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## Level 6

### You are what you eat, say scientists

20th December, 2017

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

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

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

Scientists have cast new light on the effects our diet has on our mental health. Researchers say what we eat affects and alters our brain chemistry up until the age of 30. They say this explains why older adults are more emotionally stable and resilient than under-30s. The research was conducted by a team led by Lina Begdache, a professor of health and wellness studies. Researchers said that while the link between our diet and diabetes, heart disease and obesity is well established, there is a paucity of research on the influence our dietary intake has on mental health. The researchers also suggested that mental well-being stimulated healthy eating, healthy practices, and exercising.

The research was carried out via an anonymous internet-based survey. It was sent through social media platforms to different professional and social group networks. Professor Begdache found that adults under 30 who ate fast food more than three times a week scored higher on levels of mental distress, anxiety and depression. She said that for adults over 30, the study found that eating less carbohydrates and more fruit reduced anxiety and depression. Begdache pointed to research showing how a Mediterranean diet was as good for our brain as for our body. She 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>

# WARM-UPS

**1. FOOD AND MENTAL HEALTH:** Students walk around the class and talk to other students about food and mental health. 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?

light / mental health / brain / chemistry / stable / team / obesity / influence / research  
anonymous / survey / professional / fast food / anxiety / carbohydrates / diet

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

**3. WE ARE WHAT WE EAT:** Students A **strongly** believe we are what we eat; Students B **strongly** believe that's not true. Change partners again and talk about your conversations.

**4. DIET:** How would these diets affect our physical and mental health? Complete this table with your partner(s). Change partners often and share what you wrote.

| Diet          | Physical Health | Mental Health |
|---------------|-----------------|---------------|
| Vegetarian    |                 |               |
| Fast food     |                 |               |
| Spicy food    |                 |               |
| Japanese food |                 |               |
| Meat only     |                 |               |
| Fruit only    |                 |               |

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

**6. FOOD:** Rank these with your partner. Put the best food for our health at the top. Change partners often and share your rankings.

- tofu
- nuts
- garlic
- spinach
- beef
- fish
- chocolate
- rice

# VOCABULARY MATCHING

## Paragraph 1

- |               |   |
|---------------|---|
| 1. cast       | a. Sane and sensible; not easily upset or disturbed.                              |
| 2. diet       | b. Able to withstand, cope with or recover quickly from difficult conditions.     |
| 3. alters     | c. Thrown or put something somewhere.   |
| 4. stable     | d. Encouraged the development of or increased activity in something.              |
| 5. resilient  | e. The kinds of food that a person, animal, or community usually eats.            |
| 6. paucity    | f. Changes or causes to change in character or form.                              |
| 7. stimulated | g. The presence of something only in small or insufficient quantities or amounts. |

## Paragraph 2

- |                   |  |
|-------------------|--|
| 8. via            | h. Smaller parts of a larger whole.  |
| 9. anonymous      | i. By way of; through.   |
| 10. distress      | j. Of a person not identified by name; of unknown name.  |
| 11. anxiety       | k. Great sadness, usually felt over a period of time and accompanied by feelings of hopelessness and of not feeling good enough. |
| 12. depression    | l. A feeling of worry, nervousness, or unease, usually about an upcoming event.  |
| 13. carbohydrates | m. Extreme anxiety, sorrow, or pain.   |
| 14. components    | n. A food group that includes sugars and starch. They are in food like rice, potatoes and pasta and give us energy.              |

# BEFORE READING / LISTENING

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

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

- a. Scientists shone a light on people's diets. **T / F**
- b. Researchers say the food under-30s eat changes their brain. **T / F**
- c. A researcher said there is little research on our diet and mental health. **T / F**
- d. The researcher suggested that being healthy encourages healthy eating. **T / F**
- e. The research was done on people the researchers never met. **T / F**
- f. A survey was send via just one social network. **T / F**
- g. The article said that people who ate faster were more depressed. **T / F**
- h. A professor said the Mediterranean Diet was not good for mental health. **T / F**

