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Level 3 – 31st October 2024

Standing on one leg can tell us about our age

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

<https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.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/2410/241031-standing-on-one-leg.html>

Everyone knows how to find the age of a fallen tree. We count the number of rings on the tree's stump. A scientist has found a new way to measure the age of people – get them to stand on one leg. Dr Kenton Kaufman from the Mayo Clinic in the USA said standing on one leg shows how well a person can balance. He said balance becomes more difficult as we age. Dr Kaufman added: "Balance is an important measure because, in addition to muscle strength, it requires input from vision, the [hearing] system, and the [senses]." He added: "Good balance provides the ability to carry out activities of daily living without the fear of falling, and this leads to improved quality of life and healthy ageing."

Forty people over the age of 50 took part in the research. They did tests for walking, balance, grip, and knee strength. Each participant had to balance on their dominant and non-dominant leg for 30 seconds. They did this with their eyes closed, and again with their eyes open. Kaufman found that standing on the non-dominant leg showed the highest rate of decline with age. There was a 2.2-second-per-decade decline when participants stood on their non-dominant leg. This compared to 1.7 seconds for the dominant leg. Kaufman concluded: "Standing on one leg is a good measure of your overall health because balance reflects how the body's systems are working together."

Sources: <https://scitechdaily.com/how-long-can-you-stand-on-one-leg-according-to-the-mayo-clinic-it-could-reveal-your-true-age/>
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0310764>
<https://edition.cnn.com/2024/10/23/health/balance-one-leg-old-age-wellness/index.html>

WARM-UPS

1. STANDING ON ONE LEG: Students walk around the class and talk to other students about standing on one leg. 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?

age / fallen trees / rings / measure / standing on one leg / muscle / vision / ageing / people over the age of 50 / walking / grip / knee strength / decline / seconds / health

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

3. GETTING OLD: Students A **strongly** believe we should all look forward to getting old; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. BODY ACTIONS: What might these things tell us about people? What Complete this table with your partner(s). Change partners often and share what you wrote.

	What This Means	This and Me
Standing on one leg		
Crossing one's eyes		
Clicking one's fingers		
Whistling		
Doing handstands		
Holding one's breath		

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

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

- 5
- 10
- 15
- 20
- 30
- 50
- 70
- 100

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------|--|
| 1. fallen | a. Made better than before. |
| 2. rings | b. The short part left after cutting a tree or another object. |
| 3. stump | c. Stay steady without falling over. |
| 4. measure | d. Dropped down or went to a lower place. |
| 5. balance (noun) | e. The part of your body that helps you move and lift things. |
| 6. muscle | f. Round shapes, like circles. |
| 7. improved | g. Find out how big, long, or heavy something is. |

Paragraph 2

- | | |
|----------------|---|
| 8. grip | h. How fast or how often something happens. |
| 9. participant | i. A person who takes part in something. |
| 10. dominant | j. Shows or gives back an image, idea, or result. |
| 11. rate | k. Hold something tightly with your hand. |
| 12. decline | l. Become less or go down. |
| 13. decade | m. The strongest or most powerful. |
| 14. reflects | n. A time of ten years. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

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

1. Very few people know how to find out how old a tree is. **T / F**
2. Your age is the number of seconds you can balance on one leg. **T / F**
3. We need balance, muscle, vision and hearing to stand on one leg. **T / F**
4. Good balance means we do not need to be afraid of falling. **T / F**
5. Participants in the research were all over 60 years old. **T / F**
6. People tried to stand on one leg for 30 minutes. **T / F**
7. People stood on one leg with their eyes opened and closed. **T / F**
8. Standing on one leg shows how parts of the body work together. **T / F**

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

- | | |
|---------------------|--------------------|
| 1. rings | a. better |
| 2. measure | b. gives |
| 3. requires | c. general |
| 4. provides | d. calculate |
| 5. improved | e. deterioration |
| 6. took part | f. with each other |
| 7. decline | g. circles |
| 8. overall | h. shows |
| 9. reflects | i. needs |
| 10. together | j. participated |

