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**Level 3 – 25th November, 2020**

## **Scientists say they can reverse ageing process**

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<https://breakingnewsenglish.com/2011/201125-ageing-process.html>

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**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

Scientists in Israel say they have conducted tests to successfully stop and reverse the biological ageing process. The tests were part of a joint project by Tel Aviv University and the Shamir Medical Center. The researchers said the science behind their experiments was very simple - they used only oxygen to slow down and turn around what happens to cells at they age. They used high-pressure oxygen on cells that were in a pressure chamber. The scientists said two processes related to ageing and illnesses slowed down. The scientists did tests on 35 adults over the age of 64 for 90 minutes a day, five times a week for three months. Their study was published in the magazine "Ageing" on November the 18th.

A lead scientist explained how important his team's research was. Professor Shai Efrati says the study shows that the ageing process can be reversed at the cellular level. He says we may be able to stop telomeres from shortening. Telomeres are inside cells. The shorter they become, the more we age. If we can stop them getting shorter, cells will not age. Professor Efrati said: "Today telomere shortening is considered the 'Holy Grail' of the biology of ageing. Researchers around the world are trying to develop [drugs] that enable telomere lengthening." He added: "The study gives hope, and opens the door for a lot of young scientists to target ageing as a reversible disease."

Sources: <https://www.aljazeera.com/news/2020/11/22/israeli-scientists-claim-new-study-reverses-ageing-process>  
<https://www.timesofisrael.com/israeli-scientists-claim-to-reverse-ageing-in-blood-cells-with-pressure-chamber/>  
<https://metro.co.uk/2020/11/21/scientists-reverse-effects-of-ageing-with-groundbreaking-treatment-13631999/>

# WARM-UPS

**1. AGEING:** Students walk around the class and talk to other students about ageing. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

scientists / tests / biological / ageing process / experiments / oxygen / pressure / important / research / level / age / world / develop / hope / scientists / disease

Have a chat about the topics you liked. Change topics and partners frequently.

**3. 200:** Students A **strongly** believe it would be great if we all lived to be 200; Students B **strongly** believe it wouldn't. Change partners again and talk about your conversations.

**4. AGES:** What are the pros and cons of these ages? Complete this table with your partner(s). Change partners often and share what you wrote.

|    | Pros | Cons |
|----|------|------|
| 5  |      |      |
| 15 |      |      |
| 25 |      |      |
| 45 |      |      |
| 65 |      |      |
| 95 |      |      |

**5. OXYGEN:** Spend one minute writing down all of the different words you associate with the word "oxygen". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. GETTING OLD:** Rank these with your partner. Put the worst things about getting old at the top. Change partners often and share your rankings.

- Wrinkles
- Grey hair
- Memory loss
- Muscle loss
- Heart problems
- Poor eyesight
- Oral health
- Loss of bladder control

# VOCABULARY MATCHING

## Paragraph 1

- |               |  |
|---------------|--|
| 1. conducted  | a. A scientific action to make a discovery, test a hypothesis, or show a known fact.     |
| 2. reverse    | b. Organized and carried out.  |
| 3. biological | c. About the study of living things.   |
| 4. experiment | d. A series of actions or steps to achieve a goal.                                       |
| 5. oxygen     | e. Prepared and issued a book, journal, piece of music, or other work for people to buy. |
| 6. process    | f. Make something the opposite of what it was.   |
| 7. published  | g. The gas we need to breathe; O <sub>2</sub> .  |

## Paragraph 2

- |                |   |
|----------------|---|
| 8. lead        | h. Thought about carefully.                                   |
| 9. cellular    | i. Choose as an object to do something to.                    |
| 10. shortening | j. Grow or cause to grow and become more advanced.            |
| 11. considered | k. Making shorter.  |
| 12. Holy Grail | l. Something difficult that people really, really try to get. |
| 13. develop    | m. Top; in first place.                                       |
| 14. target     | n. About cells in the body.                                   |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

