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Level 3 – 19th October 2023

Grapes are good for our eyesight

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<https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.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/2310/231019-grapes-and-eyesight.html>

Everybody knows that eating carrots is good for our eyesight. A new study suggests that grapes are also good for our eyes. Researchers from the National University of Singapore have found that eating just a few grapes a day can improve our vision. This is especially so for people who are older. Dr Eun Kim, the lead researcher, said: "Our study is the first to show that grape consumption beneficially impacts eye health in humans, which is very exciting, especially with a growing, ageing population." Dr Kim added that, "grapes are an easily accessible fruit that studies have shown can have a beneficial impact" on our eyesight. This is good news for people who don't really like carrots.

The study is published in the journal "Food & Function". Thirty-four adults took part in a series of experiments over 16 weeks. Half of the participants ate one-and-a-half cups of grapes per day; the other half ate a placebo snack. Dr Kim did not tell the participants or the researchers whether she was testing the grapes or the snack. She thought that not revealing this information would give better test results. She found that people who ate the grapes had improved muscle strength around the retina. The retina passes information about light to the brain via electrical signals. It protects the eyes from damaging blue light. A lot of blue light comes from computer and smartphone screens, and from LED lights.

Sources: <https://nypost.com/2023/10/13/grapes-are-the-new-carrots-when-it-comes-to-good-vision-new-eye-health-research/>
<https://uk.style.yahoo.com/fruits-grapes-health-benefits-vision-ageing-111631308.html>
<https://www.express.co.uk/life-style/health/1824216/eye-health-grapes-protect-eyesight>

WARM-UPS

1. GRAPES: Students walk around the class and talk to other students about grapes. 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?

carrots / eyesight / grapes / vision / older people / researcher / health / humans / study / journal / experiment / snack / information / muscle / strength / blue / light

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

3. SCREEN TIME: Students A **strongly** believe we should all halve our screen time to protect our eyes; Students B **strongly** believe that is unnecessary. Change partners again and talk about your conversations.

4. GOOD FOOD: What food can we eat that is good for the things below? Why is it good? How much of this do you eat? Complete this table with your partner(s). Change partners often and share what you wrote.

	Food	Why It's Good	You
Muscles			
Hair			
Skin			
Stomach			
Cold weather			
Birthdays			

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

6. FRUIT: Rank these with your partner. Put the best fruit at the top. Change partners often and share your rankings.

- Grapes
- Apples
- Bananas
- Kiwis
- Pineapples
- Strawberries
- Cherries
- Blueberries

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|---|
| 1. study | a. The ability to see. |
| 2. suggest | b. So we think about one person or thing over all others. |
| 3. improve | c. A report full of research and discussion about a subject or situation. |
| 4. vision | d. All of the people living in a town, city, country or the world. |
| 5. especially | e. Say or write something to make people think it is true. |
| 6. consumption | f. Make better. |
| 7. population | g. The action of eating or drinking something. |

Paragraph 2

- | | |
|-----------------|---|
| 8. journal | h. Keep safe from harm or danger. |
| 9. series | i. A newspaper or magazine that is about a particular subject or professional activity. |
| 10. participant | j. A number of events, objects, or people of a similar kind coming one after another. |
| 11. placebo | k. Making unknown or secret information known to others. |
| 12. revealing | l. Something used in testing new drugs on people that has no benefits to the people. |
| 13. muscle | m. A person who takes part in something. |
| 14. protect | n. The fleshy parts of our body that make us strong. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

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

1. The article says most people know carrots are good for our eyesight. **T / F**
2. The researchers are from a university in Singapore. **T / F**
3. Researchers say 10 grapes a day will help our eyesight. **T / F**
4. The article says most people don't like carrots. **T / F**
5. Sixteen people took part in an experiment for 34 weeks. **T / F**
6. Test participants didn't know if a snack or grapes were being tested. **T / F**
7. People who ate grapes developed stronger muscles in their eyes. **T / F**
8. Damaging red light comes from computer screens. **T / F**