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

- | | |
|---|---------------------------|
| 1. Everyone knows how to find the age | a. and knee strength |
| 2. We count the number of rings on | b. of daily living |
| 3. He said balance becomes more | c. the dominant leg |
| 4. the ability to carry out activities | d. non-dominant leg |
| 5. this leads to improved | e. the tree's stump |
| 6. They did tests for walking, balance, grip, | f. decade decline |
| 7. balance on their dominant and | g. quality of life |
| 8. There was a 2.2-second-per- | h. of your overall health |
| 9. This compared to 1.7 seconds for | i. of a fallen tree |
| 10. a good measure | j. difficult as we age |

GAP FILL

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

Everyone knows how to find the age of a
(1) _____ tree. We count the number of rings on
the tree's (2) _____. A scientist has found a new
way to measure the age of people – get them to
(3) _____ on one leg. Dr Kenton Kaufman from
the Mayo Clinic in the USA said standing on one leg shows how
(4) _____ a person can balance. He said balance
becomes more difficult as we age. Dr Kaufman added: "Balance is
an important (5) _____ because, in addition to
muscle strength, it requires input from
(6) _____, the [hearing] system, and the
[senses]." He added: "Good balance provides the ability to
(7) _____ out activities of daily living without the
fear of falling, and this leads to improved quality of life and
healthy (8) _____."

vision

stump

well

ageing

fallen

carry

measure

stand

Forty people over the age of 50 (9) _____ part in
the research. They did tests for walking, balance,
(10) _____, and knee strength. Each participant
had to balance on their dominant and non-dominant leg for 30
seconds. They did this with their eyes (11) _____,
and again with their eyes open. Kaufman found that standing on
the non-dominant leg showed the (12) _____ rate
of decline with age. There was a 2.2-second-per-
(13) _____ decline when participants stood on
their non-dominant leg. This (14) _____ to 1.7
seconds for the dominant leg. Kaufman concluded: "Standing on
one leg is a good measure of your (15) _____
health because balance reflects how the body's systems are
working (16) _____."

compared

closed

took

overall

decade

grip

together

highest

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

- 1) Everyone knows how to find the age of _____
 - a. a fall on tree
 - b. a falling tree
 - c. a fallen tree
 - d. a fall entry
- 2) We count the number of rings on _____
 - a. the tree's stamp
 - b. the trees stump
 - c. the trees stamp
 - d. the tree's stump
- 3) A scientist has found a new way to _____
 - a. measure the rage
 - b. measure the cage
 - c. measure the gauge
 - d. measure the age
- 4) Balance is an important measure because, in addition _____
 - a. to muscle strengthen
 - b. to muscle strong
 - c. to muscle strength
 - d. to muscle length
- 5) Good balance provides the ability to carry out activities of daily living _____
 - a. without the fur
 - b. without the fear
 - c. without the afeared
 - d. without the far
- 6) They did tests for walking, balance, grip, _____
 - a. and kneel strength
 - b. and kneed strength
 - c. and new strength
 - d. and knee strength
- 7) They did this with their eyes closed, and again with _____
 - a. them eyes open
 - b. there eyes open
 - c. their rays open
 - d. their eyes open
- 8) standing on the non-dominant leg showed the highest rate of _____
 - a. decline with age
 - b. recline with age
 - c. incline with age
 - d. cline with age
- 9) Standing on one leg is a good measure of _____
 - a. your over all health
 - b. your overall health
 - c. your over rail health
 - d. your overall wealth
- 10) balance reflects how the body's systems _____
 - a. are work in together
 - b. are work king together
 - c. are working together
 - d. are were king together

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

Everyone knows how to find the age of (1) _____.

We count the number of rings on the tree's stump. A scientist has found a new (2) _____ the age of people – get them to stand on one leg. Dr Kenton Kaufman from the Mayo Clinic in the USA said standing on one leg (3) _____ a person can balance. He said balance becomes more difficult as we age. Dr Kaufman added: "Balance is an important measure because, (4) _____ muscle strength, it requires input from vision, the [hearing] system, and the [senses]." He added: "Good balance (5) _____ to carry out activities of daily living without the fear of falling, and this leads to improved (6) _____ and healthy ageing."

