

# Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES  
FOR LANGUAGE TEACHERS"**

[breakingnewsenglish.com/book.html](http://breakingnewsenglish.com/book.html)

**Thousands more free lessons  
from Sean's other websites**

[www.freematerials.com/sean\\_banville\\_lessons.html](http://www.freematerials.com/sean_banville_lessons.html)

## Level 0

### Millions more have high blood pressure

16th November, 2017

<https://breakingnewsenglish.com/1711/171116-blood-pressure-0.html>

## Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

Twitter



[twitter.com/SeanBanville](https://twitter.com/SeanBanville)

Facebook



[www.facebook.com/pages/BreakingNewsEnglish/155625444452176](https://www.facebook.com/pages/BreakingNewsEnglish/155625444452176)

Google +



<https://plus.google.com/+SeanBanville>

# THE READING

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-0.html>

The high blood pressure number has changed. It used to be 140 over 90. Doctors changed it to 130 over 80\*. This means the disease should be treated sooner. Blood pressure is your heart pushing blood around your body. If this pushing is too strong, it can lead to heart attacks. Normal blood pressure is less than 120 over 80.

Health problems can happen at 130 over 80. The new number is a warning to lower your blood pressure. People with high blood pressure must change their lifestyle. They should lose weight, exercise more, eat healthier food, avoid alcohol and salt, quit smoking, and avoid stress.

\* Written as 130/80

Sources: <https://medicalxpress.com/news/2017-11-adults-high-blood-pressure-guidelines.html>  
<https://www.bloomberg.com/news/articles/2017-11-13/thirty-million-americans-just-got-high-blood-pressure>  
<https://www.newsday.com/news/health/new-high-blood-pressure-systolic-guidelines-1.14967340>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-0.html>

## PARAGRAPH ONE:

- |                           |                      |
|---------------------------|----------------------|
| 1. It used                | a. attacks           |
| 2. Doctors changed it     | b. be treated sooner |
| 3. the disease should     | c. 120 over 80       |
| 4. pushing blood          | d. to 130 over 80    |
| 5. If this pushing is too | e. blood pressure    |
| 6. it can lead to heart   | f. to be 140 over 90 |
| 7. normal                 | g. strong            |
| 8. less than              | h. around your body  |

## PARAGRAPH TWO:

- |                               |                   |
|-------------------------------|-------------------|
| 1. Health problems can happen | a. and salt       |
| 2. The new number is          | b. blood pressure |
| 3. lower your                 | c. stress         |
| 4. They should lose           | d. more           |
| 5. exercise                   | e. a warning      |
| 6. eat healthier              | f. weight         |
| 7. avoid alcohol              | g. at 130 over 80 |
| 8. avoid                      | h. food           |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-0.html>

The high blood pressure (1) \_\_\_\_\_. It used to be 140 over 90. Doctors (2) \_\_\_\_\_ 130 over 80.

This means the disease should (3) \_\_\_\_\_. Blood pressure is your heart pushing blood (4) \_\_\_\_\_.

If this pushing (5) \_\_\_\_\_, it can lead to heart attacks. Normal blood pressure (6) \_\_\_\_\_ 120 over 80.

Health problems (7) \_\_\_\_\_ 130 over 80. The new number is a (8) \_\_\_\_\_ your blood pressure. (9) \_\_\_\_\_ blood pressure must change their lifestyle. They (10) \_\_\_\_\_, exercise more, (11) \_\_\_\_\_, avoid alcohol and salt, quit smoking, (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-0.html>

The high blood pressure number has changed, it used to be 140 over 90. Doctors changed it to 130 over 80. This means the disease should be treated sooner. Blood pressure is your heart pushing blood around your body. If this pushing is too strong, it can lead to heart attacks. Normal blood pressure is less than 120 over 80. Health problems can happen at 130 over 80. The new number is a warning to lower your blood pressure. People with high blood pressure must change their lifestyle. They should lose weight, exercise more, eat healthier food, avoid alcohol and salt, quit smoking, and avoid stress.

# BLOOD PRESSURE SURVEY

From <https://breakingnewsenglish.com/1711/171116-blood-pressure-4.html>

Write five GOOD questions about blood pressure 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) \_\_\_\_\_

*Millions more have high blood pressure – 16th November, 2017*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

---

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

