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**Level 6 – 30th October 2023**

## Tai chi could slow down Parkinson's disease

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

### Contents

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash ( / ) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

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

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# THE ARTICLE

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

Researchers have found that the Chinese martial art of tai chi could slow down the progression of Parkinson's disease by years. Tai chi, with its slow, meditative and deliberate movements, is known to benefit physical and mental well-being. Doctors from the Shanghai Jiao Tong University School of Medicine conducted a five-year study on people with Parkinson's. The researchers discovered that the condition progressed at a slower rate in those who practiced tai chi. They observed fewer falls, and less dizziness and back pain in the tai chi practitioners. The researchers also noted that the cognitive function of the test participants who regularly practiced tai chi deteriorated more slowly.

Parkinson's disease is a brain disorder that affects the nerves and muscles. It progressively causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. People with Parkinson's may eventually have difficulties walking and talking. One of the most famous people with Parkinson's was the heavyweight boxing champion Muhammad Ali. The researchers suggest that doing tai chi could keep symptoms of Parkinson's at bay for years. They said: "The long-term beneficial effect of tai chi on Parkinson's could prolong the time without disability, leading to a higher quality of life, a lower burden for caregivers and a reduction in drug use."

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>

# WARM-UPS

**1. TAI CHI:** Students walk around the class and talk to other students about tai chi. 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?

martial art / tai chi / Parkinson's / disease / meditative / well-being / dizziness / pain / brain disorder / nerves / muscles / shaking / balance / boxing / symptoms / drug use

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

**3. PARKINSON'S:** Students A **strongly** believe we should all learn about Parkinson's and similar disorders at school; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. MARTIAL ARTS:** What do you know about these martial arts? How useful are they? Complete this table with your partner(s). Change partners often and share what you wrote.

	What We Know	Usefulness
Tai chi		
Karate		
Aikido		
Sumo		
Tae kwon do		
Kung fu		

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

**6. BRAIN HEALTH:** Rank these with your partner. Put the best activities for brain health at the top. Change partners often and share your rankings.

- Tai chi
- Sleeping
- Reading
- Meditation
- Learning a language
- Playing the piano
- Crossword puzzles
- Socializing

# VOCABULARY MATCHING

## Paragraph 1

- |                 |                                                                                                                                     |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------|
| 1. martial art  | a. A person actively engaged in an art, discipline, or profession.                                                                  |
| 2. meditative   | b. Done consciously and intentionally.                                                                                              |
| 3. deliberate   | c. Relating to the focusing of one's mind for a period of time for religious, spiritual or other purposes.                          |
| 4. dizziness    | d. Slowly became worse.                                                                                                             |
| 5. practitioner | e. Various sports, which originated in Japan, Korea, and China as forms of self-defence or attack, such as judo, karate, and kendo. |
| 6. cognitive    | f. A sensation of spinning around and losing one's balance.                                                                         |
| 7. deteriorated | g. Relating to the mental action or process of acquiring knowledge and understanding through thought.                               |

## Paragraph 2

- |                  |                                                                                      |
|------------------|--------------------------------------------------------------------------------------|
| 8. disorder      | h. Not planned or meant.                                                             |
| 9. unintended    | i. Prevent someone or something from approaching or having an effect                 |
| 10. coordination | j. A duty that causes great work, worry or hardship.                                 |
| 11. symptom      | k. The ability to use different parts of the body together smoothly and efficiently. |
| 12. keep at bay  | l. Extend the duration of.                                                           |
| 13. prolong      | m. A physical or mental feature which is a sign of a condition of disease.           |
| 14. burden       | n. An illness or condition that disrupts normal physical or mental functions.        |

# BEFORE READING / LISTENING

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

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

1. Tai chi is a martial art that originated in China. **T / F**
2. The article says tai chi is a key part of meditation. **T / F**
3. Researchers from a university in Beijing conducted a study. **T / F**
4. Test participants who did tai chi suffered slower cognitive decline. **T / F**
5. Parkinson's disease mainly affects the cardiovascular system. **T / F**
6. Parkinson's disease affects people's coordination and balance. **T / F**
7. The article says a former karate champion had Parkinson's disease. **T / F**
8. Tai chi could reduce the need for drugs to treat Parkinson's disease. **T / F**

