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Level 4 – 30th October 2023

Tai chi could slow down Parkinson's disease

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<https://breakingnewsenglish.com/2310/231030-tai-chi-parkinsons-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/2310/231030-tai-chi-parkinsons-4.html>

Researchers say tai chi could slow the progression of Parkinson's disease by years. Tai chi is known to benefit physical and mental health. A study from a university in Shanghai found that Parkinson's progressed at a slower rate in people who practiced tai chi. Researchers observed fewer falls and less dizziness in those who did tai chi. Moreover, the cognitive function of tai chi practitioners worsened more slowly.

Parkinson's is a disorder that affects the nerves and muscles. It causes uncontrollable movements, and difficulty with balance and coordination. A famous person with Parkinson's was the heavyweight boxer Muhammad Ali. The researchers said tai chi could keep Parkinson's at bay for years. They said: "The long-term beneficial effect of tai chi...could prolong the time without disability, leading to a higher quality of life."

Sources: <https://people.com/tai-chi-slows-down-symptoms-of-parkinsons-disease-study-finds-oszy-osbourne-8382455>
<https://www.independent.co.uk/news/science/parkinsons-disease-slows-down-martial-art-b2435538.html>
<https://medicalxpress.com/news/2023-10-tai-chi-curb-parkinson-disease.htm>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2310/231030-tai-chi-parkinsons-4.html>

PARAGRAPH ONE:

- | | |
|-----------------------|---------------------------|
| 1. tai chi could slow | a. a slower rate |
| 2. benefit physical | b. falls |
| 3. A study from a | c. function |
| 4. progressed at | d. and mental health |
| 5. people who | e. dizziness |
| 6. fewer | f. practiced tai chi |
| 7. less | g. the progression |
| 8. cognitive | h. university in Shanghai |

PARAGRAPH TWO:

- | | |
|---------------------------------------|----------------------|
| 1. a disorder that affects the nerves | a. disability |
| 2. It causes uncontrollable | b. coordination |
| 3. balance and | c. bay for years |
| 4. heavyweight | d. of life |
| 5. keep Parkinson's at | e. and muscles |
| 6. The long-term beneficial | f. movements |
| 7. prolong the time without | g. effect of tai chi |
| 8. leading to a higher quality | h. boxer |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2310/231030-tai-chi-parkinsons-4.html>

Researchers say tai chi could (1) _____ of Parkinson's disease by years. Tai chi is (2) _____ physical and mental health. A study from a university in Shanghai found that Parkinson's (3) _____ slower rate in people who practiced tai chi. Researchers observed fewer falls (4) _____ in those who did tai chi. Moreover, (5) _____ of tai chi practitioners (6) _____.

Parkinson's is a disorder that affects the (7) _____. It causes uncontrollable movements, and (8) _____ and coordination. A famous person with Parkinson's (9) _____ boxer Muhammad Ali. The researchers said tai chi could keep Parkinson's (10) _____ years. They said: "The long-term beneficial effect of tai chi... (11) _____ time without disability, leading to a higher (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2310/231030-tai-chi-parkinsons-4.html>

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TAI CHI SURVEY

From <https://breakingnewsenglish.com/2310/231030-tai-chi-parkinsons-4.html>

Write five GOOD questions about tai chi 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) _____

WRITING

From <https://breakingnewsenglish.com/2310/231030-tai-chi-parkinsons-4.html>

Write about **tai chi** for 10 minutes. Read and talk about your partner's paper.
