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**Level 1** – 28th August, 2018

## Honey better for coughs than antibiotics

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/1808/180828-honey-1.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 0, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/1808/180828-honey-1.html>

Doctors are advising people with coughs to drink or eat honey or get some medicine from a drugstore instead of visiting a doctor. In most cases, honey will work better than antibiotics. Most of the time, a cough get better on its own in a few weeks, even without medicine. Many of us go to see a doctor if we have a cough. Doctors in England say this can be a waste of time. They say antibiotics do little to make a cough go away.

We use antibiotics too much. This can be bad because antibiotics are getting weaker against viruses, so medicines are working less. This is creating superbugs, which are dangerous to our health. Honey can help to soothe a sore throat. A hot drink with honey is a traditional remedy for coughs. People sometimes add lemon to it. Honey may be good for children because they dislike medicine but love honey. Also, children do not like visiting a doctor.

Sources: <https://www.bbc.com/news/health-45270134>  
<https://www.thisinsider.com/treat-cough-with-honey-before-antibiotics-new-guidelines-2018-8>  
<http://www.pulsetoday.co.uk/clinical/clinical-specialties/prescribing/gps-should-recommend-honey-and-herbal-medicines-for-coughs-suggests-nice/20037335.article>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1808/180828-honey-1.html>

## PARAGRAPH ONE:

- |                            |                    |
|----------------------------|--------------------|
| 1. Doctors are             | a. a cough         |
| 2. In most                 | b. little          |
| 3. a cough gets better     | c. advising people |
| 4. in a                    | d. away            |
| 5. see a doctor if we have | e. few weeks       |
| 6. this can be a waste     | f. on its own      |
| 7. They say antibiotics do | g. cases           |
| 8. make a cough go         | h. of time         |

## PARAGRAPH TWO:

- |                              |                      |
|------------------------------|----------------------|
| 1. antibiotics are           | a. remedy for coughs |
| 2. This is creating          | b. love honey        |
| 3. Honey can help to soothe  | c. superbugs         |
| 4. honey is a traditional    | d. visiting a doctor |
| 5. People sometimes add      | e. a sore throat     |
| 6. Honey may be good         | f. lemon to it       |
| 7. they dislike medicine but | g. getting weaker    |
| 8. children do not like      | h. for children      |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1808/180828-honey-1.html>

Doctors (1) \_\_\_\_\_ with coughs to drink or eat honey (2) \_\_\_\_\_ medicine from a drugstore (3) \_\_\_\_\_ a doctor. In most cases, honey will work better than antibiotics. Most of the time, a cough (4) \_\_\_\_\_ its own in a few weeks, even without medicine. Many of us go to see a doctor if we have a cough. Doctors in England say this can be a (5) \_\_\_\_\_. They say antibiotics do little to make a (6) \_\_\_\_\_.

We use antibiotics too much. This (7) \_\_\_\_\_ because antibiotics (8) \_\_\_\_\_ against viruses, so medicines are working less. This is creating superbugs, which are dangerous to our health. Honey can (9) \_\_\_\_\_ a sore throat. A hot drink with honey (10) \_\_\_\_\_ remedy for coughs. People sometimes (11) \_\_\_\_\_ it. Honey may be good for children because they dislike medicine but love honey. Also, children do not (12) \_\_\_\_\_ doctor.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1808/180828-honey-1.html>

Doctors are advising people with coughs to drink a little honey or get some medicine from a drug store instead of visiting a doctor. In most cases, honey will work better than antibiotics. Most of the time, a cough gets better on its own in a few weeks, even without medicine. Many of us go to see a doctor if we have a cough. Doctors in England say this can be a waste of time. They say antibiotics do little to make a cough go away. We use antibiotics too much. This can be bad because antibiotics are getting weaker against viruses, so some medicines are working less. This is creating superbugs, which are dangerous to our health. Honey can help to soothe a sore throat. A hot drink with honey is a traditional remedy for coughs. People sometimes add lemon to it. Honey may be good for children because they dislike medicine but love honey. Also, children do not like visiting a doctor.

# HONEY SURVEY

From <https://breakingnewsenglish.com/1808/180828-honey-4.html>

Write five GOOD questions about honey 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) \_\_\_\_\_