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

- |                        |                   |
|------------------------|-------------------|
| 1. <b>progression</b>  | a. health         |
| 2. <b>deliberate</b>   | b. condition      |
| 3. <b>well-being</b>   | c. worsened       |
| 4. <b>observed</b>     | d. draw out       |
| 5. <b>deteriorated</b> | e. purposeful     |
| 6. <b>disorder</b>     | f. stability      |
| 7. <b>balance</b>      | g. signs          |
| 8. <b>symptoms</b>     | h. advance        |
| 9. <b>prolong</b>      | i. responsibility |
| 10. <b>burden</b>      | j. saw            |

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

- |                                 |                         |
|---------------------------------|-------------------------|
| 1. tai chi could slow down      | a. affects the nerves   |
| 2. slow, meditative and         | b. more slowly          |
| 3. less                         | c. effect of tai chi    |
| 4. cognitive                    | d. deliberate movements |
| 5. deteriorated                 | e. for caregivers       |
| 6. a brain disorder that        | f. dizziness            |
| 7. difficulty with balance and  | g. the progression      |
| 8. keep symptoms of Parkinson's | h. coordination         |
| 9. The long-term beneficial     | i. at bay               |
| 10. a lower burden              | j. function             |

# GAP FILL

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

Researchers have found that the Chinese (1) \_\_\_\_\_ art of tai chi could slow down the (2) \_\_\_\_\_ of Parkinson's disease by years. Tai chi, with its slow, meditative and (3) \_\_\_\_\_ movements, is known to benefit physical and mental well-(4) \_\_\_\_\_. Doctors from the Shanghai Jiao Tong University School of Medicine conducted a five-year study on people with Parkinson's. The researchers discovered that the condition (5) \_\_\_\_\_ at a slower rate in those who practiced tai chi. They observed fewer falls, and less (6) \_\_\_\_\_ and back pain in the tai chi practitioners. The researchers also noted that the (7) \_\_\_\_\_ function of the test participants who (8) \_\_\_\_\_ practiced tai chi deteriorated more slowly.

*being*  
*progression*  
*regularly*  
*progressed*  
*deliberate*  
*martial*  
*dizziness*  
*cognitive*

Parkinson's disease is a brain (9) \_\_\_\_\_ that affects the nerves and muscles. It progressively causes unintended or uncontrollable movements, such as shaking, (10) \_\_\_\_\_, and difficulty with balance and coordination. People with Parkinson's may (11) \_\_\_\_\_ have difficulties walking and talking. One of the most famous people with Parkinson's was the heavyweight boxing champion Muhammad Ali. The researchers suggest that doing tai chi could keep (12) \_\_\_\_\_ of Parkinson's at (13) \_\_\_\_\_ for years. They said: "The long-term (14) \_\_\_\_\_ effect of tai chi on Parkinson's could prolong the time without disability, leading to a higher quality of life, a lower (15) \_\_\_\_\_ for caregivers and a (16) \_\_\_\_\_ in drug use."

*eventually*  
*bay*  
*burden*  
*symptoms*  
*disorder*  
*reduction*  
*stiffness*  
*beneficial*

