill-to-avoid-work-outs-ag0517/>
<https://medicalxpress.com/news/2017-05-exercise-in-a-pill-boosts-athletic-percent.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|--------------------|
| 1. There could be a pill | a. heart |
| 2. make us | b. more stamina |
| 3. It could give | c. to help people |
| 4. a healthier | d. exercise |
| 5. a longer | e. healthier |
| 6. The pill gave mice 70 per cent | f. news |
| 7. This is good | g. us more stamina |
| 8. people who hate | h. life |

PARAGRAPH TWO:

- | | |
|--|------------------------|
| 1. The scientists looked at | a. know |
| 2. exercise changes the | b. of sugar |
| 3. A researcher wanted to | c. the good things |
| 4. replace exercise | d. needing to exercise |
| 5. a chemical that copies | e. how |
| 6. exercise | f. with a drug |
| 7. The chemical burnt body fat instead | g. body |
| 8. This increases our stamina without | h. without exercising |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-0.html>

There could (1) _____ help people who do not exercise. Scientists say the exercise pill (2) _____ healthier. It could (3) _____ stamina, a better mood, a healthier heart (4) _____ life – all with no exercise. The pill gave mice 70 per cent more stamina. (5) _____ news for people (6) _____.

The scientists (7) _____ exercise changes the body. A researcher wanted (8) _____ could replace exercise with a drug. He (9) _____ that copies the good (10) _____ without exercising. The chemical burnt body (11) _____ sugar. This (12) _____ stamina without needing to exercise.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-0.html>

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EXERCISE PILLS SURVEY

From <http://www.breakingnewsenglish.com/1705/170506-exercise-pill-4.html>

Write five GOOD questions about exercise pills 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) _____