Forty people over (7) _____ 50 took part in the research. They did tests for walking, balance, grip, and knee strength. Each participant had to balance (8) _____ and non-dominant leg for 30 seconds. They did this with their eyes closed, (9) _____ their eyes open. Kaufman found that standing on the non-dominant leg showed the highest (10) _____ with age. There was a 2.2-second-per-decade decline when participants stood on their non-dominant leg. (11) _____ 1.7 seconds for the dominant leg. Kaufman concluded: "Standing on one leg is a good measure of your overall health because balance reflects how the body's systems (12) _____."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

1. What do we all know how to find the age of?
2. What is the name of the clinic that Dr Kenton Kaufman works at?
3. When does balancing on one leg become more difficult?
4. What does good balance mean we do not need to be afraid of?
5. What does good balance make better?
6. How many people did researchers do tests on?
7. For how long did the participants have to stand on one leg?
8. What showed the highest rate of decline?
9. How many seconds per decade did standing on a dominant leg slow by?
10. What does good balance show is working together?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

- 1) What do we all know how to find the age of?
 - a) all trees
 - b) each other
 - c) a fallen tree
 - d) apple trees
- 2) What is the name of the clinic that Dr Kenton Kaufman works at?
 - a) the Mayo Clinic
 - b) the Ketchup Clinic
 - c) the Tree Clinic
 - d) the Soy Clinic
- 3) When does balancing on one leg become more difficult?
 - a) after exercising
 - b) after eating
 - c) after waking up
 - d) as we age
- 4) What does good balance mean we do not need to be afraid of?
 - a) failing
 - b) falling
 - c) feeling
 - d) freeing
- 5) What does good balance make better?
 - a) driving
 - b) jogging
 - c) quality of life
 - d) our hobbies
- 6) How many people did researchers do tests on?
 - a) thirty
 - b) sixty
 - c) fifty
 - d) forty
- 7) For how long did the participants have to stand on one leg?
 - a) one minute
 - b) for 30 seconds
 - c) 90 seconds
 - d) for 30 minutes
- 8) What showed the highest rate of decline?
 - a) standing in the shower
 - b) standing while wearing jeans
 - c) standing after eating
 - d) standing on a non-dominant leg
- 9) How many seconds per decade did standing on a dominant leg slow by?
 - a) 1.7 seconds
 - b) 2.2-seconds
 - c) 0.5 seconds
 - d) 1 second
- 10) What things does good balance show is working together?
 - a) patients and doctors
 - b) people
 - c) our legs
 - d) the body's systems

ROLE PLAY

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

Role A – Five

You think five is the best age to be. Tell the others three reasons why. Tell them what is wrong with their ages. Also, tell the others which is the worst of these (and why): 15, 30 or 70.

Role B – Fifteen

You think 15 is the best age to be. Tell the others three reasons why. Tell them what is wrong with their ages. Also, tell the others which is the worst of these (and why): five, 30 or 70.

Role C – Thirty

You think 30 is the best age to be. Tell the others three reasons why. Tell them what is wrong with their ages. Also, tell the others which is the worst of these (and why): 15, five or 70.

Role D – Seventy

You think 70 is the best age to be. Tell the others three reasons why. Tell them what is wrong with their ages. Also, tell the others which is the worst of these (and why): 15, 30 or five.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'leg' and 'age'.

leg	age
------------	------------

- 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">• fallen• way• difficult• addition• system• fear	<ul style="list-style-type: none">• 50• 30• again• highest• 2.2• together
---	--

STANDING ON ONE LEG SURVEY

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

Write five GOOD questions about standing on one leg 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.

STANDING ON ONE LEG 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 'leg'?
3. How happy are you with your age?
4. What do you think of standing on one leg?
5. What's the best age to be?
6. How important do you think this research is?
7. How is your balance?
8. Do you worry about getting older?
9. How can you improve the quality of your life?
10. What are the good things about ageing?