## 2. SYNONYM MATCH:

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

- |                       |                  |
|-----------------------|------------------|
| <b>1. cast</b>        | a. conducted     |
| <b>2. alters</b>      | b. well-balanced |
| <b>3. stable</b>      | c. parts         |
| <b>4. paucity</b>     | d. encouraged    |
| <b>5. stimulated</b>  | e. study         |
| <b>6. carried out</b> | f. spread        |
| <b>7. survey</b>      | g. formation     |
| <b>8. anxiety</b>     | h. shortage      |
| <b>9. components</b>  | i. worry         |
| <b>10. structure</b>  | j. changes       |

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

- |                                   |                           |
|-----------------------------------|---------------------------|
| 1. Scientists have cast new       | a. emotionally stable     |
| 2. what we eat affects and alters | b. carbohydrates          |
| 3. adults are more                | c. being                  |
| 4. diabetes, heart disease        | d. our brain chemistry    |
| 5. mental well-                   | e. internet-based survey  |
| 6. carried out via an anonymous   | f. distress               |
| 7. It was sent through            | g. light on the effects   |
| 8. mental                         | h. as for our body        |
| 9. eating less                    | i. and obesity            |
| 10. as good for our brain         | j. social media platforms |

# GAP FILL

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

Scientists have (1) \_\_\_\_\_ new light on the effects our diet has on our mental health. Researchers say what we eat affects and (2) \_\_\_\_\_ our brain chemistry up until the age of 30. They say this explains why older adults are more emotionally (3) \_\_\_\_\_ and resilient than under-30s. The research was conducted by a team led by Lina Begdache, a professor of health and (4) \_\_\_\_\_ studies. Researchers said that while the link between our diet and diabetes, heart disease and (5) \_\_\_\_\_ is well established, there is a (6) \_\_\_\_\_ of research on the influence our dietary (7) \_\_\_\_\_ has on mental health. The researchers also suggested that mental well-being stimulated healthy eating, healthy (8) \_\_\_\_\_, and exercising.

*wellness*  
*alters*  
*practices*  
*obesity*  
*cast*  
*intake*  
*stable*  
*paucity*

The research was carried out via an (9) \_\_\_\_\_ internet-based survey. It was sent through social media (10) \_\_\_\_\_ to different professional and social group networks. Professor Begdache found that adults under 30 who ate fast food more than three times a week (11) \_\_\_\_\_ higher on levels of mental distress, (12) \_\_\_\_\_ and depression. She said that for (13) \_\_\_\_\_ over 30, the study found that eating less carbohydrates and more fruit reduced anxiety and depression. Begdache (14) \_\_\_\_\_ to research showing how a Mediterranean diet was as good for our (15) \_\_\_\_\_ as for our body. She said: "It has all the components that are important for the healthy (16) \_\_\_\_\_ of the brain."

*pointed*  
*scored*  
*structure*  
*anonymous*  
*brain*  
*anxiety*  
*platforms*  
*adults*

# LISTENING – Guess the answers. Listen to check.

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

- 1) Scientists have cast new light on the effects our diet has on \_\_\_\_\_
  - a. our mentally health
  - b. our meant all health
  - c. our meant all healthy
  - d. our mental health
- 2) Researchers say what we eat affects and \_\_\_\_\_ chemistry
  - a. alters hour brains
  - b. alters our brain
  - c. alters our brainy
  - d. alters hour brain
- 3) conducted by a team led by Lina Begdache, a professor of health and \_\_\_\_\_
  - a. wellness studies
  - b. well nest studios
  - c. wellness stud is
  - d. well nest studies
- 4) diabetes, heart disease and obesity is well established, there is \_\_\_\_\_ research
  - a. a poor city of
  - b. a paucity of
  - c. a paw city of
  - d. a pore city of
- 5) The researchers also suggested that mental well-being \_\_\_\_\_ eating
  - a. stimulated healthy
  - b. stimulates healthy
  - c. stimulating healthy
  - d. stimulation healthy
- 6) The research was carried out via an anonymous \_\_\_\_\_ survey
  - a. internet-basted
  - b. internet-biased
  - c. internet-based
  - d. internet-braised
- 7) sent through social media platforms to different professional and \_\_\_\_\_ networks
  - a. socially group
  - b. socialize group
  - c. socials group
  - d. social group
- 8) scored higher on levels of mental distress, \_\_\_\_\_ depression
  - a. anxious tea and
  - b. and city end
  - c. and zoo city end
  - d. anxiety and
- 9) eating less carbohydrates and more fruit reduced anxiety \_\_\_\_\_
  - a. end depression
  - b. and deep ration
  - c. and deep ration
  - d. and dip passion
- 10) It has all the components that are important for the healthy \_\_\_\_\_ brain
  - a. structures of the
  - b. structural of the
  - c. structure of the
  - d. structured of the

