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Level 4 – 23rd February, 2020

Big breakfasts help us burn double the calories

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<https://breakingnewsenglish.com/2002/200223-big-breakfast-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-4.html>

Eating a big breakfast could become a popular new diet fad for people who want to lose weight. There was a study on how a big breakfast affected the body's metabolism. Sixteen men ate a low-calorie breakfast and high-calorie dinner. Eating a bigger breakfast and smaller dinner boosted diet-induced thermogenesis (DIT). This is the generation of body heat to burn calories. This happened even when the total calories per day was the same.

A big breakfast led to 2.5 times higher rates of DIT. The study showed that a big breakfast, regardless of the number of calories, creates twice as much DIT as the same meal eaten for dinner. The study said: "Eating more at breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity...eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."

Sources: <https://www.healthline.com/health-news/a-big-breakfast-may-help-you-burn-double-the-calories#The-bottom-line>
<https://metro.co.uk/2020/02/20/eating-big-breakfast-helps-burn-double-calories-says-study-12270475/?ito=cbshare>
<https://medicalxpress.com/news/2020-02-people-big-breakfast-calories.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-4.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|----------------------|
| 1. a popular new diet | a. metabolism |
| 2. people who want to | b. smaller dinner |
| 3. affected the body's | c. day was the same |
| 4. Sixteen men ate a low- | d. lose weight |
| 5. Eating a bigger breakfast and | e. calories |
| 6. This is the generation of body | f. calorie breakfast |
| 7. burn | g. fad |
| 8. the total calories per | h. heat |

PARAGRAPH TWO:

- | | |
|-----------------------------|----------------------|
| 1. 2.5 times | a. as much DIT |
| 2. regardless | b. sugar |
| 3. creates twice | c. diseases |
| 4. the same meal | d. instead of dinner |
| 5. Eating more at breakfast | e. weight |
| 6. high blood | f. eaten for dinner |
| 7. reduce body | g. higher rates |
| 8. prevent metabolic | h. of the number |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-4.html>

Eating a big breakfast could become a popular (1) _____ for people who want (2) _____. There was a study on how a big breakfast affected (3) _____. Sixteen men ate a low-calorie breakfast and high-calorie dinner. Eating a bigger breakfast and smaller dinner boosted diet-induced thermogenesis (DIT). This (4) _____ of body heat (5) _____. This happened even when the total calories per day (6) _____.

A big breakfast led to 2.5 (7) _____ of DIT. The study showed that a big breakfast, regardless of the (8) _____, creates twice as much DIT as the same meal (9) _____.

The study said: "Eating more at breakfast (10) _____ could prevent obesity and (11) _____. We recommend that patients with obesity...eat a significant breakfast rather than a large dinner to reduce body (12) _____ metabolic diseases."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-4.html>

Eating a big breakfast could become a popular new diet fad for people who want to lose weight. There was a study on how a big breakfast affected the body's metabolism. Sixteen men ate a low-calorie breakfast and high-calorie dinner. Eating a bigger breakfast and smaller dinner boosted diet-induced thermogenesis (DIT). This is the generation of body heat to burn calories. This happened even when the total calories per day was the same. A big breakfast led to 2.5 times higher rates of DIT. The study showed that a big breakfast, regardless of the number of calories, creates twice as much DIT as the same meal eaten for dinner. The study said: "Eating or eating breakfast instead of dinner could prevent obesity and high blood sugar. We recommend that patients with obesity... eat a significant breakfast rather than a large dinner to reduce body weight and prevent metabolic diseases."

BREAKFAST SURVEY

From <https://breakingnewsenglish.com/2002/200223-big-breakfast-4.html>

Write five GOOD questions about breakfast 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) _____