# LISTENING – Guess the answers. Listen to check.

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

- 1) found that the Chinese martial art of tai chi could slow \_\_\_\_\_
  - a. down the progressing
  - b. down the progress shun
  - c. down the progressive
  - d. down the progression
- 2) meditative and deliberate movements, is known to benefit physical and \_\_\_\_\_
  - a. mental well-being
  - b. mental well-been
  - c. mental well-be in
  - d. mental well-bean
- 3) the condition progressed at a slower rate in those \_\_\_\_\_
  - a. whom practiced tai chi
  - b. who practiced tai chi
  - c. whose practiced tai chi
  - d. who's practiced tai chi
- 4) They observed fewer falls, and less dizziness and back pain in \_\_\_\_\_
  - a. the tai chi practicing errs
  - b. the tai chi practical nerds
  - c. the tai chi practicing nerds
  - d. the tai chi practitioners
- 5) cognitive function of the test participants who regularly practiced tai chi \_\_\_\_\_
  - a. deter rioted more slowly
  - b. deter a rated more slowly
  - c. deteriorated more slowly
  - d. decorated more slowly
- 6) Parkinson's disease is a brain disorder that affects the \_\_\_\_\_
  - a. nervous and muscles
  - b. nerve and muscles
  - c. nerves and muscle
  - d. nerves and muscles
- 7) unintended or uncontrollable movements, such as shaking, stiffness, and \_\_\_\_\_
  - a. difficulty with valance
  - b. difficulty with balanced
  - c. difficulty with balance
  - d. difficulty with balances
- 8) researchers suggest that doing tai chi could keep symptoms of \_\_\_\_\_
  - a. Parkinson's at bay
  - b. Parkinson's at may
  - c. Parkinson's at say
  - d. Parkinson's at day
- 9) The long-term beneficial effect of tai chi on Parkinson's could prolong the \_\_\_\_\_
  - a. time within disability
  - b. time wither out disability
  - c. time without disability
  - d. time with thought disability
- 10) leading to a higher quality of life, a lower \_\_\_\_\_
  - a. burden for caregivers
  - b. bird on for caregivers
  - c. bard on for caregivers
  - d. burr don for caregivers

# LISTENING – Listen and fill in the gaps

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

Researchers have found that the Chinese (1) \_\_\_\_\_ tai chi could slow down the progression of Parkinson's disease by years. Tai chi, with (2) \_\_\_\_\_ and deliberate movements, is known to benefit physical and mental well-being. Doctors from the Shanghai Jiao Tong University School of Medicine conducted a five-year study on people with Parkinson's. The researchers discovered that the condition (3) \_\_\_\_\_ slower rate in those who practiced tai chi. They observed fewer falls, and (4) \_\_\_\_\_ back pain in the tai chi practitioners. The researchers also noted that (5) \_\_\_\_\_ of the test participants who regularly practiced tai chi (6) \_\_\_\_\_.

Parkinson's disease is a brain disorder that affects the (7) \_\_\_\_\_. It progressively causes unintended or uncontrollable movements, such as (8) \_\_\_\_\_ difficulty with balance and coordination. People with Parkinson's (9) \_\_\_\_\_ difficulties walking and talking. One of the most famous people with Parkinson's was the heavyweight boxing champion Muhammad Ali. The researchers suggest that doing tai chi could (10) \_\_\_\_\_ Parkinson's at bay for years. They said: "The long-term beneficial effect of tai chi on Parkinson's could (11) \_\_\_\_\_ without disability, leading to a higher quality of life, a lower burden for caregivers and a (12) \_\_\_\_\_ use."



# COMPREHENSION QUESTIONS

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

1. By how long could tai chi slow down the progression of Parkinson's?
2. What kind of movements does tai chi involve besides deliberate ones?
3. How long was the study in the article?
4. What did tai chi practitioners experience less of?
5. What deteriorated more slowly in test participants who did tai chi?
6. Which two areas of the body does Parkinson's affect, besides the brain?
7. What might people with Parkinson's have trouble doing?
8. What does the article say tai chi could keep at bay?
9. What could doing tai chi lead to a higher quality of?
10. Who might be burdened less if people practice tai chi?

# MULTIPLE CHOICE - QUIZ

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

- 1) By how long could tai chi slow down the progression of Parkinson's?
  - a) decades
  - b) years
  - c) months
  - d) weeks
- 2) What kind of movements does tai chi involve besides deliberate ones?
  - a) sudden and unexpected ones
  - b) careful and thoughtful ones
  - c) beautiful and elegant ones
  - d) slow and meditative ones
- 3) How long was the study in the article?
  - a) five years
  - b) six years
  - c) seven years
  - d) seven years
- 4) What did tai chi practitioners experience less of?
  - a) headaches and backaches
  - b) broken bones
  - c) dizziness and back pain
  - d) vocabulary loss
- 5) What deteriorated more slowly in test participants who did tai chi?
  - a) age
  - b) cognitive function
  - c) memory
  - d) language learning ability
- 6) Which two areas of the body does Parkinson's affect, besides the brain?
  - a) nerves and muscles
  - b) the legs and fingers
  - c) the stomach and bowels
  - d) the heart and lungs
- 7) What might people with Parkinson's have trouble doing?
  - a) cooking
  - b) playing games
  - c) walking and talking
  - d) using the Internet
- 8) What does the article say tai chi could keep at bay?
  - a) symptoms of Parkinson's
  - b) accidents
  - c) heart disease
  - d) memory loss
- 9) What could doing tai chi lead to a higher quality of?
  - a) life
  - b) memory
  - c) sleep
  - d) fitness
- 10) Who might be burdened less if people practice tai chi?
  - a) ambulance drivers
  - b) instructors
  - c) doctors
  - d) caregivers