# LISTENING – Listen and fill in the gaps

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

Scientists have cast new light (1) \_\_\_\_\_ our diet has on our mental health. Researchers say what we eat affects (2) \_\_\_\_\_ brain chemistry up until the age of 30. They say this explains why older adults are more emotionally stable (3) \_\_\_\_\_ under-30s. The research was conducted by a team led by Lina Begdache, a professor of health and wellness studies. Researchers said that (4) \_\_\_\_\_ between our diet and diabetes, heart disease and obesity is well established, there is a paucity of research on the influence our (5) \_\_\_\_\_ on mental health. The researchers also suggested that mental well-being stimulated healthy eating, (6) \_\_\_\_\_, and exercising.

The research was carried (7) \_\_\_\_\_ anonymous internet-based survey. It was sent through social (8) \_\_\_\_\_ to different professional and social group networks. Professor Begdache found that adults under 30 (9) \_\_\_\_\_ food more than three times a week scored higher on levels (10) \_\_\_\_\_, anxiety and depression. She said that for adults over 30, the study found that eating less carbohydrates and (11) \_\_\_\_\_ anxiety and depression. Begdache pointed to research showing how a Mediterranean diet was as good for our brain as for our body. She said: "It has all the components that are important for the healthy (12) \_\_\_\_\_ brain."

# COMPREHENSION QUESTIONS

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

1. What have researchers cast on the effects of our diet on mental health?
2. Who did the article say was more emotionally stable and resilient?
3. What is Lina Begdache a professor of besides health?
4. What did the professor say about the link between diet and obesity?
5. What did the researchers say stimulated healthy practices?
6. How was the survey conducted?
7. How often did adults eat fast food to increase levels of mental distress?
8. What did over-30s eat less of to reduce depression?
9. What diet did the professor suggest eating?
10. What is a diet mentioned in the article important for?

# MULTIPLE CHOICE - QUIZ

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

- 1) What have researchers cast on the effects of our diet on mental health?
  - a) a net
  - b) the truth
  - c) a fishing line
  - d) new light
- 2) Who did the article say was more emotionally stable and resilient?
  - a) people under 30
  - b) people over 30
  - c) people over 60
  - d) teenagers
- 3) What is Lina Begdache a professor of besides health?
  - a) depression
  - b) nutrition
  - c) wellness
  - d) diet
- 4) What did the professor say about the link between diet and obesity?
  - a) it is well established
  - b) it was strong
  - c) it was breaking
  - d) it was tenuous
- 5) What did the researchers say stimulated healthy practices?
  - a) free time
  - b) food
  - c) mental well-being
  - d) anonymity
- 6) How was the survey conducted?
  - a) well
  - b) anonymously and online
  - c) quickly
  - d) on paper
- 7) How often did adults eat fast food to increase levels of mental distress?
  - a) once a month
  - b) every day
  - c) often
  - d) three times a week
- 8) What did over-30s eat less of to reduce depression?
  - a) carbohydrates
  - b) protein
  - c) meat
  - d) vegetables
- 9) What diet did the professor suggest eating?
  - a) a vegan diet
  - b) a carbohydrate diet
  - c) a Mediterranean diet
  - d) a vegetarian diet
- 10) What is a diet mentioned in the article important for?
  - a) babies
  - b) a healthy brain
  - c) physical fitness
  - d) food waste

# ROLE PLAY

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

## **Role A – Chocolate**

You think chocolate is the best food for our health. Tell the others three reasons why. Tell them what is wrong with their foods. Also, tell the others which is the worst of these (and why): garlic, chicken or spinach.