## 1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Scientists will start new tests to speed up the ageing process. **T / F**
- b. The scientists used high-pressure oxygen in their experiments. **T / F**
- c. Three processes related to ageing were slowed down in the tests. **T / F**
- d. The tests were on 64 adults over the age of 35. **T / F**
- e. A professor says ageing can be turned around at the cellular level. **T / F**
- f. There are things in cells called telomeres, which lengthen as we age. **T / F**
- g. A professor says telomere shortening is important in chemistry. **T / F**
- h. The professor says young scientists can target ageing as a disease. **T / F**

## 2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- |                       |                |
|-----------------------|----------------|
| 1. <b>conducted</b>   | a. described   |
| 2. <b>reverse</b>     | b. tests       |
| 3. <b>experiments</b> | c. issued      |
| 4. <b>age</b>         | d. aim at      |
| 5. <b>published</b>   | e. carried out |
| 6. <b>explained</b>   | f. advance     |
| 7. <b>stop</b>        | g. get older   |
| 8. <b>considered</b>  | h. halt        |
| 9. <b>develop</b>     | i. turn around |
| 10. <b>target</b>     | j. thought     |

## 3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- |   |                            |
|---|----------------------------|
| 1. Scientists in Israel say they have conducted | a. project                 |
| 2. reverse the biological                       | b. his team's research was |
| 3. The tests were part of a joint               | c. was very simple         |
| 4. the science behind their experiments         | d. a reversible disease    |
| 5. two processes related                        | e. tests                   |
| 6. A lead scientist explained how important     | f. cells will not age      |
| 7. the ageing process can be reversed           | g. telomere lengthening    |
| 8. If we can stop them getting shorter,         | h. ageing process          |
| 9. trying to develop drugs that enable          | i. at the cellular level   |
| 10. target ageing as                            | j. to ageing and illnesses |

# GAP FILL

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

Scientists in Israel say they have (1) \_\_\_\_\_ tests to successfully stop and reverse the biological ageing (2) \_\_\_\_\_. The tests were part of a joint project by Tel Aviv University and the Shamir Medical Center. The researchers said the science (3) \_\_\_\_\_ their experiments was very simple - they used only oxygen to slow down and turn around what happens to cells at they (4) \_\_\_\_\_. They used high-pressure oxygen on cells that were in a (5) \_\_\_\_\_ chamber. The scientists said two processes related to ageing and illnesses (6) \_\_\_\_\_ down. The scientists did tests on 35 (7) \_\_\_\_\_ over the age of 64 for 90 minutes a day, five times a week for three months. Their study was published in the (8) \_\_\_\_\_ "Ageing" on November the 18th.

*pressure*  
*conducted*  
*magazine*  
*process*  
*adults*  
*age*  
*slowed*  
*behind*

A lead scientist explained how (9) \_\_\_\_\_ his team's research was. Professor Shai Efrati says the study shows that the ageing process can be (10) \_\_\_\_\_ at the cellular level. He says we may be able to stop telomeres from shortening. Telomeres are inside (11) \_\_\_\_\_. The shorter they become, the more we age. If we can stop them getting (12) \_\_\_\_\_, cells will not age. Professor Efrati said: "Today telomere shortening is (13) \_\_\_\_\_ the 'Holy Grail' of the biology of ageing. Researchers around the world are trying to (14) \_\_\_\_\_ [drugs] that enable telomere lengthening." He added: "The study gives (15) \_\_\_\_\_, and opens the door for a lot of young scientists to target ageing as a reversible (16) \_\_\_\_\_."

*cells*  
*considered*  
*important*  
*hope*  
*shorter*  
*disease*  
*reversed*  
*develop*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