# ROLE PLAY

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

## **Role A – Tai Chi**

You think tai chi is the best thing for brain health. 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): sleeping, learning a language or socializing.

## **Role B – Sleeping**

You think sleeping is the best thing for brain health. 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): tai chi, learning a language or socializing.

## **Role C – Learning a Language**

You think learning a language is the best thing for brain health. 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): sleeping, tai chi or socializing.

## **Role D – Socializing**

You think socializing is the best thing for brain health. 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): sleeping, learning a language or tai chi.

# AFTER READING / LISTENING

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

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

<b>tai chi</b>	<b>disease</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>• down</li><li>• known</li><li>• conducted</li><li>• rate</li><li>• pain</li><li>• regularly</li></ul>	<ul style="list-style-type: none"><li>•nerves</li><li>•difficulty</li><li>•most</li><li>•keep</li><li>•time</li><li>•leading</li></ul>
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# TAI CHI SURVEY

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

# TAI CHI 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 'tai chi'?
3. What do you know about tai chi?
4. What do you know about martial arts?
5. How can we keep our brain healthy?
6. Do you worry about losing cognitive abilities?
7. What do you do for your physical and mental well-being?
8. Do you ever get dizzy or have back pain?
9. How can we help people with Parkinson's?
10. When will diseases like Parkinson's be a thing of the past?

*Tai chi could slow down Parkinson's disease – 30th October 2023*  
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# TAI CHI 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 'disease'?
13. What do you think about what you read?
14. Why do so many brain disorders affect older people?
15. What do you know about brain disorders?
16. Should we all do tai chi to keep Parkinson's at bay?
17. Is there enough education about things like Parkinson's?
18. How can we ensure there are caregivers for ageing populations?
19. What do you hope to be doing in your later years?
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//2310/231030-tai-chi-parkinsons.html>

Researchers have found that the Chinese (1) \_\_\_\_\_ art of tai chi could slow down the progression of Parkinson's disease by years. Tai chi, (2) \_\_\_\_\_ its slow, meditative and deliberate movements, is known to benefit physical and mental (3) \_\_\_\_\_-being. Doctors from the Shanghai Jiao Tong University School of Medicine conducted a five-year study (4) \_\_\_\_\_ people with Parkinson's. The researchers discovered that the condition progressed at a slower rate in those who practiced tai chi. They observed fewer falls, and (5) \_\_\_\_\_ dizziness and back pain in the tai chi practitioners. The researchers also noted that the cognitive (6) \_\_\_\_\_ of the test participants who regularly practiced tai chi deteriorated more slowly.

Parkinson's disease is a brain disorder that (7) \_\_\_\_\_ the nerves and muscles. It progressively causes unintended or uncontrollable movements, such as shaking, (8) \_\_\_\_\_, and difficulty with balance and coordination. People with Parkinson's may (9) \_\_\_\_\_ have difficulties walking and talking. One of the most famous people with Parkinson's was the heavyweight boxing champion Muhammad Ali. The researchers suggest that doing tai chi could keep symptoms of Parkinson's at (10) \_\_\_\_\_ for years. They said: "The long-term beneficial effect of tai chi on Parkinson's could (11) \_\_\_\_\_ the time without disability, leading to a higher quality of life, a lower (12) \_\_\_\_\_ for caregivers and a reduction in drug use."