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STANDING ON ONE LEG 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 'age'?
13. What do you think about what you read?
14. How is your grip and knee strength?
15. What are you worried will decline with age?
16. What are the benefits of standing on one leg?
17. What are the bad things about ageing?
18. What three adjectives best describe this news story?
19. When might people need to stand on one leg?
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/2410/241031-standing-on-one-leg.html>

Everyone knows how to find the (1) _____ of a fallen tree. We count the number of rings on the tree's stump. A scientist has found a new (2) _____ to measure the age of people – get them to stand on one leg. Dr Kenton Kaufman from the Mayo Clinic in the USA said (3) _____ on one leg shows how well a person can balance. He said balance becomes more difficult as we age. Dr Kaufman added: "Balance is an important (4) _____ because, in addition to muscle strength, it requires input from vision, the [hearing] system, and the [senses]." He added: "Good balance provides the ability to carry (5) _____ activities of daily living without the fear of falling, and this leads to improved quality (6) _____ life and healthy ageing."

Forty people over the age of 50 (7) _____ part in the research. They did tests for walking, balance, grip, and knee strength. Each participant had to balance (8) _____ their dominant and non-dominant leg for 30 seconds. They did this with their eyes closed, and again with their eyes open. Kaufman found that standing on the non-dominant leg showed the highest rate (9) _____ decline with age. There was a 2.2-second-per-decade decline when participants stood on their non-dominant leg. This (10) _____ to 1.7 seconds for the dominant leg. Kaufman concluded: "Standing on one leg is a good measure of your (11) _____ health because balance reflects how the body's systems are working (12) _____."

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

- | | | | | |
|-----|--------------|----------------|-----------------|-----------------|
| 1. | (a) old | (b) age | (c) birth | (d) birthday |
| 2. | (a) how | (b) way | (c) what | (d) which |
| 3. | (a) standard | (b) stood | (c) stands | (d) standing |
| 4. | (a) treasure | (b) measure | (c) pleasure | (d) displeasure |
| 5. | (a) over | (b) out | (c) in | (d) up |
| 6. | (a) to | (b) at | (c) of | (d) by |
| 7. | (a) gave | (b) did | (c) took | (d) had |
| 8. | (a) in | (b) at | (c) on | (d) of |
| 9. | (a) on | (b) in | (c) at | (d) of |
| 10. | (a) compared | (b) comparison | (c) compares | (d) comparable |
| 11. | (a) overall | (b) until | (c) wherewithal | (d) coverall |
| 12. | (a) apart | (b) mixed | (c) together | (d) overtime |

SPELLING

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

Paragraph 1

1. a new way to esemaur the age
2. in addition to lmuecs
3. it rqueries input from vision
4. the ability to carry out icteavits
5. ivoermpd quality of life
6. healthy inegga

Paragraph 2

7. knee rthgtesn
8. each atpaicrnpit
9. a 2.2-second-per-edacde decline
10. 1.7 seconds for the omdantni leg
11. your rvlolae health
12. because balance csetfrel how

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

Number these lines in the correct order.

- () balance. He said balance becomes more difficult as we age. Dr Kaufman added: "Balance is an
- () to 1.7 seconds for the dominant leg. Kaufman concluded: "Standing on one leg is a good measure of your overall
- () health because balance reflects how the body's systems are working together."
- () stump. A scientist has found a new way to measure the age of people – get them to stand
- (**1**) Everyone knows how to find the age of a fallen tree. We count the number of rings on the tree's
- () important measure because, in addition to muscle strength, it requires input from vision, the [hearing] system,
- () Forty people over the age of 50 took part in the research. They did tests for walking, balance, grip, and knee
- () on one leg. Dr Kenton Kaufman from the Mayo Clinic in the USA said standing on one leg shows how well a person can
- () and the [senses]." He added: "Good balance provides the ability to carry out activities of daily
- () living without the fear of falling, and this leads to improved quality of life and healthy ageing."
- () found that standing on the non-dominant leg showed the highest rate of decline with age. There was a 2.2-second-per-
- () 30 seconds. They did this with their eyes closed, and again with their eyes open. Kaufman
- () decade decline when participants stood on their non-dominant leg. This compared
- () strength. Each participant had to balance on their dominant and non-dominant leg for