## **Role B – Garlic**

You think garlic is the best food for our health. Tell the others three reasons why. Tell them what is wrong with their foods. Also, tell the others which is the worst of these (and why): chocolate, chicken or spinach.

## **Role C – Chicken**

You think chicken is the best food for our health. Tell the others three reasons why. Tell them what is wrong with their foods. Also, tell the others which is the worst of these (and why): garlic, chocolate or spinach.

## **Role D – Spinach**

You think spinach is the best food for our health. Tell the others three reasons why. Tell them what is wrong with their foods. Also, tell the others which is the worst of these (and why): garlic, chicken or chocolate.

# AFTER READING / LISTENING

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

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

|             |               |
|-------------|---------------|
| <b>diet</b> | <b>health</b> |
|-------------|---------------|

- 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"><li>• cast</li><li>• until</li><li>• under</li><li>• led</li><li>• while</li><li>• practices</li></ul> | <ul style="list-style-type: none"><li>• via</li><li>• group</li><li>• fast</li><li>• less</li><li>• pointed</li><li>• important</li></ul> |
|--|---|

# FOOD AND MENTAL HEALTH SURVEY

From <https://breakingnewsenglish.com/1712/171220-food.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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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.

# FOOD AND MENTAL HEALTH DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'diet'?
3. How healthy is your diet?
4. Do you eat any food to keep your brain healthy?
5. What do you know about the brain?
6. Are the under-30s less emotionally stable than the over-30s?
7. How does lots of cola and coffee affect our brain and mood?
8. Why is there so little research on diet and mental health?
9. Do mentally-well people have healthier lives?
10. Will you change what you eat from now on?

*You are what you eat, say scientists – 20th December, 2017*  
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# FOOD AND MENTAL HEALTH DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'health'?
13. What do you think about what you read?
14. Are you what you eat?
15. What do you eat that might affect your mental health?
16. How might fast food affect our mental well-being?
17. What could you eat less or more of to reduce depression?
18. What do you know about the Mediterranean diet?
19. What kind of diet is best for our mental health?
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 <https://breakingnewsenglish.com/1712/171220-food.html>

Scientists have (1) \_\_\_\_\_ new light on the effects our diet has on our mental health. Researchers say what we eat affects and (2) \_\_\_\_\_ our brain chemistry up until the age of 30. They say this explains why older adults are more (3) \_\_\_\_\_ stable and resilient than under-30s. The research was conducted by a team (4) \_\_\_\_\_ by Lina Begdache, a professor of health and wellness studies. Researchers said that while the link between our diet and diabetes, heart disease and obesity is (5) \_\_\_\_\_ established, there is a paucity (6) \_\_\_\_\_ research on the influence our dietary intake has on mental health. The researchers also suggested that mental well-being stimulated healthy eating, healthy practices, and exercising.

The research was carried out (7) \_\_\_\_\_ an anonymous internet-based survey. It was sent through social media platforms to different professional and social group networks. Professor Begdache found that adults under 30 (8) \_\_\_\_\_ ate fast food more than three times a week scored higher on levels of mental distress, anxiety and (9) \_\_\_\_\_. She said that for adults over 30, the study found that eating less carbohydrates and more fruit (10) \_\_\_\_\_ anxiety and depression. Begdache pointed to research showing how a Mediterranean diet was as good for our brain (11) \_\_\_\_\_ for our body. She said: "It has all the (12) \_\_\_\_\_ that are important for the healthy structure of the brain."