- 1) conducted tests to successfully stop and reverse the biological \_\_\_\_\_
  - a. age in process
  - b. aged in process
  - c. age in process
  - d. ageing process
- 2) they used only oxygen to slow down and turn around what happens to cells \_\_\_\_\_
  - a. at they age
  - b. as they age
  - c. and they age
  - d. has they age
- 3) The scientists said two processes related to ageing and \_\_\_\_\_
  - a. illnesses slow down
  - b. illness is slowed down
  - c. illnesses slow downer
  - d. illnesses slowed down
- 4) The scientists did tests on 35 adults over the age of 64 for 90 \_\_\_\_\_
  - a. minute a day
  - b. minutes a day
  - c. minutes the day
  - d. minutes of day
- 5) Their study was published in the \_\_\_\_\_
  - a. mega scene "Ageing"
  - b. mega screen "Ageing"
  - c. mag a scene "Ageing"
  - d. magazine "Ageing"
- 6) A lead scientist explained how important his team's \_\_\_\_\_
  - a. research wasn't
  - b. research was
  - c. research has
  - d. research wash
- 7) the study shows that the ageing process can be reversed at \_\_\_\_\_
  - a. the cell you are level
  - b. the sell you are level
  - c. the cellular level
  - d. the cell lunar level
- 8) He says we may be able to stop telomeres \_\_\_\_\_
  - a. from short tanning
  - b. from shorten in
  - c. from shortening
  - d. from short ten in
- 9) Today telomere shortening is considered the 'Holy Grail' \_\_\_\_\_
  - a. of the biology
  - b. off the biology
  - c. of a biology
  - d. of the biological
- 10) The study gives hope, and opens the door for a lot of young scientists \_\_\_\_\_
  - a. to target ageing
  - b. too tar get ageing
  - c. to tar gets ageing
  - d. two target ageing

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

Scientists in Israel say they have (1) \_\_\_\_\_ successfully stop and reverse the biological ageing process. The tests were part of (2) \_\_\_\_\_ by Tel Aviv University and the Shamir Medical Center. The researchers said the (3) \_\_\_\_\_ experiments was very simple - they used only oxygen to slow down and turn around what happens to cells at they age. They used (4) \_\_\_\_\_ on cells that were in a pressure chamber. The scientists said two processes related to ageing (5) \_\_\_\_\_ down. The scientists did tests on 35 adults over the age of 64 for 90 minutes a day, five times a week for three months. Their study (6) \_\_\_\_\_ the magazine "Ageing" on November the 18th.

A lead scientist explained (7) \_\_\_\_\_ team's research was. Professor Shai Efrati says the study shows that the ageing process can be (8) \_\_\_\_\_ cellular level. He says we may be able to stop telomeres from shortening. Telomeres (9) \_\_\_\_\_. The shorter they become, the more we age. If we can stop them getting shorter, cells (10) \_\_\_\_\_. Professor Efrati said: "Today telomere shortening is considered the 'Holy Grail' of the biology of ageing. Researchers around the world are (11) \_\_\_\_\_ [drugs] that enable telomere lengthening." He added: "The study gives hope, and opens the door for a lot of young scientists to (12) \_\_\_\_\_ a reversible disease."



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

1. Which country did the scientists conduct their tests in?
2. What chemical did the scientists use in their experiments?
3. Where did the scientists put the cells in their experiments?
4. How many adults did the scientists test?
5. What is the name of the magazine that published the research?
6. At what level does a professor say ageing can be reversed?
7. What does a scientist say they can stop telomeres from doing?
8. What did a professor say telomere shortening was the Holy Grail of?
9. What are scientists around the world trying to develop?
10. Who did the scientist say the research opens the door for?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

- 1) Which country did the scientists conduct their tests in?
  - a) the USA
  - b) Israel
  - c) the UAE
  - d) India
- 2) What chemical did the scientists use in their experiments?
  - a) hydrogen
  - b) nitrogen
  - c) helium
  - d) oxygen
- 3) Where did the scientists put the cells in their experiments?
  - a) a test tube
  - b) a petri dish
  - c) a pressure chamber
  - d) a microscope
- 4) How many adults did the scientists test?
  - a) 35
  - b) 18
  - c) 64
  - d) 90
- 5) What is the name of the magazine that published the research?
  - a) Aged
  - b) Ageing
  - c) Ageist
  - d) Elderly
- 6) At what level does a professor say ageing can be reversed?
  - a) the cellular level
  - b) the molecular level
  - c) the atomic level
  - d) the highest level
- 7) What does a scientist say they can stop telomeres from doing?
  - a) dying
  - b) lengthening
  - c) shortening
  - d) multiplying
- 8) What did a professor say telomere shortening was the Holy Grail of?
  - a) the biology of ageing
  - b) the physics of ageing
  - c) the chemistry of ageing
  - d) the pharmacology of ageing
- 9) What are scientists around the world trying to develop?
  - a) targets
  - b) hope
  - c) telomeres
  - d) drugs
- 10) Who did the scientist say the research opens the door for?
  - a) telomeres
  - b) professors
  - c) young scientists
  - d) young people

# ROLE PLAY

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

## **Role A – Wrinkles**

You think wrinkles are the worst thing about old age. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): memory loss, muscle loss or loss of bladder control.

