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**Level 0 – 6th February 2025**

## **Flossing your teeth could reduce the risk of stroke**

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

<https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-0.html>

### **Contents**

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

**Please try Levels 1, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-0.html>

Keeping your teeth healthy can also help your brain. New research says flossing your teeth could help to prevent a stroke. A stroke happens when blood cannot get to the brain. Around 5 million die each year from a stroke. Flossing helps reduce tooth decay and gum disease. This cuts the risk of having a stroke.

Researchers found that flossing teeth once a week could lower the risk of a stroke by 44 per cent. They added that flossing was a cheap and easy way to care for your teeth. A doctor said: "Many people have said that dental care is [expensive]. Flossing is a healthy habit." The doctor said flossing was easy and cheap.

Sources: <https://nypost.com/2025/01/30/health/good-hygiene-habit-that-could-reduce-stroke-risk-revealed/>  
<https://www.health.com/flossing-as-little-as-once-a-week-may-protect-against-stroke-8781732>  
<https://www.the-independent.com/life-style/health-and-families/teeth-dental-hygiene-flossing-stroke-b2690742.html>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-0.html>

## PARAGRAPH ONE:

- |                         |                 |
|-------------------------|-----------------|
| 1. Keeping your teeth   | a. a stroke     |
| 2. help your            | b. each year    |
| 3. blood cannot get     | c. the risk     |
| 4. Around 5 million die | d. disease      |
| 5. tooth                | e. healthy      |
| 6. gum                  | f. to the brain |
| 7. This cuts            | g. brain        |
| 8. having               | h. decay        |

## PARAGRAPH TWO:

- |                          |                   |
|--------------------------|-------------------|
| 1. once a                | a. habit          |
| 2. lower the risk        | b. week           |
| 3. a cheap and easy      | c. that           |
| 4. care                  | d. and cheap      |
| 5. Many people have said | e. for your teeth |
| 6. dental care is        | f. way            |
| 7. Flossing is a healthy | g. expensive      |
| 8. flossing was easy     | h. of a stroke    |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-0.html>

Keeping (1) \_\_\_\_\_ can also help your brain.

New (2) \_\_\_\_\_ your teeth could help to

prevent a stroke. A (3) \_\_\_\_\_ blood cannot

get to the brain. Around 5 million die each year

(4) \_\_\_\_\_. Flossing helps

(5) \_\_\_\_\_ and gum disease. This

(6) \_\_\_\_\_ of having a stroke.

Researchers (7) \_\_\_\_\_ teeth once a week

could (8) \_\_\_\_\_ of a stroke by 44 per cent.

They added that flossing was a cheap

(9) \_\_\_\_\_ to care for your teeth. A doctor

said: "Many people have said (10) \_\_\_\_\_ is

[expensive]. Flossing is (11) \_\_\_\_\_." The

doctor said flossing was (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-0.html>

Keeping your teeth healthy can also help your brain. New research says flossing your teeth could help to prevent a stroke. A stroke happens when blood cannot get to the brain. Around 5 million die each year from a stroke. Flossing helps reduce tooth decay and gum disease. This cuts the risk of having a stroke. Researchers found that flossing teeth once a week could lower the risk of a stroke by 44 percent. They added that flossing was a cheap and easy way to care for your teeth. A doctor said: "Many people have said that dental care is [expensive]. Flossing is a healthy habit." The doctor said flossing was easy and cheap.

# TEETH SURVEY

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-0.html>

Write five GOOD questions about teeth 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) \_\_\_\_\_

*Flossing your teeth could reduce the risk of stroke – 6th February 2025*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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/2502/250206-flossing-oral-hygiene-0.html>

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

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