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

- |     |                |                |                |                  |
|-----|----------------|----------------|----------------|------------------|
| 1.  | (a) caste      | (b) cast       | (c) aghast     | (d) crates       |
| 2.  | (a) altars     | (b) alters     | (c) altos      | (d) antlers      |
| 3.  | (a) emotive    | (b) emotion    | (c) emotions   | (d) emotionally  |
| 4.  | (a) fed        | (b) led        | (c) wed        | (d) bed          |
| 5.  | (a) many       | (b) nice       | (c) good       | (d) well         |
| 6.  | (a) at         | (b) to         | (c) of         | (d) by           |
| 7.  | (a) via        | (b) viva       | (c) vial       | (d) visa         |
| 8.  | (a) whom       | (b) whoever    | (c) who        | (d) whosoever    |
| 9.  | (a) depressing | (b) depressed  | (c) depressive | (d) depression   |
| 10. | (a) reduced    | (b) less       | (c) smaller    | (d) lower        |
| 11. | (a) as         | (b) is         | (c) has        | (d) was          |
| 12. | (a) components | (b) competence | (c) complaints | (d) compartments |

# SPELLING

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

## Paragraph 1

1. affects and alters our brain shtemriyc
2. emotionally stable and resltneii
3. diabetes, heart disease and yoesbti
4. a paucity of research on the eleifcunn
5. our tyrdiea intake
6. iaedlmtust healthy eating

## Paragraph 2

7. via an smonynoau internet-based survey
8. social media rlmsatfop
9. mental distress, aixenty and depression
10. eating less basoeydrtrcha
11. the noemspncot that are important
12. the healthy rruutstec of the brain

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) intake has on mental health. The researchers also suggested that mental well-
- ( ) being stimulated healthy eating, healthy practices, and exercising.
- ( ) alters our brain chemistry up until the age of 30. They say this explains why older adults are more emotionally
- ( ) of health and wellness studies. Researchers said that while the link between our diet and diabetes, heart disease
- ( ) the components that are important for the healthy structure of the brain."
- ( ) carbohydrates and more fruit reduced anxiety and depression. Begdache pointed to research showing
- ( ) under 30 who ate fast food more than three times a week scored higher on levels of mental distress, anxiety
- ( **1** ) Scientists have cast new light on the effects our diet has on our mental health. Researchers say what we eat affects and
- ( ) and depression. She said that for adults over 30, the study found that eating less
- ( ) stable and resilient than under-30s. The research was conducted by a team led by Lina Begdache, a professor
- ( ) how a Mediterranean diet was as good for our brain as for our body. She said: "It has all
- ( ) The research was carried out via an anonymous internet-based survey. It was sent through social media
- ( ) and obesity is well established, there is a paucity of research on the influence our dietary
- ( ) platforms to different professional and social group networks. Professor Begdache found that adults

# PUT THE WORDS IN THE RIGHT ORDER

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

1. effects new cast have Scientists on light the .
2. eat our chemistry we alters brain What .
3. are emotionally Why adults more stable older .
4. dietary health intake The has influence on our mental .
5. healthy stimulated Suggested mental that well-being eating .
6. an out survey anonymous via Carried based internet- .
7. who under often food ate 30 Adults more fast .
8. anxiety carbohydrates more reduced Less and fruit .
9. how as a good Mediterranean Research diet showing was .
10. structure healthy the for Important brain the of .

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

Scientists have *cast / caste* new light on the effects our diet has on our mental health. Researchers say what we eat *effects / affects* and alters our brain chemistry up *until / by* the age of 30. They say this explains why older adults are more emotionally *stable / stability* and resilient than under-30s. The research was conducted by a team *leader / led* by Lina Begdache, a professor of health and wellness *studies / studios*. Researchers said that while the link *among / between* our diet and diabetes, heart disease and obesity is well established, there is a *publicity / paucity* of research on the influence our dietary intake has on *mentally / mental* health. The researchers also suggested that mental well-being stimulated healthy eating, healthy practices, and *exercising / exercised*.