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

- | | |
|-----------------------|-----------------|
| 1. eyesight | a. effect |
| 2. found | b. showing |
| 3. especially | c. advantage |
| 4. benefit | d. discovered |
| 5. impact | e. tests |
| 6. took part | f. vision |
| 7. experiments | g. safeguards |
| 8. revealing | h. particularly |
| 9. protects | i. harmful |
| 10. damaging | j. participated |

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

- | | |
|--------------------------------------|------------------------------|
| 1. A new study suggests | a. for people who are older |
| 2. just a few grapes | b. placebo snack |
| 3. This is especially so | c. series of experiments |
| 4. a growing, ageing | d. damaging blue light |
| 5. good news for people who | e. a day |
| 6. Thirty-four adults took part in a | f. population |
| 7. one-and-a-half | g. strength |
| 8. the other half ate a | h. that grapes are also good |
| 9. improved muscle | i. don't really like carrots |
| 10. protects the eyes from | j. cups of grapes per day |

GAP FILL

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

Everybody knows that eating (1) _____ is good for our eyesight. A new study (2) _____ that grapes are also good for our eyes. Researchers from the National University of Singapore have found that eating just a few grapes a day can (3) _____ our vision. This is (4) _____ so for people who are older. Dr Eun Kim, the lead researcher, said: "Our study is the first to show that grape consumption (5) _____ impacts eye health in humans, which is very exciting, especially with a growing, (6) _____ population." Dr Kim added that, "grapes are an easily (7) _____ fruit that studies have shown can have a beneficial impact" on our eyesight. This is good (8) _____ for people who don't really like carrots.

especially
suggests
accessible
carrots
news
beneficially
improve
ageing

The study is (9) _____ in the journal "Food & Function". Thirty-four adults took part in a (10) _____ of experiments over 16 weeks. Half of the participants ate one-and-a-half cups of grapes per day; the other half ate a (11) _____ snack. Dr Kim did not tell the participants or the researchers whether she was (12) _____ the grapes or the snack. She thought that not revealing this information would give better test results. She found that people who ate the grapes had improved muscle (13) _____ around the retina. The retina (14) _____ information about light to the brain via electrical signals. It (15) _____ the eyes from damaging blue light. A lot of blue light comes from computer and smartphone (16) _____, and from LED lights.

strength
placebo
screens
published
protects
testing
series
passes

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

- 1) A new study suggests that grapes are also good _____
 - a. four our eyes
 - b. for our eye
 - c. for our eyes
 - d. four our eye
- 2) eating just a few grapes a day can _____
 - a. improve our visor
 - b. improve fusion
 - c. improve television
 - d. improve our vision
- 3) show that grape consumption beneficially impacts eye _____
 - a. health in humans
 - b. healthy in humans
 - c. health thin humans
 - d. hell thin humans
- 4) which is very exciting, especially with a _____
 - a. growing, age in population
 - b. grow in, age in population
 - c. grow in, ageing population
 - d. growing, ageing population
- 5) This is good news for people who don't _____
 - a. really like carrots
 - b. very like carrots
 - c. reality like carrots
 - d. such like carrots
- 6) Thirty-four adults took part in a _____
 - a. services of experiments
 - b. series of experiments
 - c. series off experiments
 - d. serious of experiments
- 7) Half of the participants ate one-and-a-half cups of _____
 - a. grapes per day
 - b. grapes par day
 - c. grapes purr day
 - d. grapes pore day
- 8) She thought that not revealing this information would give _____
 - a. butter test results
 - b. better tests results
 - c. better test result
 - d. better test results
- 9) She found that people who ate the grapes had _____
 - a. improve muscle strong
 - b. improves muscle strength
 - c. improved muscle strong
 - d. improved muscle strength
- 10) light to the brain via electrical signals. It protects the eyes from _____
 - a. damaging glue light
 - b. damaging blue light
 - c. damaging brew light
 - d. damaging grew light

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

Everybody (1) _____ carrots is good for our eyesight. A new study suggests that grapes are also good for our eyes. Researchers from the National University of Singapore have found that eating (2) _____ grapes a day can improve our vision. This is (3) _____ people who are older. Dr Eun Kim, the lead researcher, said: "Our study is the first to show that grape consumption (4) _____ health in humans, which is very exciting, especially with a growing, ageing population." Dr Kim added that, "grapes (5) _____ accessible fruit that studies have shown can have a beneficial impact" on our eyesight. This is (6) _____ people who don't really like carrots.

