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Level 2 – 26th September, 2019

Eating nuts could help us to keep slim

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

<https://breakingnewsenglish.com/1909/190926-nuts-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1909/190926-nuts-2.html>

Research says nuts could be a valuable and tasty slimming aid. Harvard University researchers recommended people replace unhealthy snacks with a handful of nuts to slow down weight gain. This is especially helpful for people as they get older. The researchers said people who ate 14g of nuts every day gained less weight and were less likely to become obese than those who ate other snacks. The benefits to our weight could be quite small. Eating nuts instead of chocolate and cakes could help prevent a weight gain of just 0.4 to 0.7kg over four years. The researchers' study was twenty years long. They looked at the lifestyles of 190,000 people. The participants in the research were divided into three groups. They included over 51,000 male health professionals aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 nurses aged 24 to 44. Researchers asked them questions every four years about their weight, their exercise, and how often they ate nuts. A researcher said replacing less healthy foods with nuts might help reduce the weight gain that is common as we age, and might lower the chances of becoming obese.

Sources: <https://news.sky.com/story/eating-more-nuts-could-slow-weight-gain-researchers-say-11817911>
<https://www.dailymail.co.uk/health/article-7495177/Eating-half-ounce-nuts-day-cuts-odds-gaining-weight.html>
<https://www.medicalnewstoday.com/articles/326422.php>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1909/190926-nuts-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------|-------------------------|
| 1. a valuable and tasty | a. instead of chocolate |
| 2. a handful of | b. less weight |
| 3. people who ate 14g | c. over four years |
| 4. gained | d. slimming aid |
| 5. less likely to | e. to our weight |
| 6. The benefits | f. of nuts every day |
| 7. Eating nuts | g. nuts |
| 8. just 0.4 to 0.7kg | h. become obese |

PARAGRAPH TWO:

- | | |
|---------------------------------|----------------------|
| 1. The researchers' study was | a. as we age |
| 2. the lifestyles | b. three groups |
| 3. participants in the | c. of becoming obese |
| 4. divided into | d. of 190,000 people |
| 5. how often they | e. with nuts |
| 6. replacing less healthy foods | f. twenty years long |
| 7. that is common | g. ate nuts |
| 8. lower the chances | h. research |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1909/190926-nuts-2.html>

Research says nuts could (1) _____ and tasty slimming aid. Harvard University researchers recommended people replace unhealthy snacks (2) _____ of nuts to slow down weight gain. This (3) _____ for people as they get older. The researchers said people who ate 14g of nuts every day (4) _____ and were less likely to become obese than those who ate other snacks. The (5) _____ weight could be quite small. Eating nuts instead of chocolate and cakes could help (6) _____ gain of just 0.4 to 0.7kg over four years.

The researchers' (7) _____ years long. They looked at the lifestyles of 190,000 people. The participants in the research were (8) _____ groups. They included over 51,000 male health professionals aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 (9) _____ to 44. Researchers asked them questions every four years (10) _____, their exercise, and how (11) _____ nuts. A researcher said replacing less healthy foods with nuts might help reduce the weight gain that is common as we age, and might (12) _____ of becoming obese.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1909/190926-nuts-2.html>

Research says nuts could be a valuable and tasty slimming aid. Harvard University researchers recommended people replace unhealthy snacks with a handful of nuts to slow down weight gain. This is especially helpful for people as they get older. The researchers said people who ate 14g of nuts every day gained less weight and were less likely to become obese than those who ate other snacks. The benefit to our weight could be quite small. Eating nuts instead of chocolate and cakes could help prevent a weight gain of just 0.4 to 0.7kg over four years. The researchers' study was twenty years long. They looked at the lifestyles of 190,000 people. The participants in the research were divided into three groups. They included over 51,000 male health professionals aged 40 to 75, 121,700 nurses aged 35 to 55 and 16,686 nurses aged 24 to 44. Researchers asked them questions every four years about their weight, their exercise, and how often they ate nuts. Researchers said replacing less healthy foods with nuts might help reduce the weight gain that is common as we age, and might lower the chance of becoming obese.

NUTS SURVEY

From <https://breakingnewsenglish.com/1909/190926-nuts-4.html>

Write five GOOD questions about nuts 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) _____