The research was carried *in / out* via an anonymous internet-based survey. It was sent *though / through* social media platforms to *different / difference* professional and social group networks. Professor Begdache found that adults under 30 who ate *faster / fast* food more than three times a week scored higher *on / to* levels of mental distress, *anxiety / anxious* and depression. She said that for adults *over / higher* 30, the study found that eating less carbohydrates and more fruit reduced anxiety and depression. Begdache *pointed / pointing* to research showing how a Mediterranean diet was as *well / good* for our brain as for our body. She said: "It has all the *components / competence* that are important for the healthy structure of the brain."

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

Sc\_\_nt\_\_sts h\_\_v\_\_c\_\_st n\_\_w l\_\_ght \_\_n th\_\_ \_\_ff\_\_cts \_\_r d\_\_t  
h\_\_s \_\_n \_\_r m\_\_nt l\_\_h\_\_lth. R\_\_s\_\_rch rs s\_\_y wh\_\_t w\_\_ \_\_t  
\_\_ff\_\_cts \_\_nd l\_\_t rs \_\_r br\_\_n ch\_\_m\_\_stry \_\_p\_\_nt l\_\_th\_\_  
\_\_g\_\_f 30. Th\_\_y s\_\_y th\_\_s \_\_xpl\_\_ns why l\_\_d\_\_r d\_\_lts r\_\_  
m\_\_r \_\_m\_\_t \_\_n lly st\_\_bl \_\_nd r\_\_s l\_\_nt th\_\_n \_\_nd r-30s.  
Th\_\_ r\_\_s\_\_rch w\_\_s c\_\_nd\_\_ct\_\_d by \_\_t\_\_m l\_\_d by L\_\_n\_\_  
B\_\_gd\_\_ch\_\_, \_\_pr\_\_f\_\_ss\_\_r f\_\_h\_\_lth \_\_nd w\_\_lln\_\_ss st\_\_d\_\_s.  
R\_\_s\_\_rch rs s\_\_d th\_\_t wh\_\_l th\_\_ l\_\_nk b\_\_tw\_\_n \_\_r  
d\_\_t \_\_nd d\_\_b\_\_t s\_\_, h\_\_rt d\_\_s \_\_s \_\_nd b\_\_s\_\_ty s w\_\_ll  
\_\_st\_\_bl sh\_\_d, th\_\_r \_\_s \_\_p\_\_c\_\_ty f\_\_r s\_\_rch \_\_n th\_\_  
\_\_nfl\_\_nc\_\_ \_\_r d\_\_t ry \_\_nt k\_\_ h\_\_s \_\_n m\_\_nt l\_\_h\_\_lth.  
Th\_\_ r\_\_s\_\_rch rs l\_\_s s\_\_gg\_\_st\_\_d th\_\_t m\_\_nt l\_\_w\_\_ll-b\_\_ng  
st\_\_m l\_\_t\_\_d h\_\_lthy \_\_t\_\_ng, h\_\_lthy pr\_\_ct\_\_c\_\_s, \_\_nd  
\_\_x\_\_rc\_\_s\_\_ng.