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

1. to a the How age of tree . find
2. The on number rings tree's of the stump .
3. found measure age . He a to way the
4. more as Balance becomes age . difficult we
5. of to This leads quality life . improved an
6. participated . over of the 50 age people Forty
7. dominant balance leg . Participants their on to had
8. They their with closed . did eyes this
9. of measure health . It's a good overall your
10. systems How working body's together . the are

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

Everyone *knows / knowing* how to find the age of a fallen tree. We count the number of rings on the tree's *stamp / stump*. A scientist has found a new way to measure the age *of / to* people – get them to stand on one leg. Dr Kenton Kaufman from the Mayo Clinic *in / on* the USA said standing on one leg shows how *good / well* a person can balance. He said balance becomes more *difficult / difficulty* as we age. Dr Kaufman added: "Balance is an *important / importance* measure because, in addition to muscle strength, it requires input from *visits / vision*, the [hearing] system, and the [senses]." He added: "Good balance provides the ability to carry *in / out* activities of daily living without the fear of falling, and this leads to improved quality *at / of* life and healthy ageing."

Forty people over the age of 50 *gave / took* part in the research. They did tests for walking, balance, grip, and *kneel / knee* strength. Each participant had to balance on *their / there* dominant and non-dominant leg for 30 seconds. They *did / had* this with their eyes closed, and again with their eyes *open / closed*. Kaufman found that standing on the non-dominant leg *shown / showed* the highest rate of decline with age. There was a 2.2-second-per-decade decline when *participates / participants* stood on their non-dominant leg. This compared to 1.7 seconds for the dominant leg. Kaufman *concluding / concluded*: "Standing on one leg is a good measure of *their / your* overall health because balance reflects *how / what* the body's systems are working together."

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/2410/241031-standing-on-one-leg.html>

_v_ry_n_ kn_ws h_w t_ f_nd th_ _g_ _f _ f_ll_n tr__.
W_ c__nt th_ n_mb_r _f r_ngs _n th_ tr__'s st_mp. _
sc__nt_st h_s f__nd _ n_w w_y t_ m__s_r_ th_ _g_ _f
p__pl_ - g_t th_m t_ st_nd _n _n_ l_g. Dr K_nt_n
K__fm_n fr_m th_ M_y_ Cl_n_c _n th_ _S_ s__d
st_nd_ng _n _n_ l_g sh_ws h_w w_ll _ p_rs_n c_n
b_l_nc_. H_ s__d b_l_nc_ b_c_m_s m_r_ d_ff_c_lt _s
w_ _g_. Dr K__fm_n _dd_d: "B_l_nc_ _s _n _mp_rt_nt
m__s_r_ b_c__s_, _n _dd_t__n t_ m_scl_ str_ngth, _t
r_q__r_s _np_t fr_m v_s__n, th_ [h__r_ng] syst_m, _nd
th_ [s_ns_s]." H_ _dd_d: "G__d b_l_nc_ pr_v_d_s th_
_b_l_ty t_ c_rry __t _ct_v_t__s _f d__ly l_v_ng
w_th__t th_ f__r _f f_ll_ng, _nd th_s l__ds t_
_mpr_v_d q__l_ty _f l_f_ _nd h__lthy _g__ng."