The study (7) _____ the journal "Food & Function". Thirty-four adults took part in a series of experiments over 16 weeks. Half of the participants ate one-and-a-(8) _____ grapes per day; the other half ate a placebo snack. Dr Kim did not tell the participants or the researchers whether she was testing the grapes (9) _____. She thought that not revealing this information would give better test results. She found that people who ate the grapes (10) _____ strength around the retina. The retina passes information about light to the brain via electrical signals. It (11) _____ from damaging blue light. A (12) _____ light comes from computer and smartphone screens, and from LED lights.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

1. Who knows that eating carrots is good for our eyes?
2. Which country is this research from?
3. How many grapes a day can improve our vision?
4. Who in particular can eating grapes help?
5. What kind of impact did Dr Kim say grapes have on our eyesight?
6. What's the name of the journal in which the research is published?
7. For how long did test participants have to eat grapes every day?
8. What did test participants eat besides grapes?
9. What part of the eye passes information about light to the brain?
10. Where does blue light come from besides computers and smartphones?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

- 1) Who knows that eating carrots is good for our eyes?
 - a) grape growers
 - b) everyone
 - c) greengrocers
 - d) dentists
- 2) Which country is this research from?
 - a) Chile
 - b) Bulgaria
 - c) France
 - d) Singapore
- 3) How many grapes a day can improve our vision?
 - a) several
 - b) loads
 - c) a few
 - d) many
- 4) Who in particular can eating grapes help?
 - a) older people
 - b) wine drinkers
 - c) children
 - d) doctors
- 5) What kind of impact did Dr Kim say grapes have on our eyesight?
 - a) a small impact
 - b) a beneficial impact
 - c) no impact
 - d) a hard impact
- 6) What's the name of the journal in which the research is published?
 - a) Food and Function
 - b) Function & Food
 - c) Grapes & Eyes
 - d) Fruit & Health
- 7) For how long did test participants have to eat grapes every day?
 - a) 12 weeks
 - b) 14 weeks
 - c) 16 weeks
 - d) 18 weeks
- 8) What did test participants eat besides grapes?
 - a) a placebo snack
 - b) hamburgers
 - c) cherries
 - d) rice
- 9) What part of the eye passes information about light to the brain?
 - a) the eyelid
 - b) eyelashes
 - c) the pupil
 - d) the retina
- 10) Where does blue light come from besides computers and smartphones?
 - a) flashlights
 - b) street lights
 - c) LED lights
 - d) car lights

ROLE PLAY

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

Role A – Grapes

You think grapes are the best fruit. Tell the others three reasons why. Tell them what is wrong with their fruit. Also, tell the others which is the least tasty and useful of these (and why): apples, bananas or blueberries.

Role B – Apples

You think apples are the best fruit. Tell the others three reasons why. Tell them what is wrong with their fruit. Also, tell the others which is the least tasty and useful of these (and why): grapes, bananas or blueberries.

Role C – Bananas

You think bananas are the best fruit. Tell the others three reasons why. Tell them what is wrong with their fruit. Also, tell the others which is the least tasty and useful of these (and why): apples, grapes or blueberries.

Role D – Blueberries

You think blueberries are the best fruit. Tell the others three reasons why. Tell them what is wrong with their fruit. Also, tell the others which is the least tasty and useful of these (and why): apples, bananas or grapes.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

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

grape	eyesight
--------------	-----------------

- 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">• also• few• older• first• growing• shown	<ul style="list-style-type: none">• part• cups• testing• results• brain• lot
--	---

GRAPES SURVEY

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

Write five GOOD questions about grapes 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.