Th\_\_ r\_\_s\_\_rch w\_\_s c\_\_rr\_\_d \_\_t v\_\_ \_\_n \_\_n nym\_\_s  
\_\_nt\_\_rn\_\_t-b\_\_s\_\_d s\_\_rv\_\_y. \_\_t w\_\_s s\_\_nt thr\_\_gh s\_\_c\_\_l  
m\_\_d\_\_pl\_\_tf\_\_rms t\_\_d\_\_ff\_\_r\_\_nt pr\_\_f\_\_ss\_\_n l\_\_nd s\_\_c\_\_l  
gr\_\_p n\_\_tw\_\_rks. Pr\_\_f\_\_ss\_\_r B\_\_gd\_\_ch\_\_ f\_\_nd th\_\_t d\_\_lts  
\_\_nd r 30 wh\_\_ \_\_t f\_\_st f\_\_d m\_\_r th\_\_n thr\_\_t m\_\_s \_\_  
w\_\_k sc\_\_rd h\_\_gh r \_\_n l\_\_v\_\_ls \_\_f m\_\_nt l\_\_d str\_\_ss,  
\_\_nx\_\_ty \_\_nd d\_\_pr\_\_ss\_\_n. Sh\_\_s\_\_d th\_\_t f\_\_r d\_\_lts v\_\_r  
30, th\_\_ st\_\_dy f\_\_nd th\_\_t \_\_t\_\_ng l\_\_ss c\_\_rb\_\_hydr\_\_t s \_\_nd  
m\_\_r fr\_\_t r\_\_d c\_\_d \_\_nx\_\_ty \_\_nd d\_\_pr\_\_ss\_\_n. B\_\_gd\_\_ch\_\_  
p\_\_nt\_\_d t\_\_ r\_\_s\_\_rch sh\_\_w\_\_ng h\_\_w \_\_ M\_\_d\_\_t\_\_rr\_\_n \_\_n  
d\_\_t w\_\_s s\_\_g\_\_d f\_\_r \_\_r br\_\_n s f\_\_r \_\_r b\_\_dy. Sh\_\_  
s\_\_d: " \_\_t h\_\_s \_\_ll th\_\_ c\_\_mp\_\_n\_\_ts th\_\_t r\_\_ \_\_mp\_\_rt\_\_nt  
f\_\_r th\_\_ h\_\_lthy str\_\_ct\_\_r \_\_f th\_\_ br\_\_n."

# PUNCTUATE THE TEXT AND ADD CAPITALS

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# PUT A SLASH ( / ) WHERE THE SPACES ARE

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Scientists have cast new light on the effects our diet has on our mental health. Researchers say what we eat affects and alters our brain chemistry up until the age of 30. They say this explains why older adults are more emotionally stable and resilient than under-30s. The research was conducted by a team led by Lina Begdache, a professor of health and wellness studies. Researchers said that while the link between our diet and diabetes, heart disease and obesity is well established, there is a paucity of research on the influence our dietary intake has on mental health. The researchers also suggested that mental well-being is stimulated by healthy eating, healthy practices, and exercising. The research was carried out via an anonymous internet-based survey. It was sent through social media platforms to different professional and social group networks. Professor Begdache found that adults under 30 who ate fast food more than three times a week scored higher on levels of mental distress, anxiety and depression. She said that for adults over 30, the study found that eating less carbohydrates and more fruit reduced anxiety and depression. Begdache pointed to research showing how a Mediterranean diet was as good for our brains as for our body. She said: "It has all the components that are important for the healthy structure of the brain."





# 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 this news story. Share what you discover with your partner(s) in the next lesson.

**3. FOOD AND MENTAL HEALTH:** Make a poster about food and mental health. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. WE ARE WHAT WE EAT:** Write a magazine article about food and mental health. Include imaginary interviews with people who believe this and with people who do not believe 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 food and mental health. Ask him/her three questions about food and mental health. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. c    2. e    3. f    4. a    5. b    6. g    7. d  
8. i    9. j    10. m    11. l    12. k    13. n    14. h

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

- |                |                  |
|----------------|------------------|
| 1. cast        | a. spread        |
| 2. alters      | b. changes       |
| 3. stable      | c. well-balanced |
| 4. paucity     | d. shortage      |
| 5. stimulated  | e. encouraged    |
| 6. carried out | f. conducted     |
| 7. survey      | g. study         |
| 8. anxiety     | h. worry         |
| 9. components  | i. parts         |
| 10. structure  | j. formation     |

## COMPREHENSION QUESTIONS (p.9)

1. The effects of diet on mental health
2. People over 30
3. Wellness
4. It is well established
5. Mental well-being
6. Anonymously and online
7. Three times a week
8. Carbohydrates
9. The Mediterranean Diet
10. The healthy structure of the brain

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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