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Level 4

Carrying the shopping makes over-65s stronger

1st October, 2017

<https://breakingnewsenglish.com/1710/171001-shopping-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1710/171001-shopping-4.html>

Older people should carry their own shopping to stay stronger. Physiotherapists say this is important for the over-65s to maintain their strength. Millions of people risk falling over and injuring their hips if they do not maintain their strength. Nearly a quarter of over-65s don't keep their muscles strong. A spokesperson said over-65s can also do activities that involve stepping and jumping, like dancing, or chair aerobics.

The physiotherapists warned that the rise of Internet shopping means older people are not getting a "shopping workout". Research shows that getting stronger makes people healthier, so it is important that people focus on their strength as they age. Older people can also do gardening, vacuuming and standing up regularly. A physiotherapist said: "We must move past the idea that becoming weaker and frailer is inevitable as we get older."

Sources: <http://www.bbc.com/news/health-41430301>
<http://www.dailymail.co.uk/health/article-4929536/Online-food-shopping-RUINING-muscles.html>
<http://www.csp.org.uk/press-releases/2017/09/28/too-many-people-letting-muscle-waste-they-age-physiotherapists-warn>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1710/171001-shopping-4.html>

PARAGRAPH ONE:

- | | |
|--------------------------------------|----------------------|
| 1. the rise of | a. do gardening |
| 2. people are not getting a shopping | b. frailer |
| 3. getting stronger makes | c. Internet shopping |
| 4. focus on their strength | d. get older |
| 5. Older people can also | e. people healthier |
| 6. standing up | f. as they age |
| 7. becoming weaker and | g. workout |
| 8. inevitable as we | h. regularly |

PARAGRAPH TWO:

- | | |
|-------------------------------|---------------------|
| 1. carry their own shopping | a. strong |
| 2. Physiotherapists says this | b. strength |
| 3. maintain their | c. hips |
| 4. Millions of people risk | d. over-65s |
| 5. injuring their | e. to stay stronger |
| 6. Nearly a quarter of | f. involve stepping |
| 7. keep their muscles | g. is important |
| 8. do activities that | h. falling over |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1710/171001-shopping-4.html>

Older people should (1) _____ shopping to stay stronger.

Physiotherapists say this is important for the over-65s

(2) _____ strength. Millions of people risk falling over and

(3) _____ if they do not maintain their strength. Nearly a

quarter of over-65s don't (4) _____ strong. A

spokesperson said over-65s can also do activities

(5) _____ and jumping, like dancing,

(6) _____.

The physiotherapists warned that (7) _____ Internet

shopping means older people (8) _____ a "shopping

workout". Research (9) _____ stronger makes people

healthier, so it is important that people (10) _____

strength as they age. Older people can (11) _____,

vacuuming and standing up regularly. A physiotherapist said: "We must

move past the idea that becoming weaker and frailer is inevitable

(12) _____ older."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1710/171001-shopping-4.html>

Older people should carry their own shopping to stay stronger. Physiotherapists say this is important for the over-65s to maintain their strength. Millions of people risk falling over and injuring their hips if they do not maintain their strength. Nearly a quarter of over-65s don't keep their muscles strong. A spokesperson said over-65s can also do activities that involve stepping and jumping, like dancing, or chair aerobics. The physiotherapists warned that the rise of internet shopping means older people are not getting a "shopping workout". Research shows that getting stronger makes people healthier, so it is important that people focus on their strength as they age. Older people can also do gardening, vacuuming and standing up regularly. A physiotherapist said: "We must move past the idea of death as becoming weaker and frailer is inevitable as we get older."

BEING OVER 65 SURVEY

From <https://breakingnewsenglish.com/1710/171001-shopping-4.html>

Write five GOOD questions about being over 65 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) _____

