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## Level 5

### You are what you eat, say scientists

20th December, 2017

<https://breakingnewsenglish.com/1712/171220-food-5.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 4 and 6. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/1712/171220-food-5.html>

Scientists have researched the effects our diet has on our mental health. They say what we eat affects and changes our brain up until the age of 30. This explains why older adults are more emotionally stable than under-30s. The research team was led by a professor of health and wellness studies. She said that people knew of the link between our diet and diabetes, heart disease and obesity, but we don't know so much about the influence our diet has on mental health. The researchers suggested that mental well-being led to healthy eating, healthy practices, and exercising.

The research was carried out anonymously via an Internet survey. It was sent to different professional and social networks. The study found that adults under 30 who ate fast food more than three times a week had higher levels of distress, anxiety and depression. For adults over 30, the study found that eating less carbohydrates and more fruit reduced these conditions. The researchers pointed to research showing how a Mediterranean diet was as good for our brain as for our body. They said: "It has all the components that are important for the healthy structure of the brain."

Sources: <http://www.tandfonline.com/doi/full/10.1080/1028415X.2017.1411875>  
<https://www.theguardian.com/lifeandstyle/2017/dec/18/can-food-change-your-mood-mental-wellbeing>  
<http://www.centralvalleybusinesstimes.com/stories/001/?ID=33817>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1712/171220-food-5.html>

## PARAGRAPH ONE:

- |                                |                          |
|--------------------------------|--------------------------|
| 1. the effects our diet has    | a. age of 30             |
| 2. what we eat affects and     | b. to healthy eating     |
| 3. up until the                | c. stable than under-30s |
| 4. adults are more emotionally | d. obesity               |
| 5. a professor of health and   | e. has on mental health  |
| 6. diabetes, heart disease and | f. on our mental health  |
| 7. the influence our diet      | g. wellness studies      |
| 8. mental well-being led       | h. changes our brain     |

## PARAGRAPH TWO:

- |                                   |                    |
|-----------------------------------|--------------------|
| 1. The research was carried       | a. as for our body |
| 2. social                         | b. and depression  |
| 3. adults under 30 who            | c. are important   |
| 4. higher levels                  | d. ate fast food   |
| 5. anxiety                        | e. of distress     |
| 6. less carbohydrates             | f. out anonymously |
| 7. as good for our brain          | g. networks        |
| 8. It has all the components that | h. and more fruit  |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1712/171220-food-5.html>

Scientists have researched the effects (1) \_\_\_\_\_ on our mental health. They say (2) \_\_\_\_\_ affects and changes our brain up until (3) \_\_\_\_\_ 30. This explains why older adults are more emotionally stable than under-30s. The research team was led by a professor of health and wellness studies. She said that people knew (4) \_\_\_\_\_ between our diet and diabetes, heart disease and obesity, but we don't know so much about (5) \_\_\_\_\_ diet has on mental health. The researchers suggested that mental well-being led (6) \_\_\_\_\_, healthy practices, and exercising.

The research (7) \_\_\_\_\_ anonymously via an Internet survey. It was sent to different professional and social networks. The study found (8) \_\_\_\_\_ 30 who ate fast food more than three times a week had (9) \_\_\_\_\_ distress, anxiety and depression. For adults over 30, the study found that eating less carbohydrates and more fruit reduced these conditions. The researchers (10) \_\_\_\_\_ showing how a Mediterranean diet was as good for (11) \_\_\_\_\_ for our body. They said: "It has all the components that are important for the healthy (12) \_\_\_\_\_ brain."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1712/171220-food-5.html>

Scientists have researched the effects our diet has on our mental health. They say what we eat affects and changes our brain up until the age of 30. This explains why older adults are more emotionally stable than under-30s. The research team was led by a professor of health and wellness studies. She said that people knew of the link between our diet and diabetes, heart disease and obesity, but we don't know so much about the influence our diet has on mental health. The researchers suggested that mental well-being led to healthy eating, healthy practices, and exercising. The research was carried out anonymously via an Internet survey. It was sent to different professional and social networks. The study found that adults under 30 who ate fast food more than three times a week had higher levels of distress, anxiety and depression. For adults over 30, the study found that eating less carbohydrates and more fruit reduced these conditions. The researchers pointed to research showing how a Mediterranean diet was a good food for our brains and for our bodies. They said: "It has all the components that are important for the healthy structure of the brain."

# FOOD AND MENTAL HEALTH SURVEY

From <https://breakingnewsenglish.com/1712/171220-food-4.html>

Write five GOOD questions about food and mental health 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) \_\_\_\_\_

*You are what you eat, say scientists – 20th December, 2017*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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) \_\_\_\_\_