GRAPES 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 'grape'?
3. How healthy are carrots?
4. What can we do to take care of our eyes?
5. What's your eyesight like?
6. Will you now eat more grapes?
7. What other food is good for our eyes?
8. What do you think of grapes?
9. What is your favourite fruit and why?
10. What happens to our eyes as we age?

Grapes are good for our eyesight – 19th October 2023
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GRAPES 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 'eyesight'?
13. What do you think about what you read?
14. What do you think of grapes?
15. Would you like to read the journal article?
16. Can you eat one-and-a-half cups of grapes a day?
17. What do you know about the human eye?
18. What do you know about blue light?
19. Should we limit our screentime?
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/2310/231019-grapes-and-eyesight.html>

Everybody knows (1) _____ eating carrots is good for our eyesight. A new study suggests that grapes are also good for our (2) _____. Researchers from the National University of Singapore have found that eating (3) _____ a few grapes a day can improve our vision. This is especially so for people who are older. Dr Eun Kim, the lead researcher, said: "Our study is the first to show that grape consumption beneficially impacts eye health (4) _____ humans, which is very exciting, especially with a growing, ageing population." Dr Kim added that, "grapes are an (5) _____ accessible fruit that studies have shown can have a beneficial impact" on our eyesight. This is good news for people who don't (6) _____ like carrots.

The study is published (7) _____ the journal "Food & Function". Thirty-four adults took part in a series of experiments over 16 weeks. Half of the participants ate one-and-a-half cups of grapes (8) _____ day; the other half ate a placebo snack. Dr Kim did not tell the participants or the researchers (9) _____ she was testing the grapes or the snack. She thought that not revealing (10) _____ information would give better test results. She found that people who ate the grapes had improved muscle strength around the retina. The retina (11) _____ information about light to the brain via electrical signals. It protects the eyes from (12) _____ blue light. A lot of blue light comes from computer and smartphone screens, and from LED lights.

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

- | | | | | |
|-----|--------------|-------------|----------------|--------------|
| 1. | (a) what | (b) then | (c) that | (d) so |
| 2. | (a) eyes | (b) eye | (c) eyelashes | (d) eyebrows |
| 3. | (a) just | (b) adjust | (c) justly | (d) justice |
| 4. | (a) in | (b) by | (c) of | (d) to |
| 5. | (a) easy | (b) eases | (c) ease | (d) easily |
| 6. | (a) such | (b) so | (c) very | (d) really |
| 7. | (a) in | (b) at | (c) by | (d) to |
| 8. | (a) pore | (b) purr | (c) par | (d) per |
| 9. | (a) whether | (b) any | (c) like | (d) moreover |
| 10. | (a) for | (b) this | (c) top-secret | (d) these |
| 11. | (a) throws | (b) passes | (c) chucks | (d) hands |
| 12. | (a) damaging | (b) damages | (c) damaged | (d) damage |

SPELLING

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

Paragraph 1

1. A new study ugssegts that
2. rpmoive our vision
3. the lead aserehcrer
4. grape nmsupcitoon
5. an easily csescibale fruit
6. have a niefecibal impact

Paragraph 2

7. The study is published in the ournjal
8. a esires of experiments
9. Half of the ritiapapcnts
10. not averlieng this information
11. ucsmle strength around the retina
12. It rotecpts the eyes

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

Number these lines in the correct order.

- () just a few grapes a day can improve our vision. This is especially so for people who are
- () light. A lot of blue light comes from computer and smartphone screens, and from LED lights.
- () also good for our eyes. Researchers from the National University of Singapore have found that eating
- () testing the grapes or the snack. She thought that not revealing this information would give better test
- () experiments over 16 weeks. Half of the participants ate one-and-a-half cups of grapes per
- () have a beneficial impact" on our eyesight. This is good news for people who don't really like carrots.
- () older. Dr Eun Kim, the lead researcher, said: "Our study is the first to show that grape consumption beneficially
- () retina. The retina passes information about light to the brain via electrical signals. It protects the eyes from damaging blue
- () population." Dr Kim added that, "grapes are an easily accessible fruit that studies have shown can
- () impacts eye health in humans, which is very exciting, especially with a growing, aging
- () day; the other half ate a placebo snack. Dr Kim did not tell the participants or the researchers whether she was
- (**1**) Everybody knows that eating carrots is good for our eyesight. A new study suggests that grapes are
- () results. She found that people who ate the grapes had improved muscle strength around the
- () The study is published in the journal "Food & Function". Thirty-four adults took part in a series of