## **Role B – Memory Loss**

You think memory loss is the worst thing about old age. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): wrinkles, muscle loss or loss of bladder control.

## **Role C – Muscle Loss**

You think muscle loss is the worst thing about old age. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): memory loss, wrinkles or loss of bladder control.

## **Role D – Loss of Bladder Control**

You think loss of bladder control is the worst thing about old age. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): memory loss, muscle loss or wrinkles.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'ageing' and 'process'.

|               |                |
|---------------|----------------|
| <b>ageing</b> | <b>process</b> |
|---------------|----------------|

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

|   |  |
|---|--|
| <ul style="list-style-type: none"><li>• conducted</li><li>• part</li><li>• behind</li><li>• pressure</li><li>• 35</li><li>• published</li></ul> | <ul style="list-style-type: none"><li>• lead</li><li>• level</li><li>• stop</li><li>• considered</li><li>• develop</li><li>• lot</li></ul> |
|---|--|

# AGEING SURVEY

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

Write five GOOD questions about ageing 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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.

# AGEING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'ageing'?
3. How do you feel about ageing?
4. What are the good things about ageing?
5. Would you like to age at a slower rate?
6. Do you like getting older?
7. What is the best age to be?
8. Would you like to take drugs to make you younger?
9. What three adjectives best describe this story?
10. What advice do you have for old people?

*Scientists say they can reverse ageing process – 25th November, 2020*  
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# AGEING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'reverse'?
13. What do you think about what you read?
14. What are the bad things about ageing?
15. Would you like to live to be 200 years old?
16. What is the worst age to be?
17. How important is the scientists' research?
18. Do you think ageing is a disease?
19. What would happen to the world if everyone lived to be 200?
20. What questions would you like to ask the researchers?

## **DISCUSSION (Write your own questions)**

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

Scientists in Israel say they have conducted tests (1) \_\_\_\_\_ successfully stop and reverse the biological ageing process. The tests were part of a (2) \_\_\_\_\_ project by Tel Aviv University and the Shamir Medical Center. The researchers said the science behind their experiments (3) \_\_\_\_\_ very simple - they used only oxygen to slow down and turn around what happens to cells as they age. They used high-pressure oxygen on cells (4) \_\_\_\_\_ were in a pressure chamber. The scientists said two processes related (5) \_\_\_\_\_ ageing and illnesses slowed down. The scientists did tests on 35 adults over the (6) \_\_\_\_\_ of 64 for 90 minutes a day, five times a week for three months. Their study was published in the magazine "Ageing" on November the 18th.

A lead scientist explained (7) \_\_\_\_\_ important his team's research was. Professor Shai Efrati says the study shows that the ageing process can be reversed at the cellular (8) \_\_\_\_\_. He says we may be able to stop telomeres from shortening. Telomeres are inside cells. The shorter they become, the more we (9) \_\_\_\_\_. If we can stop them getting shorter, cells will not age. Professor Efrati said: "Today telomere shortening is (10) \_\_\_\_\_ the 'Holy Grail' of the biology of ageing. Researchers around the world are trying to develop [drugs] that enable telomere (11) \_\_\_\_\_." He added: "The study gives hope, and opens the door for a lot of young scientists to target ageing (12) \_\_\_\_\_ a reversible disease."