F_rty p__pl_ _v_r th_ _g_ _f 50 t__k p_rt _n th_
r_s__rch. Th_y d_d t_sts f_r w_lk_ng, b_l_nc_, gr_p,
_nd kn__ str_ngth. __ch p_rt_c_p_nt h_d t_ b_l_nc_ _n
th__r d_m_n_nt _nd n_n-d_m_n_nt l_g f_r 30 s_c_nds.
Th_y d_d th_s w_th th__r _y_s cl_s_d, _nd _g__n
w_th th__r _y_s _p_n. K__fm_n f__nd th_t st_nd_ng _n
th_ n_n-d_m_n_nt l_g sh_w_d th_ h_gh_st r_t_ _f
d_cl_n_ w_th _g_. Th_r_ w_s _ 2.2-s_c_nd-p_r-d_c_d_
d_cl_n_ wh_n p_rt_c_p_nts st__d _n th__r n_n-
d_m_n_nt l_g. Th_s c_mpr_d t_ 1.7 s_c_nds f_r th_
d_m_n_nt l_g. K__fm_n c_ncl_d_d: "St_nd_ng _n _n_
l_g _s _ g__d m__s_r_ _f y__r _v_r_ll h__lth b_c__s_
b_l_nc_ r_fl_cts h_w th_ b_dy's syst_ms _r_ w_rk_ng
t_g_th_r."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

everyone knows how to find the age of a fallen tree we count the number of rings on the trees stump a scientist has found a new way to measure the age of people get them to stand on one leg dr kenton kaufman from the mayo clinic in the usa said standing on one leg shows how well a person can balance he said balance becomes more difficult as we age dr kaufman added balance is an important measure because in addition to muscle strength it requires input from vision the hearing system and the senses he added good balance provides the ability to carry out activities of daily living without the fear of falling and this leads to improved quality of life and healthy ageing

forty people over the age of 50 took part in the research they did tests for walking balance grip and knee strength each participant had to balance on their dominant and nondominant leg for 30 seconds they did this with their eyes closed and again with their eyes open kaufman found that standing on the nondominant leg showed the highest rate of decline with age there was a 22secondperdecade decline when participants stood on their nondominant leg this compared to 17 seconds for the dominant leg kaufman concluded standing on one leg is a good measure of your overall health because balance reflects how the bodys systems are working together

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg.html>

Everyone know show to find the age of a fall tree. We count the number of rings on the tree's stump. A scientist has found a new way to measure the age of people – get them to stand on one leg. Dr Kenton Kaufman from the Mayo Clinic in the USA said standing on one leg shows how well a person can balance. He said balance becomes more difficult as we age. Dr Kaufman added: "Balance is an important measure because, in addition to muscle strength, it requires input from vision, the [hearing] system, and the [senses]." He added: "Good balance provides the ability to carry out activities of daily living without the fear of falling, and this leads to improved quality of life and healthy ageing." Forty people over the age of 50 took part in the research. They did tests for walking, balance, grip, and knee strength. Each participant had to balance on their dominant and non-dominant leg for 30 seconds. They did this with their eyes closed, and again with their eyes open. Kaufman found that standing on the non-dominant leg showed the highest rate of decline with age. There was a 2.2-second-per-decade decline when participants stood on their non-dominant leg. This compared to 1.7 seconds for the dominant leg. Kaufman concluded: "Standing on one leg is a good measure of your overall health because balance reflects how the body's systems are working together."

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. STANDING ON ONE LEG: Make a poster about standing on one leg. Show your work to your classmates in the next lesson. Did you all have similar things?

4. AGEING: Write a magazine article about all of us standing on one leg more often so we can live longer. 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 standing on one leg. Ask him/her three questions about it. Give him/her three of your opinions on this research. 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. k 9. i 10. m 11. h 12. l 13. n 14. j

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. A fallen tree
2. The Mayo Clinic
3. As we age
4. Falling
5. Quality of life
6. Forty
7. For 30 seconds
8. Standing on a non-dominant leg
9. 1.7 seconds
10. The body's systems

WORDS IN THE RIGHT ORDER (p.19)

1. How to find the age of a tree.
2. The number of rings on the tree's stump.
3. He found a way to measure the age.
4. Balance becomes more difficult as we age.
5. This leads to an improved quality of life.
6. Forty people over the age of 50 participated.
7. Participants had to balance on their dominant leg.
8. They did this with their eyes closed.
9. It's a good measure of your overall health.
10. How the body's systems are working together.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. d 4. b 5. c 6. d 7. b 8. d 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 ;-)