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

1. Eating for our good carrots is eyesight .
2. grapes that suggests good . study are A also
3. few just Eating grapes a day . a
4. who older . so Especially people for are
5. Good don't news who people for like carrots .
6. Thirty-four in series participated experiments . adults a of
7. would Not revealing give this test results . better
8. improved They around the strength had muscle retina .
9. protects damaging eyes It from the blue light .
10. of A light blue lot comes from computers .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

Everybody knows that eating carrots is *well / good* for our eyesight. A new study suggests that grapes are also good for our *eyes / eye*. Researchers from the National University of Singapore have found that eating just a *phew / few* grapes a day can improve our *visions / vision*. This is especially so for people who are *older / olden*. Dr Eun Kim, the lead researcher, said: "Our study is the first to show that grape consumption *benefits / beneficially* impacts eye health in humans, which is very *exciting / excitement*, especially with a growing, ageing population." Dr Kim added that, "grapes are an easily *accessible / access* fruit that studies have shown can have a beneficial impact" *in / on* our eyesight. This is good news for people who don't really *like / liked* carrots.

The study is published *in / on* the journal "Food & Function". Thirty-four adults took part *in / on* a series of experiments over 16 weeks. Half of the participants ate one-and-a-half cups of grapes *for / per* day; the other half ate a placebo *snack / snacks*. Dr Kim did not tell the *participates / participants* or the researchers whether she was testing the grapes or the snack. She thought that not *reveal / revealing* this information would give better test results. She found *that / what* people who ate the grapes had improved muscle strength around *a / the* retina. The retina passes information about light to the brain *via / viral* electrical signals. It protects the eyes from damaging blue light. A lot of blue light comes from computer *and / of* smartphone screens, and from LED lights.

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/2310/231019-grapes-and-eyesight.html>

_v_ryb_dy kn_ws th_t __t_ng c_rr_ts _s g__d f_r __r
_y_s_gh_t. _ n_w st_dy s_gg_sts th_t gr_p_s _r _ls_
g__d f_r __r _y_s. R_s__rch_rs fr_m th_ N_t__n_l
_n_v_rs_ty _f S_ng_p_r_ h_v_ f__nd th_t __t_ng j_st _
f_w gr_p_s _ d_y c_n _mpr_v_ __r v_s__n. Th_s _s
_sp_c__lly s_ f_r p__pl_ wh_ _r_ _ld_r. Dr __n K_m,
th_ l__d r_s__rch_r, s__d: "__r st_dy _s th_ f_rst t_
sh_w th_t gr_p_ c_ns_mpt__n b_n_f_c__lly _mp_cts _y_
h__lth _n h_m_ns, wh_ch _s v_ry _xc_t_ng, _sp_c__lly
w_th _ gr_w_ng, _g__ng p_p_l_t__n." Dr K_m _dd_d
th_t, "gr_p_s _r_ _n __s_ly _cc_ss_bl_ fr__t th_t
st_d__s h_v_ sh_wn c_n h_v_ _ b_n_f_c__l _mp_ct" _n
__r _y_s_gh_t. Th_s _s g__d n_ws f_r p__pl_ wh_ d_n't
r__lly l_k_ c_rr_ts.

