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Level 5 – 11th November, 2020

Poor diet creates 20cm height gap in children

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<https://breakingnewsenglish.com/2011/201111-diet-and-height-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2011/201111-diet-and-height-5.html>

Poor diet may be behind an average height gap of 20cm between the world's tallest and shortest children. Researchers from a London college conducted an analysis of the Body Mass Index (BMI) of schoolchildren and teenagers around the world. This involved looking at the height and weight of millions of youngsters. The world's tallest teenagers were 183.8cm and lived in the Netherlands; the shortest, at 160.1cm, lived in East Timor. Teenagers in Europe were the tallest. On average the shortest children lived in Asia, Latin America and East Africa.

The comprehensive study involved analysing data from 65 million children aged five to 19 years old in 193 countries. The children's height and weight varied greatly. The team warned that a lack of quality food and nutrition was a major factor behind stunted growth and childhood obesity. It said improved diets increased the height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. The lead author of the report suggested countries adopt policies that encouraged healthier eating, but to be aware of the dangers of excessive weight gain.

Sources: <https://www.bbc.com/news/health-54828544>
<https://www.imperial.ac.uk/news/207893/poor-nutrition-school-years-have-created/>
<https://www.tvnz.co.nz/one-news/world/poor-diet-may-contribute-20cm-height-gap-between-tallest-and-shortest-nations-study>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2011/201111-diet-and-height-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------|---------------------|
| 1. poor | a. around the world |
| 2. an average height | b. average |
| 3. conducted | c. America |
| 4. teenagers | d. at the height |
| 5. This involved looking | e. youngsters |
| 6. millions of | f. diet |
| 7. On | g. gap of 20cm |
| 8. Latin | h. an analysis |

PARAGRAPH TWO:

- | | |
|-------------------------------------|---------------------|
| 1. The comprehensive study involved | a. food |
| 2. height and weight varied | b. the dangers |
| 3. a lack of quality | c. obesity |
| 4. a major factor behind stunted | d. gain |
| 5. childhood | e. growth |
| 6. policies that encouraged | f. analysing data |
| 7. be aware of | g. healthier eating |
| 8. excessive weight | h. greatly |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2011/201111-diet-and-height-5.html>

Poor diet may be behind (1) _____ gap of 20cm between the world's tallest and shortest children. Researchers from a London college (2) _____ of the Body Mass Index (BMI) of schoolchildren and teenagers around the world. This involved looking at the (3) _____ of millions of youngsters. The world's (4) _____ 183.8cm and lived in the Netherlands; the shortest, at 160.1cm, lived in East Timor. Teenagers in Europe were the tallest. (5) _____ shortest children lived in Asia, (6) _____ East Africa.

The comprehensive study (7) _____ from 65 million children aged five to 19 years old in 193 countries. The children's height and (8) _____. The team warned that a lack of quality food and nutrition was (9) _____ behind stunted growth and childhood obesity. It said improved (10) _____ height of children in China. Nineteen-year-old boys there were 8cm taller in 2019 than in 1985. The (11) _____ the report suggested countries adopt policies that encouraged healthier eating, but to be aware of the dangers of (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2011/201111-diet-and-height-5.html>

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DIET AND HEIGHT SURVEY

From <https://breakingnewsenglish.com/2011/201111-diet-and-height-4.html>

Write five GOOD questions about diet and height 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) _____

