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Level 6 – 8th May 2023

Internet use could lower risk of dementia

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<https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

There is a plethora of research on the potential harm of the Internet. However, new research suggests that spending time online could be good for the mental health of older people. A study conducted by researchers from New York University found that regular Internet use could reduce the risk of dementia in those over 50. Study co-author Dr Virginia Chang explained why there could be a link between being online and better mental health. She wrote: "Online engagement may help to develop and maintain cognitive reserve, which can in turn compensate for brain aging and reduce the risk of dementia." The study concluded that "regularly using the internet may be associated with cognitive longevity".

Researchers analyzed data from an American health and retirement study. This research involved questioning 18,154 adults over the age of 50 every two years for 16 years. All of the participants were dementia-free at the start of the research. Everyone was asked about their physical and mental wellbeing, and about how long they spent interacting with the Internet. The researchers discovered that those who used the Internet for up to two hours a day were half as likely to be diagnosed with having signs of dementia than those who were never online. The research also found that excessive Internet use (of 6 to 8 hours a day) may exacerbate the risks of developing dementia.

Sources: <https://gizmodo.com/internet-use-dementia-risk-hours-online-brain-health-1850405066>
<https://edition.cnn.com/2023/05/03/health/internet-use-dementia-risk-wellness/index.html>
<https://nypost.com/2023/05/03/daily-internet-use-may-lower-older-adults-dementia-risk-study/>

WARM-UPS

1. INTERNET USE: Students walk around the class and talk to other students about Internet use. 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?

plethora / research / Internet / dementia / mental health / cognitive / longevity / risk data / adults / retirement / age / questioning / physical / mental / signs / half / likely

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

3. LIMIT: Students A **strongly** believe there should be a two-hour daily limit on Internet use; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. WEBSITES: What are the best websites for these things? Why Complete this table with your partner(s). Change partners often and share what you wrote.

	The Best Websites	Why?
News		
Studying English		
Travel		
Shopping		
Social media		
Cooking		

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

6. LONGEVITY: Rank these with your partner. Put the things that best increase longevity at the top. Change partners often and share your rankings.

- Happiness
- Vegetable diet
- Friends
- Sleep
- Medicine
- Exercise
- Doctors
- Water

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------|---|
| 1. plethora | a. Long life. |
| 2. potential | b. Organized and carried out. |
| 3. conducted | c. Relating to the mental action of acquiring knowledge and understanding through thought, experience, and the senses |
| 4. engagement | d. A large or excessive amount of something. |
| 5. cognitive | e. Give someone something, typically money, in recognition of loss, suffering, or injury incurred. |
| 6. compensate | f. Having or showing the capacity to develop into something in the future. |
| 7. longevity | g. The act of being busy and occupied doing something. |

Paragraph 2

- | | |
|-----------------|--|
| 8. participant | h. Such as well might happen or be true; probable. |
| 9. wellbeing | i. Identified the nature of an illness or other problem. |
| 10. interacting | j. Make a problem, bad situation, or negative feeling worse. |
| 11. likely | k. The state of being comfortable, healthy, or happy. |
| 12. diagnosed | l. More than is necessary, normal, or desirable. |
| 13. excessive | m. Communicating or being involved directly. |
| 14. exacerbate | n. A person who takes part in something. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

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

1. The article says there is a dearth of research on Internet harm. **T / F**
2. Being online could be good for the mental health of older people. **T / F**
3. Being online could offset the effects of the aging of the brain. **T / F**
4. A study said being online could help us be more intelligent. **T / F**
5. Over 18,500 participants took part in a study. **T / F**
6. The research looked at 16 years' worth of data. **T / F**
7. Two hours of Internet use could halve the onset of dementia. **T / F**
8. Being online for six hours reduces the risk of getting dementia. **T / F**