Th_ st_dy _s p_bl_sh_d _n th_ j__rn_l "F__d &
F_nct__n". Th_rty-f__r _d_lts t__k p_rt _n _ s_r__s _f
_xp_r_m_nts _v_r 16 w__ks. H_lf _f th_ p_rt_c_p_nts
t _n_-nd_-h_lf c_ps _f gr_p_s p_r d_y; th_ _th_r
h_lf _t_ _ pl_c_b_ sn_ck. Dr K_m d_d n_t t_ll th_
p_rt_c_p_nts _r th_ r_s__rch_rs wh_th_r sh_ w_s
t_st_ng th_ gr_p_s _r th_ sn_ck. Sh_ th__ght th_t n_t
r_v__l_ng th_s _nf_rm_t__n w__ld g_v_ b_tt_r t_st
r_s_lts. Sh_ f__nd th_t p__pl_ wh_ _t_ th_ gr_p_s h_d
_mpr_v_d m_scl_ str_ngh_ _r__nd th_ r_t_n_. Th_
r_t_n_ p_ss_s _nf_rm_t__n _b__t l_gh_t t_ th_ br__n
v__ _l_ctr_c_l s_gn_ls. _t_ pr_t_cts th_ _y_s fr_m
d_m_g_ng bl__ l_gh_t. _ l_t _f bl__ l_gh_t c_m_s fr_m
c_m_p_t_r _nd sm_rtp_h_n_ scr__ns, _nd fr_m L_D
l_gh_t_s.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

everybody knows that eating carrots is good for our eyesight a new study suggests that grapes are also good for our eyes researchers from the national university of singapore have found that eating just a few grapes a day can improve our vision this is especially so for people who are older dr eun kim the lead researcher said our study is the first to show that grape consumption beneficially impacts eye health in humans which is very exciting especially with a growing ageing population dr kim added that grapes are an easily accessible fruit that studies have shown can have a beneficial impact on our eyesight this is good news for people who dont really like carrots

the study is published in the journal food function thirtyfour adults took part in a series of experiments over 16 weeks half of the participants ate oneandahalf cups of grapes per day the other half ate a placebo snack dr kim did not tell the participants or the researchers whether she was testing the grapes or the snack she thought that not revealing this information would give better test results she found that people who ate the grapes had improved muscle strength around the retina the retina passes information about light to the brain via electrical signals it protects the eyes from damaging blue light a lot of blue light comes from computer and smartphone screens and from led lights

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2310/231019-grapes-and-eyesight.html>

Everybody knows that eating carrots is good for our eyesight. A new study suggests that grapes are also good for our eyes. Researchers from the National University of Singapore have found that eating just a few grapes a day can improve our vision. This is especially so for people who are older. Dr Eun Kim, the lead researcher, said: "Our study is the first to show that grape consumption beneficially impacts eye health in humans, which is very exciting, especially with a growing, ageing population." Dr Kim added that, "grapes are an easily accessible fruit that studies have shown can have a beneficial impact on our eyesight. This is good news for people who don't really like carrots. The study is published in the journal "Food & Function". Thirty-four adults took part in a series of experiments over 16 weeks. Half of the participants ate one-and-a-half cups of grapes per day; the other half ate a placebo snack. Dr Kim did not tell the participants or the researchers whether she was testing the grapes or the snack. She thought that not revealing this information would give better test results. She found that people who ate the grapes had improved muscle strength around the retina. The retina passes information about light to the brain via electrical signals. It protects the eyes from damaging blue light. A lot of blue light comes from computer and smartphone screens, and from LED lights.

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. GRAPES: Make a poster about grapes. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SCREEN TIME: Write a magazine article about all of us halving our screen time to protect our eyes. 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 eyesight. Ask him/her three questions about it. Give him/her three of your ideas on how we can protect our eyesight. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- Everyone
- Singapore
- A few
- Older people
- A beneficial impact
- Food & Function
- Sixteen weeks
- A placebo snack
- The retina
- LED lights

WORDS IN THE RIGHT ORDER (p.19)

- Eating carrots is good for our eyesight.
- A study suggests that grapes are also good.
- Eating just a few grapes a day.
- Especially so for people who are older.
- Good news for people who don't like carrots.
- Thirty-four adults participated in a series of experiments.
- Not revealing this would give better test results.
- They had improved muscle strength around the retina.
- It protects the eyes from damaging blue light.
- A lot of blue light comes from computers.

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 ;-)