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**Level 5** – 12th March, 2019

## Dog walking can be harmful for older people

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

<https://breakingnewsenglish.com/1903/190312-dog-walking-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/1903/190312-dog-walking-5.html>

It seems common sense that walking a dog is good for older people. Dogs provide a healthy excuse to go for a walk and get some exercise. However, research shows that dog-walking can have downsides for seniors. A report published in an American medical journal says more and more seniors are getting injured because of dog-walking. From 2004 to 2017, researchers found over 32,000 cases of over-65s suffering fractures attributed to walking their dog. Some injuries were serious and needed the senior to have emergency surgery.

Researchers advised the elderly of possible dangers to walking a dog. They said: "For older adults - especially those...with decreased bone mineral density - the risks associated with walking leashed dogs merit consideration." They said just one injury could cause a deadly hip fracture, lifelong complications, or the loss of independence. The lead researcher blamed a "small person/big dog" scenario for many accidents. He said a dog is sometimes mismatched with its owner's strength to handle it. An elderly dog owner said: "Old people need dogs. We need our soul mates."

Sources: <https://www.foxnews.com/health/dog-walking-may-be-hazardous-to-seniors-health-study-suggests>  
<https://edition.cnn.com/2019/03/06/health/dog-walking-injuries-study/index.html>  
<https://www.sciencedaily.com/releases/2019/03/190306110620.htm>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1903/190312-dog-walking-5.html>

## PARAGRAPH ONE:

- |                                   |                        |
|-----------------------------------|------------------------|
| 1. common                         | a. 65s suffering       |
| 2. get some                       | b. journal             |
| 3. dog-walking can have downsides | c. surgery             |
| 4. medical                        | d. exercise            |
| 5. more seniors                   | e. serious             |
| 6. 32,000 cases of over-          | f. sense               |
| 7. Some injuries were             | g. for seniors         |
| 8. have emergency                 | h. are getting injured |

## PARAGRAPH TWO:

- |                                |                    |
|--------------------------------|--------------------|
| 1. decreased bone mineral      | a. scenario        |
| 2. cause a deadly hip          | b. dog owner       |
| 3. lifelong                    | c. density         |
| 4. the loss                    | d. mates           |
| 5. a "small person/big dog"    | e. complications   |
| 6. mismatched with its owner's | f. of independence |
| 7. An elderly                  | g. fracture        |
| 8. We need our soul            | h. strength        |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1903/190312-dog-walking-5.html>

It seems (1) \_\_\_\_\_ walking a dog is good for older people.

Dogs provide a healthy (2) \_\_\_\_\_ for a walk and get some

exercise. However, research shows that dog-walking can have downsides for

seniors. A (3) \_\_\_\_\_ an American medical journal says

more and more seniors are (4) \_\_\_\_\_ of dog-walking. From

2004 to 2017, researchers (5) \_\_\_\_\_ cases of over-65s

suffering fractures attributed to walking their dog. Some injuries were

serious and needed the (6) \_\_\_\_\_ emergency surgery.

Researchers (7) \_\_\_\_\_ of possible dangers to walking a

dog. They said: "For older adults - especially those...with decreased

(8) \_\_\_\_\_ - the risks associated with walking leashed dogs

merit consideration." They said just one injury could

(9) \_\_\_\_\_ hip fracture, lifelong complications, or the loss of

independence. The lead researcher (10) \_\_\_\_\_ person/big

dog" scenario for many accidents. He said a dog (11) \_\_\_\_\_

with its owner's strength to handle it. An elderly dog owner said: "Old people

need dogs. We need (12) \_\_\_\_\_."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1903/190312-dog-walking-5.html>

It seems common sense that walking a dog is good for older people. Dogs provide a healthy excuse to go for a walk and get some exercise. However, research shows that dog-walking can have downsides for seniors. A report published in an American medical journal says more and more seniors are getting injured because of dog-walking. From 2004 to 2017, researchers found over 32,000 cases of over-65s suffering fractures attributed to walking their dog. Some injuries were serious and needed the senior to have emergency surgery. Researchers advised the elderly of possible dangers to walking a dog. They said: "For older adults - especially those... with decreased bone mineral density - the risks associated with walking a leash dog merit consideration." They said just one injury could cause an elderly hip fracture, lifelong complications, or the loss of independence. The lead researcher blamed a "small person/big dog" scenario for many accidents. He said a dog is sometimes mismatched with its owner's strength to handle it. An elderly dog owner said: "Old people need dogs. We need our soulmates."

# DOG-WALKING SURVEY

From <https://breakingnewsenglish.com/1903/190312-dog-walking-4.html>

Write five GOOD questions about dog-walking 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) \_\_\_\_\_