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

- | | |
|-----------------------|------------------|
| 1. plethora | a. statistics |
| 2. conducted | b. connected |
| 3. risk | c. carried out |
| 4. engagement | d. immoderate |
| 5. associated | e. identified |
| 6. data | f. participation |
| 7. wellbeing | g. abundance |
| 8. diagnosed | h. make worse |
| 9. excessive | i. good health |
| 10. exacerbate | j. likelihood |

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

- | | |
|---|---------------------------|
| 1. There is a plethora | a. mental health |
| 2. dementia in those | b. the risk of dementia |
| 3. a link between being online and better | c. signs of dementia |
| 4. compensate for brain aging and reduce | d. longevity |
| 5. be associated with cognitive | e. mental wellbeing |
| 6. All of the participants were dementia- | f. over 50 |
| 7. asked about their physical and | g. of developing dementia |
| 8. diagnosed with having | h. free at the start |
| 9. excessive Internet | i. of research |
| 10. exacerbate the risks | j. use |

GAP FILL

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

There is a (1) _____ of research on the potential harm of the Internet. However, new research (2) _____ that spending time online could be good for the mental health of older people. A study (3) _____ by researchers from New York University found that (4) _____ Internet use could reduce the risk of dementia in those over 50. Study co-author Dr Virginia Chang explained why there could be a (5) _____ between being online and better mental health. She wrote: "Online engagement may help to develop and maintain cognitive reserve, which can in (6) _____ compensate for brain aging and reduce the (7) _____ of dementia." The study concluded that "regularly using the internet may be associated with cognitive (8) _____".

regular
suggests
longevity
link
risk
conducted
plethora
turn

Researchers analyzed (9) _____ from an American health and (10) _____ study. This research involved questioning 18,154 adults over the age of 50 every two years for 16 years. All of the (11) _____ were dementia-free at the start of the research. Everyone was asked about their physical and mental (12) _____, and about how long they spent (13) _____ with the Internet. The researchers discovered that those who used the Internet for up to two hours a day were half as likely to be (14) _____ with having signs of dementia than those who were never (15) _____. The research also found that excessive Internet use (of 6 to 8 hours a day) may (16) _____ the risks of developing dementia.

participants
online
interacting
data
exacerbate
retirement
wellbeing
diagnosed

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

- 1) There is a plethora of research on _____
 - a. the potential charm
 - b. the potential haram
 - c. the potential harm
 - d. the potential farm
- 2) be good for the mental health of older people. A study _____
 - a. conduct it by researchers
 - b. conducted by researchers
 - c. conduct tidy researchers
 - d. conducted briar searchers
- 3) Online engagement may help to develop and _____
 - a. maintain cognitive reserve
 - b. maintain cognitive preserve
 - c. maintain cognitive conserve
 - d. maintain cognitive suave
- 4) which can in turn compensate for brain aging and reduce the _____
 - a. risk off dementia
 - b. risk oft dementia
 - c. risk of dementia
 - d. risk cough dementia
- 5) regularly using the internet may be associated _____
 - a. within cognitive longevity
 - b. wither cognitive longevity
 - c. withs cognitive longevity
 - d. with cognitive longevity
- 6) Researchers analyzed data from an American health _____
 - a. end retirement study
 - b. and retirement study
 - c. sand retirement study
 - d. and retire meant study
- 7) All of the participants were dementia-free at the start _____
 - a. off the research
 - b. of a research
 - c. of the research
 - d. off a research
- 8) Everyone was asked about their physical _____
 - a. and mental well been
 - b. and mental well bean
 - c. and mental well Bing
 - d. and mental wellbeing
- 9) those who used the Internet for up to two hours a day were _____
 - a. half was likely
 - b. half as likely
 - c. half has likely
 - d. half is likely
- 10) 6 to 8 hours a day may exacerbate the risks _____
 - a. of developing dementia
 - b. of develop in dementia
 - c. of develop ping dementia
 - d. of develop pin dementia

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

There is (1) _____ research on the potential harm of the Internet. However, new research suggests that (2) _____ could be good for the mental health of older people. A study conducted by researchers from New York University (3) _____ Internet use could reduce the risk of dementia in those over 50. Study co-author Dr Virginia Chang explained why there could (4) _____ between being online and better mental health. She wrote: "Online engagement may help (5) _____ maintain cognitive reserve, which can in turn compensate for brain aging and reduce the risk of dementia." The study concluded (6) _____ the internet may be associated with cognitive longevity".