## Put the correct words from the table below in the above article.

- |     |             |             |                 |             |
|-----|-------------|-------------|-----------------|-------------|
| 1.  | (a) on      | (b) by      | (c) at          | (d) to      |
| 2.  | (a) joins   | (b) joining | (c) jointed     | (d) joint   |
| 3.  | (a) be      | (b) was     | (c) were        | (d) are     |
| 4.  | (a) what    | (b) when    | (c) that        | (d) how     |
| 5.  | (a) of      | (b) on      | (c) to          | (d) at      |
| 6.  | (a) age     | (b) old     | (c) years       | (d) birth   |
| 7.  | (a) what    | (b) how     | (c) that        | (d) which   |
| 8.  | (a) level   | (b) flat    | (c) edge        | (d) border  |
| 9.  | (a) years   | (b) age     | (c) old         | (d) ageing  |
| 10. | (a) belief  | (b) idea    | (c) considered  | (d) opinion |
| 11. | (a) lengths | (b) length  | (c) lengthening | (d) longing |
| 12. | (a) was     | (b) has     | (c) that's      | (d) as      |



# SPELLING

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

## Paragraph 1

1. they have dotndeccu tests
2. the oalgibocli ageing process
3. part of a joint jectopr
4. they used only gxyneo
5. in a resurspe chamber
6. edhlubpis in the magazine "Ageing"

## Paragraph 2

7. at the uallecrl level
8. stop telomeres from neosnrghit
9. ddseciorne the 'Holy Grail'
10. trying to poevdle drugs
11. young scientists to aretgt ageing
12. a eiblrvrsee disease

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

**Number these lines in the correct order.**

- ( ) [drugs] that enable telomere lengthening." He added: "The study gives hope, and opens the
- ( ) age. If we can stop them getting shorter, cells will not age. Professor Efrati said: "Today telomere shortening is considered
- ( ) chamber. The scientists said two processes related to ageing and illnesses slowed
- ( **1** ) Scientists in Israel say they have conducted tests to successfully stop and reverse the biological ageing
- ( ) times a week for three months. Their study was published in the magazine "Ageing" on November the 18th.
- ( ) down. The scientists did tests on 35 adults over the age of 64 for 90 minutes a day, five
- ( ) process. The tests were part of a joint project by Tel Aviv University and the Shamir Medical Center. The researchers said the science
- ( ) stop telomeres from shortening. Telomeres are inside cells. The shorter they become, the more we
- ( ) door for a lot of young scientists to target ageing as a reversible disease."
- ( ) A lead scientist explained how important his team's research was. Professor Shai Efrati says the study
- ( ) behind their experiments was very simple - they used only oxygen to slow down and turn
- ( ) the 'Holy Grail' of the biology of ageing. Researchers around the world are trying to develop
- ( ) shows that the ageing process can be reversed at the cellular level. He says we may be able to
- ( ) around what happens to cells at they age. They used high-pressure oxygen on cells that were in a pressure

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

1. ageing . stop to Tests reverse and successfully the
2. a The joint of tests project . part were
3. very science experiments their The was behind simple .
4. 35 did tests The adults . on scientists
5. was study magazine . in published Their the
6. the shows can reversed . ageing process It be
7. The shorter become, more the we they age .
8. getting shorter . them If can we stop
9. trying to are drugs . develop worldwide Researchers
10. as Young a reversible scientists ageing disease . target

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2011/201125-ageing-process.html>

Scientists in Israel say they have *conducted* / *contracted* tests to successfully stop and *reserve* / *reverse* the biological ageing process. The tests were part of a *join* / *joint* project by Tel Aviv University and the Shamir Medical Center. The researchers said the science *beyond* / *behind* their experiments *was* / *were* very simple - they used only oxygen to slow down and turn around what happens *at* / *to* cells at they age. They used high-pressure oxygen *on* / *at* cells that were in a pressure chamber. The scientists said two processes related *at* / *to* ageing and illnesses slowed down. The scientists did tests on 35 adults over the age *for* / *of* 64 for 90 minutes a day, five times a week for three months. Their study was *published* / *publication* in the magazine "Ageing" on November the 18th.