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

- |     |              |                 |                |              |
|-----|--------------|-----------------|----------------|--------------|
| 1.  | (a) martial  | (b) Martian     | (c) marital    | (d) matinee  |
| 2.  | (a) by       | (b) on          | (c) with       | (d) for      |
| 3.  | (a) good     | (b) better      | (c) well       | (d) best     |
| 4.  | (a) at       | (b) of          | (c) by         | (d) on       |
| 5.  | (a) fewer    | (b) smaller     | (c) less       | (d) decline  |
| 6.  | (a) feature  | (b) function    | (c) future     | (d) futility |
| 7.  | (a) confects | (b) affects     | (c) inflects   | (d) effects  |
| 8.  | (a) staffing | (b) stiffness   | (c) stuffing   | (d) strafing |
| 9.  | (a) succumb  | (b) degenerate  | (c) eventually | (d) suffer   |
| 10. | (a) may      | (b) say         | (c) day        | (d) bay      |
| 11. | (a) prole    | (b) proletariat | (c) prologue   | (d) prolong  |
| 12. | (a) boding   | (b) balding     | (c) bidding    | (d) burden   |



# SPELLING

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

## Paragraph 1

1. the Chinese iatlmra art of tai chi
2. slow down the irorosgspen of Parkinson's
3. tedimteiva and deliberate movements
4. less zdeiiszn
5. tai chi einartcitrspo
6. aedreotetidr more slowly

## Paragraph 2

7. a brain ddsroire
8. nerves and smcelsu
9. euntylavel have difficulties walking
10. keep smtpsmyo of Parkinson's at bay
11. prolong the time without ijsiatbyld
12. a lower ebrdun for caregivers

# PUT THE TEXT BACK TOGETHER

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

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

- ( ) physical and mental well-being. Doctors from the Shanghai Jiao Tong University School of Medicine conducted a five-
- ( ) a slower rate in those who practiced tai chi. They observed fewer falls, and less dizziness and back
- ( **1** ) Researchers have found that the Chinese martial art of tai chi could slow down the progression of Parkinson's disease
- ( ) or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and
- ( ) by years. Tai chi, with its slow, meditative and deliberate movements, is known to benefit
- ( ) suggest that doing tai chi could keep symptoms of Parkinson's at bay for years. They said: "The long-term beneficial
- ( ) famous people with Parkinson's was the heavyweight boxing champion Muhammad Ali. The researchers
- ( ) coordination. People with Parkinson's may eventually have difficulties walking and talking. One of the most
- ( ) of the test participants who regularly practiced tai chi deteriorated more slowly.
- ( ) effect of tai chi on Parkinson's could prolong the time without disability, leading to a higher
- ( ) pain in the tai chi practitioners. The researchers also noted that the cognitive function
- ( ) quality of life, a lower burden for caregivers and a reduction in drug use."
- ( ) Parkinson's disease is a brain disorder that affects the nerves and muscles. It progressively causes unintended
- ( ) year study on people with Parkinson's. The researchers discovered that the condition progressed at

# PUT THE WORDS IN THE RIGHT ORDER

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

1. down Parkinson's . could slow Tai chi progression of the
2. is benefit known Tai chi well-being . mental to
3. The progressed slower rate . at a condition
4. less the dizziness falls Fewer practitioners . in and
5. participants . the The cognitive of test function
6. brain that the A affects disorder nerves .
7. It as causes shaking . such unintended progressively movements
8. walking . have Parkinson's may People with eventually difficulties
9. keep at bay . Tai chi symptoms of could Parkinson's
10. the disability . prolong without time Parkinson's could

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

Researchers have found that the Chinese martial art of tai chi could slow down the *progressive / progression* of Parkinson's disease by *yearly / years*. Tai chi, with its slow, meditative and *deliberate / deliberately* movements, is known *to / for* benefit physical and mental well-being. Doctors from the Shanghai Jiao Tong University School of Medicine *conduced / conducted* a five-year study *in / on* people with Parkinson's. The researchers discovered that the condition progressed *at / of* a slower rate in those who practiced tai chi. They observed fewer *falls / fails*, and less dizziness and back pain in the tai chi practitioners. The researchers also *denoted / noted* that the cognitive function of the test participants who regularly practiced tai chi *defibrillated / deteriorated* more slowly.