Researchers (7) _____ an American health and retirement study. This (8) _____ 18,154 adults over the age of 50 every two years for 16 years. All of the participants were dementia-free at the start of the research. Everyone was asked about their (9) _____ wellbeing, and about how long they spent interacting with the Internet. The researchers discovered that those who used the Internet for up to two hours a day were (10) _____ to be diagnosed with (11) _____ dementia than those who were never online. The research also found that excessive Internet use (of 6 to 8 hours a day) (12) _____ risks of developing dementia.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

1. How much research does the article say there is on Internet harm?
2. Where was the research conducted?
3. Whose mental health might being online help?
4. What could being online compensate for?
5. What did a researcher say Internet use was associated with?
6. How many people's data were analyzed in this research?
7. How often did the research participants have to answer questions?
8. What were research participants asked about?
9. By how much could being online for two hours cut the risks of dementia?
10. What might 8 hours of being online exacerbate?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

- 1) How much research does the article say there is on Internet harm?
 - a) a bit
 - b) a plethora
 - c) a lot
 - d) a countless amount
- 2) Where was the research conducted?
 - a) the Sorbonne
 - b) Tokyo University
 - c) Cairo University
 - d) New York University
- 3) Whose mental health might being online help?
 - a) the over-70s
 - b) everyone's
 - c) the over-50s
 - d) children's
- 4) What could being online compensate for?
 - a) brain aging
 - b) libraries
 - c) books
 - d) television
- 5) What did a researcher say Internet use was associated with?
 - a) cybercrime
 - b) cognitive longevity
 - c) greater equality
 - d) social media
- 6) How many people's data were analyzed in this research?
 - a) 18,154 adults
 - b) 18,514 adults
 - c) 18,145 adults
 - d) 18,451 adults
- 7) How often did the research participants have to answer questions?
 - a) every two months
 - b) every two weeks
 - c) every two years
 - d) every two days
- 8) What were research participants asked about?
 - a) their physical and mental wellbeing
 - b) their typing speed
 - c) their earliest memories
 - d) their intelligence
- 9) By how much could being online for two hours cut the risks of dementia?
 - a) by three-quarters
 - b) by two-fifths
 - c) by a third
 - d) by half
- 10) What might 8 hours of being online exacerbate?
 - a) tiredness
 - b) typing hand fatigue
 - c) the risks of developing dementia
 - d) the chances of weight gain

ROLE PLAY

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

Role A – Happiness

You think happiness is best for longevity. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): a vegetable diet, medicine or exercise.

Role B – Vegetable Diet

You think a vegetable diet is best for longevity. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): happiness, medicine or exercise.

Role C – Medicine

You think medicine is best for longevity. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): a vegetable diet, happiness or exercise.

Role D – Exercise

You think exercise is best for longevity. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): a vegetable diet, medicine or happiness.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

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

Internet	dementia
-----------------	-----------------

- 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">• plethora• time• link• maintain• turn• concluded	<ul style="list-style-type: none">• data• 16• start• long• half• 8
--	---

INTERNET USE SURVEY

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

Write five GOOD questions about Internet use 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.

INTERNET USE 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 'Internet'?
3. What do you think of the Internet?
4. What's the harm of spending too long online?
5. How might the Internet be bad for our mental health?
6. How important is the Internet to you?
7. What do you know about dementia?
8. How can we keep dementia at bay?
9. What else can we do to prevent the onset of dementia?
10. Do you really need the Internet?

