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**Level 4** – 21st February, 2022

## Brains do not slow down until after 60

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

<https://breakingnewsenglish.com/2202/220221-mental-processing-speed-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/2202/220221-mental-processing-speed-4.html>

Scientists now doubt that our brain's processing speed declines from the age of 20. Until now, they thought our brain power peaked at 20 and went down after that. Researchers said older people do not need to worry about forgetfulness. Cognitive skills are still powerful at the age of 60. The researchers said their results showed that "mental speed in contexts demanding fast and forced decisions do not decline until relatively late in [people's] lifespan".

The study used data on people aged between 10 and 80. It showed that mental processing speed remained constant until 60, but declined after then. The mental processing speed increased in people in their 20s and remained high until 60. A researcher said: "Until older adulthood, the speed of information processing...barely changed." He said older people take longer to make decisions because they are more cautious, less impulsive and less reckless.

Sources: <https://www.theguardian.com/science/2022/feb/17/brains-do-not-slow-down-until-after-age-of-60-study-finds>  
<https://medicalxpress.com/news/2022-02-human-brain-doesnt.html>  
<https://www.newscientist.com/article/2308810-your-brain-doesnt-slow-down-until-your-60s-later-than-we-thought/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-4.html>

## PARAGRAPH ONE:

- |                                 |                     |
|---------------------------------|---------------------|
| 1. Scientists now doubt         | a. lifespan         |
| 2. our brain's processing speed | b. at 20            |
| 3. from the                     | c. powerful         |
| 4. brain power peaked           | d. that             |
| 5. older people do not          | e. age of 20        |
| 6. Cognitive skills are still   | f. forced decisions |
| 7. fast and                     | g. declines         |
| 8. relatively late in people's  | h. need to worry    |

## PARAGRAPH TWO:

- |                                     |                      |
|-------------------------------------|----------------------|
| 1. The study used data              | a. adulthood         |
| 2. mental processing speed remained | b. their 20s         |
| 3. increased in people in           | c. reckless          |
| 4. Until older                      | d. on people         |
| 5. information processing barely    | e. to make decisions |
| 6. older people take longer         | f. constant          |
| 7. because they                     | g. changed           |
| 8. less impulsive and less          | h. are more cautious |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-4.html>

Scientists (1) \_\_\_\_\_ our brain's processing speed declines from the age of 20. Until now, (2) \_\_\_\_\_ brain power peaked at 20 and went down after that. Researchers said older people do not need to worry about forgetfulness. Cognitive (3) \_\_\_\_\_ powerful at the age of 60. The researchers (4) \_\_\_\_\_ showed that "mental speed in contexts demanding (5) \_\_\_\_\_ decisions do not decline until relatively late (6) \_\_\_\_\_".

The study (7) \_\_\_\_\_ people aged between 10 and 80. It showed that mental processing (8) \_\_\_\_\_ until 60, but declined after then. The mental processing speed (9) \_\_\_\_\_ in their 20s and remained high until 60. A researcher said: "(10) \_\_\_\_\_, the speed of information processing...barely changed." He said (11) \_\_\_\_\_ longer to make decisions because they are more cautious, (12) \_\_\_\_\_ less reckless.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-4.html>

Scientists now doubt that our brain's processing speed declines from the age of 20. Until now, they thought our brain power peaked at 20 and went down after that. Researchers said older people do not need to worry about forgetfulness. Cognitive skills are still powerful at the age of 60. The researchers said their results showed that "mental speed in contexts demanding fast and forced decisions do not decline until relatively late in [people's] lifespan". The study used data on people aged between 10 and 80. It showed that mental processing speed remained constant until 60, but declined after then. The mental processing speed increased in people in their 20s and remained high until 60. A researcher said: "Until older adulthood, the speed of information processing... barely changed." He said older people take longer to make decisions because they are more cautious, less impulsive and less reckless.

# BRAIN POWER SURVEY

From <https://breakingnewsenglish.com/2202/220221-mental-processing-speed-4.html>

Write five GOOD questions about brain power 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) \_\_\_\_\_