A *lead* / *leader* scientist explained how important his team's research was. Professor Shai Efrati says the study shows *what* / *that* the ageing process can be reversed at the cellular level. He says we may be *ability* / *able* to stop telomeres from shortening. Telomeres are *inside* / *insides* cells. The shorter they become, the more we *old* / *age*. If we can stop them getting *shorter* / *shorten*, cells will not age. Professor Efrati said: "Today telomere shortening is *consider* / *considered* the 'Holy Grail' of the biology of ageing. Researchers around the world are *tried* / *trying* to develop [drugs] that enable telomere lengthening." He added: "The study gives *hope* / *hoping*, and opens the door for a lot of young scientists to *target* / *aim* ageing as a reversible disease."

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

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Scientists say they have conducted tests to successfully stop and reverse the biological ageing process. The tests were part of a joint project by Tel Aviv University and the Shamir Medical Center. The researchers said the science behind their experiments was very simple - they said only oxygen slows down and turns around what happens to cells as they age. They said high-pressure oxygen in cells that were in a pressure chamber. The scientists said two processes related to ageing and illness slow down. The scientists did tests on 35 adults over the age of 64 for 90 minutes a day, five times a week for three months. Their study was published in the magazine "Ageing" in November the 18th.

I did scientist explained how important his team's research was. Professor Shmuel Barzilai says the study shows that the ageing process can be reversed at the cellular level. His system will maybe be able to stop telomeres from shortening. Telomeres are strands of cells. The shorter they become, the more we age. If we can stop them getting shorter, cells will not age. Professor Barzilai said: "Today telomere shortening is considered the 'Holy Grail' of the biology of ageing. Researchers around the world are trying to develop [drugs] that can slow telomere lengthening." He added: "The study gives hope, and opens the door for a lot of young scientists to target ageing as a reversible process."

# PUNCTUATE THE TEXT AND ADD CAPITALS

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scientists in israel say they have conducted tests to successfully stop and reverse the biological ageing process the tests were part of a joint project by tel aviv university and the shamir medical center the researchers said the science behind their experiments was very simple they used only oxygen to slow down and turn around what happens to cells at they age they used highpressure oxygen on cells that were in a pressure chamber the scientists said two processes related to ageing and illnesses slowed down the scientists did tests on 35 adults over the age of 64 for 90 minutes a day five times a week for three months their study was published in the magazine ageing on november the 18th

a lead scientist explained how important his teams research was professor shai efrati says the study shows that the ageing process can be reversed at the cellular level he says we may be able to stop telomeres from shortening telomeres are inside cells the shorter they become the more we age if we can stop them getting shorter cells will not age professor efrati said today telomere shortening is considered the holy grail of the biology of ageing researchers around the world are trying to develop drugs that enable telomere lengthening he added the study gives hope and opens the door for a lot of young scientists to target ageing as a reversible disease

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. AGEING:** Make a poster about ageing. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. TWO HUNDRED:** Write a magazine article about slowing down ageing so we can all live to be 200 years old. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on ageing. Ask him/her three questions about it. Give him/her three of your opinions on reversing ageing. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. b    2. f    3. c    4. a    5. g    6. d    7. e  
8. m    9. n    10. k    11. h    12. l    13. j    14. i

## TRUE / FALSE (p.5)

- a F    b T    c F    d F    e T    f F    g F    h T

## SYNONYM MATCH (p.5)

|      |      |      |      |       |
|------|------|------|------|-------|
| 1. e | 2. i | 3. b | 4. g | 5. c  |
| 6. a | 7. h | 8. j | 9. f | 10. d |

## COMPREHENSION QUESTIONS (p.9)

1. Israel
2. Oxygen
3. A pressure chamber
4. 35
5. Ageing
6. The cellular level
7. Shortening
8. The biology of ageing
9. Drugs
10. Young scientists

## WORDS IN THE RIGHT ORDER (p.20)

1. Tests to successfully stop and reverse the ageing.
2. The tests were part of a joint project.
3. The science behind their experiments was very simple.
4. The scientists did tests on 35 adults.
5. Their study was published in the magazine.
6. It shows the ageing process can be reversed.
7. The shorter they become, the more we age.
8. If we can stop them getting shorter.
9. Researchers worldwide are trying to develop drugs.
10. Young scientists target ageing as a reversible disease.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. d    3. c    4. a    5. b    6. a    7. c    8. a    9. d    10. c

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)