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INTERNET USE 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 'dementia'?
13. What do you think about what you read?
14. How would your life be different without the Internet?
15. How has the Internet changed the world?
16. How does the Internet affect your wellbeing?
17. How long should people be online for each day?
18. What did you use the Internet for yesterday?
19. What's the future of the Internet?
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//2305/230508-daily-internet-use.html>

There is a (1) _____ of research on the potential harm of the Internet. However, new research suggests that spending time online could be good for the mental health of (2) _____ people. A study conducted by researchers from New York University found that regular Internet use could reduce the (3) _____ of dementia in those over 50. Study co-author Dr Virginia Chang explained why there could be a link (4) _____ being online and better mental health. She wrote: "Online engagement may help to develop and maintain cognitive reserve, which can in (5) _____ compensate for brain aging and reduce the risk of dementia." The study concluded that "regularly using the internet may be associated with cognitive (6) _____".

Researchers analyzed (7) _____ from an American health and retirement study. This research involved questioning 18,154 adults over the age of 50 every two years for 16 years. All of the (8) _____ were dementia-free at the start of the research. Everyone was asked about their (9) _____ and mental wellbeing, and about how long they spent interacting with the Internet. The researchers discovered that those who used the Internet for up to two hours a day were half as likely to be (10) _____ with having signs (11) _____ dementia than those who were never online. The research also found that excessive Internet use (of 6 to 8 hours a day) may (12) _____ the risks of developing dementia.

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

- | | | | | |
|-----|------------------|------------------|----------------|----------------|
| 1. | (a) diaspora | (b) fedora | (c) pandora | (d) plethora |
| 2. | (a) ageist | (b) oldies | (c) olden | (d) older |
| 3. | (a) risqué | (b) risk | (c) brisk | (d) risky |
| 4. | (a) among | (b) amid | (c) between | (d) allying |
| 5. | (a) turn | (b) twist | (c) veer | (d) spin |
| 6. | (a) longevity | (b) longing | (c) lengthen | (d) longs |
| 7. | (a) dat | (b) datum | (c) dated | (d) data |
| 8. | (a) participants | (b) participates | (c) entrants | (d) partakers |
| 9. | (a) physique | (b) physical | (c) psychic | (d) psyche |
| 10. | (a) verified | (b) spotted | (c) diagnosed | (d) pinpointed |
| 11. | (a) for | (b) at | (c) of | (d) on |
| 12. | (a) exonerate | (b) exacerbate | (c) exactitude | (d) exalt |

SPELLING

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

Paragraph 1

1. There is a erthlapo of research
2. the aetlionpt harm of the Internet
3. Study oc-othaur Dr Virginia Chang
4. Online mgnanteegg
5. sapcetomen for brain aging
6. associated with cognitive gvilnteoy

Paragraph 2

7. All of the rspcpnaiatit
8. physical and mental eellwngib
9. rinenattcqi with the Internet
10. aongedids with having signs
11. sesvxicee Internet use
12. breacaxeet the risks of developing dementia

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2305/230508-daily-internet-use.html>

Number these lines in the correct order.

- () and maintain cognitive reserve, which can in turn compensate for brain aging and
- () questioning 18,154 adults over the age of 50 every two years for 16 years. All of the participants were dementia-free
- () by researchers from New York University found that regular Internet use could reduce
- () the risk of dementia in those over 50. Study co-author Dr Virginia Chang explained why there could
- () be a link between being online and better mental health. She wrote: "Online engagement may help to develop
- () that those who used the Internet for up to two hours a day were half as likely to be
- () at the start of the research. Everyone was asked about their physical and mental
- () wellbeing, and about how long they spent interacting with the Internet. The researchers discovered
- () reduce the risk of dementia." The study concluded that "regularly using the internet may be associated with cognitive longevity".
- () Internet use (of 6 to 8 hours a day) may exacerbate the risks of developing dementia.
- () Researchers analyzed data from an American health and retirement study. This research involved
- () suggests that spending time online could be good for the mental health of older people. A study conducted
- () diagnosed with having signs of dementia than those who were never online. The research also found that excessive
- (**1**) There is a plethora of research on the potential harm of the Internet. However, new research