Parkinson's disease is a brain disorder that *effects / affects* the nerves and muscles. It progressively *courses / causes* unintended or uncontrollable movements, such *was / as* shaking, stiffness, and difficulty *with / wither* balance and coordination. People with Parkinson's may *eventual / eventually* have difficulties walking and talking. One of the most famous people with Parkinson's was the heavyweight *boxer / boxing* champion Muhammad Ali. The researchers suggest that *done / doing* tai chi could keep symptoms of Parkinson's at *bay / day* for years. They said: "The long-term beneficial effect of tai chi on Parkinson's could *prologue / prolong* the time without disability, leading to a higher quality of life, a lower burden for caregivers and a reduction *on / in* drug use."

**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//2310/231030-tai-chi-parkinsons.html>

R\_s\_\_rch\_rs h\_v\_ f\_\_nd th\_t th\_ Ch\_n\_s\_ m\_rt\_\_l \_rt  
\_f t\_\_ ch\_ c\_\_ld sl\_w d\_wn th\_ pr\_gr\_ss\_\_n \_f  
P\_rk\_ns\_n's d\_s\_\_s\_ by y\_\_rs. T\_\_ ch\_, w\_th \_ts sl\_w,  
m\_d\_t\_t\_v\_ \_nd d\_l\_b\_r\_t\_ m\_v\_m\_nts, \_s kn\_wn t\_  
b\_n\_f\_t phys\_c\_l \_nd m\_nt\_l w\_ll-b\_\_ng. D\_ct\_rs fr\_m  
th\_ Sh\_ngh\_\_ J\_\_\_ T\_ng \_n\_v\_rs\_ty Sch\_\_l \_f M\_d\_c\_n\_  
c\_nd\_ct\_d \_ f\_v\_-y\_\_r st\_dy \_n p\_\_pl\_ w\_th  
P\_rk\_ns\_n's. Th\_ r\_s\_\_rch\_rs d\_sc\_v\_r\_d th\_t th\_  
c\_nd\_t\_\_n pr\_gr\_ss\_d \_t \_ sl\_w\_r r\_t\_ \_n th\_s\_ wh\_  
pr\_ct\_c\_d t\_\_ ch\_. Th\_y \_bs\_rv\_d f\_w\_r f\_lls, \_nd l\_ss  
d\_zz\_n\_ss \_nd b\_ck p\_\_n \_n th\_ t\_\_ ch\_  
pr\_ct\_t\_\_n\_rs. Th\_ r\_s\_\_rch\_rs \_ls\_ n\_t\_d th\_t th\_  
c\_gn\_t\_v\_ f\_nct\_\_n \_f th\_ t\_st p\_rt\_c\_p\_nts wh\_  
r\_g\_l\_rly pr\_ct\_c\_d t\_\_ ch\_ d\_t\_r\_\_r\_t\_d m\_r\_ sl\_wly.

P\_rk\_ns\_n's d\_s\_\_s\_ \_s \_ br\_\_n d\_s\_r\_d\_r th\_t \_ff\_cts  
th\_ n\_rv\_s \_nd m\_scl\_s. \_t pr\_gr\_ss\_v\_ly c\_\_s\_s  
\_n\_nt\_nd\_d \_r \_nc\_ntr\_ll\_bl\_ m\_v\_m\_nts, s\_ch \_s  
sh\_k\_ng, st\_ffn\_ss, \_nd d\_ff\_c\_lty w\_th b\_l\_nc\_ \_nd  
c\_\_rd\_n\_t\_\_n. P\_\_pl\_ w\_th P\_rk\_ns\_n's m\_y \_v\_nt\_\_lly  
h\_v\_ d\_ff\_c\_l\_t\_\_s w\_lk\_ng \_nd t\_lk\_ng. \_n\_ \_f th\_  
m\_st f\_m\_\_s p\_\_pl\_ w\_th P\_rk\_ns\_n's w\_s th\_  
h\_\_vyw\_\_ght b\_x\_ng ch\_mp\_\_n M\_h\_mm\_d \_l\_. Th\_  
r\_s\_\_rch\_rs s\_gg\_st th\_t d\_\_ng t\_\_ ch\_ c\_\_ld k\_\_p  
sympt\_ms \_f P\_rk\_ns\_n's \_t b\_y f\_r y\_\_rs. Th\_y s\_\_d:  
"Th\_ l\_ng-t\_rm b\_n\_f\_c\_\_l \_ff\_ct \_f t\_\_ ch\_ \_n  
P\_rk\_ns\_n's c\_\_ld pr\_l\_ng th\_ t\_m\_ w\_th\_\_t d\_s\_b\_l\_ty,  
l\_\_d\_ng t\_ \_ h\_gh\_r q\_\_l\_t\_y \_f l\_f\_, \_ l\_w\_r b\_r\_d\_n  
f\_r c\_r\_g\_v\_rs \_nd \_ r\_d\_ct\_\_n \_n dr\_g \_s\_."