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

1. of on research potential harm . the plethora A
2. could Internet reduce dementia . use risk of the
3. being mental and A link health . between online
4. Online develop to help reserve . cognitive may engagement
5. be longevity . may cognitive associated The with internet
6. study . American data an Researchers analyzed health from
7. the start . the were dementia-free participants All at
8. mental about Everyone their asked wellbeing . was
9. with likely as dementia . diagnosed be Half to
10. of use dementia . risks may the exacerbate Internet

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

There is a plethora of research *on / in* the potential harm of the Internet. However, new research *suggestive / suggests* that spending time online could be good for the mental health of *olden / older* people. A study conducted *at / by* researchers from New York University found that *regular / regularly* Internet use could reduce the risk of dementia in those over 50. Study co-author Dr Virginia Chang explained *why / what* there could be a link *between / among* being online and better mental health. She wrote: "Online engagement may help to develop and maintain cognitive *reverse / reserve*, which can in turn compensate *to / for* brain aging and reduce the risk of dementia." The study concluded that "regularly using the internet may be associated with cognitive *longevity / lengthening*".

Researchers analyzed data from an American health and *retirement / retiring* study. This research involved questioning 18,154 adults over the *old / age* of 50 every two years for 16 years. All of the *participants / participates* were dementia-free at the start of the research. Everyone was asked about their *physical / physique* and mental wellbeing, and about how long they spent *interaction / interacting* with the Internet. The researchers *discovered / discovery* that those who used the Internet for up to two hours a day were *half / halved* as likely to be diagnosed with having signs of dementia than *those / them* who were never online. The research also found that *excessive / recessive* Internet use (of 6 to 8 hours a day) may *excruciate / exacerbate* the risks of developing dementia.

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

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

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

Th_r_ _s_ _pl_th_r_ _f r_s__rch _n th_ p_t_nt__l h_rm
f th _nt_rn_t. H_w_v_r, n_w r_s__rch s_gg_sts th_t
sp_nd_ng t_m_ _nl_n_ c__ld b_ g__d f_r th_ m_nt_l
h__lth _f _ld_r p__pl_. _ st_dy c_nd_ct_d by
r_s__rch_rs fr_m N_w Y_rk _n_v_rs_ty f__nd th_t
r_g_l_r _nt_rn_t _s_ c__ld r_d_c_ th_ r_sk _f
d_m_nt__ _n th_s_ _v_r 50. St_dy c_-_th_r Dr
V_rg_n__ Ch_ng _xpl__n_d why th_r_ c__ld b_ _ l_nk
b_tw__n b__ng _nl_n_ _nd b_tt_r m_nt_l h__lth. Sh_
wr_t_: "_nl_n_ _ng_g_m_nt m_y h_lp t_ d_v_l_p _nd
m__nt__n c_gn_t_v_ r_s_rv_, wh_ch c_n _n t_rn
c_m_p_ns_t_ f_r br__n _g_ng _nd r_d_c_ th_ r_sk _f
d_m_nt__." Th_ st_dy c_ncl_d_d th_t "r_g_l_rly _s_ng
th_ _nt_rn_t m_y b_ _ss_c__t_d w_th c_gn_t_v_
l_ng_v_ty".