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

researchers have found that the chinese martial art of tai chi could slow down the progression of parkinsons disease by years tai chi with its slow meditative and deliberate movements is known to benefit physical and mental wellbeing doctors from the shanghai jiao tong university school of medicine conducted a fiveyear study on people with parkinsons the researchers discovered that the condition progressed at a slower rate in those who practiced tai chi they observed fewer falls and less dizziness and back pain in the tai chi practitioners the researchers also noted that the cognitive function of the test participants who regularly practiced tai chi deteriorated more slowly

parkinsons disease is a brain disorder that affects the nerves and muscles it progressively causes unintended or uncontrollable movements such as shaking stiffness and difficulty with balance and coordination people with parkinsons may eventually have difficulties walking and talking one of the most famous people with parkinsons was the heavyweight boxing champion muhammad ali the researchers suggest that doing tai chi could keep symptoms of parkinsons at bay for years they said the longterm beneficial effect of tai chi on parkinsons could prolong the time without disability leading to a higher quality of life a lower burden for caregivers and a reduction in drug use

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Researchers have found that the Chinese martial art of tai chi could slow down the progression of Parkinson's disease by years. Tai chi, with its slow, meditative and deliberate movements, is known to benefit physical and mental well-being. Doctors from the Shanghai Jiao Tong University School of Medicine conducted a five-year study on people with Parkinson's. There, researchers discovered that the condition progressed at a slower rate in those who practiced tai chi. They observed fewer falls, and less dizziness and back pain in the tai chi practitioners. The researchers also noted that the cognitive function of the test participants who regularly practiced tai chi deteriorated more slowly. Parkinson's disease is a brain disorder that affects the nerves and muscles. It progressively causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. People with Parkinson's may eventually have difficulties walking and talking. One of the most famous people with Parkinson's was the heavyweight boxing champion Muhammad Ali. The researchers suggest that doing tai chi could keep symptoms of Parkinson's at bay for years. They said: "The long-term beneficial effect of tai chi on Parkinson's could prolong the time without disability, leading to a higher quality of life, a lower burden for caregivers and a reduction in drug use."







# 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. TAI CHI:** Make a poster about tai chi. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. DAILY TAI CHI:** Write a magazine article about everyone doing tai chi to look after their brain. 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 tai chi. Ask him/her three questions about it. Give him/her three of your ideas on how to look after your brain. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

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

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. Years
2. Slow and meditative ones
3. Five years
4. Dizziness and back pain
5. Cognitive function
6. Nerves and muscles
7. Walking and talking
8. Symptoms or tai chi
9. Life
10. Caregivers

## WORDS IN THE RIGHT ORDER (p.19)

1. Tai chi could slow down the progression of Parkinson's.
2. Tai chi is known to benefit mental well-being.
3. The condition progressed at a slower rate.
4. Fewer falls and less dizziness in the practitioners.
5. The cognitive function of the test participants.
6. A brain disorder that affects the nerves.
7. It progressively causes unintended movements such as shaking.
8. People with Parkinson's may eventually have difficulties walking.
9. Tai chi could keep symptoms of Parkinson's at bay.
10. Parkinson's could prolong the time without disability.

## MULTIPLE CHOICE - QUIZ (p.10)

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

## ALL OTHER EXERCISES

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