R_s__rch_rs _n_lyz_d d_t_ fr_m _n _m_r_c_n h__lth
_nd r_t_r_m_nt st_dy. Th_s r_s__rch _nv_lv_d
q__st__n_ng 18,154 _d_lts _v_r th_ _g_ _f 50 _v_ry
tw_ y__rs f_r 16 y__rs. _ll _f th_ p_rtc_p_nts w_r_
d_m_nt__-fr__ _t th_ st_r_t _f th_ r_s__rch. _v_ry_n_
w_s _sk_d _b__t th__r phys_c_l _nd m_nt_l w_llb__ng,
_nd _b__t h_w l_ng th_y sp_nt _nt_rct_ng w_th th_
_nt_rn_t. Th_ r_s__rch_rs d_sc_v_r_d th_t th_s_ wh_
_s_d th_ _nt_rn_t f_r _p_t tw_ h__rs _ d_y w_r_
h_lf _s l_k_ly t_ b_ d__gn_s_d w_th h_v_ng s_gns _f
d_m_nt__ th_n th_s_ wh_ w_r_ n_v_r _nl_n_. Th_
r_s__rch _ls_ f__nd th_t _xc_ss_v_ _nt_rn_t _s_ (_f 6
t_ 8 h__rs _ d_y) m_y _x_c_rb_t_ th_ r_sks _f
d_v_l_p_ng d_m_nt__.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

there is a plethora of research on the potential harm of the internet however new research suggests that spending time online could be good for the mental health of older people a study conducted by researchers from new york university found that regular internet use could reduce the risk of dementia in those over 50 study coauthor dr virginia chang explained why there could be a link between being online and better mental health she wrote online engagement may help to develop and maintain cognitive reserve which can in turn compensate for brain aging and reduce the risk of dementia the study concluded that regularly using the internet may be associated with cognitive longevity

researchers analyzed data from an american health and retirement study this research involved questioning 18154 adults over the age of 50 every two years for 16 years all of the participants were dementiafree at the start of the research everyone was asked about their physical and mental wellbeing and about how long they spent interacting with the internet the researchers discovered that those who used the internet for up to two hours a day were half as likely to be diagnosed with having signs of dementia than those who were never online the research also found that excessive internet use of 6 to 8 hours a day may exacerbate the risks of developing dementia

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com//2305/230508-daily-internet-use.html>

There is a plethora of research on the potential harm of the Internet. However, new research suggests that spending time online could be good for the mental health of older people. A study conducted by researchers from New York University found that regular Internet use could reduce the risk of dementia in those over 50. Study co-author Dr Virginia Chang explained why there could be a link between being online and better mental health. She wrote: "Online engagement may help to develop and maintain cognitive reserve, which can in turn compensate for brain aging and reduce the risk of dementia." The study concluded that "regularly using the internet may be associated with cognitive longevity". Researchers analyzed data from an American health and retirement study. This research involved questioning 18,154 adults over the age of 50 every two years for 16 years. All of the participants were dementia-free at the start of the research. Everyone was asked about their physical and mental wellbeing, and about how long they spent interacting with the Internet. The researchers discovered that those who used the Internet for up to two hours a day were half as likely to be diagnosed with having signs of dementia than those who were never online. The research also found that excessive Internet use (of 6 to 8 hours a day) may exacerbate the risks of developing dementia.

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. INTERNET USE: Make a poster about Internet use. Show your work to your classmates in the next lesson. Did you all have similar things?

4. TWO-HOUR LIMIT: Write a magazine article about imposing a two-hour daily limit on Internet use. 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 Internet use. Ask him/her three questions about it. Give him/her three of your ideas on how we can make good use of our time online. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

- 1 F 2 T 3 T 4 F 5 F 6 T 7 T 8 F

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. A plethora
2. New York University
3. The over-50s
4. Brain aging
5. Cognitive longevity
6. 18,154 adults
7. Every two years
8. Their physical and mental wellbeing
9. By half
10. The risks of developing dementia

WORDS IN THE RIGHT ORDER (p.19)

1. A plethora of research on the potential harm.
2. Internet use could reduce the risk of dementia.
3. A link between being online and mental health.
4. Online engagement may help to develop cognitive reserve.
5. The internet may be associated with cognitive longevity.
6. Researchers analyzed data from an American health study.
7. All the participants were dementia-free at the start.
8. Everyone was asked about their mental wellbeing.
9. Half as likely to be diagnosed with dementia.
10. Internet use may exacerbate the risks of dementia.

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 ;-)