

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 1 – 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-1.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 0, 2 and 3. They are (a little) harder.

X (Twitter)



[X.com/SeanBanville](https://x.com/SeanBanville)

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-1.html>

Dental hygiene keeps your teeth healthy. It can also help your brain. New research says flossing your teeth could reduce the risk of a stroke. A stroke happens when blood cannot get to the brain, or when the brain fills with blood. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die. A doctor said tooth decay and gum disease affect around 3.5 billion people. They are the most common health problems.

The doctor looked into the effects of flossing on our health. His team found that flossing teeth at least once a week could lower the risk of a stroke by 44 per cent. He said flossing could reduce the risk of stroke "by reducing oral infections". He added that flossing was a cheap and easy way of caring for your teeth. He said: "Many people have said that dental care is costly. Flossing is a healthy habit." He said it 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-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------|--------------------|
| 1. Dental | a. decay |
| 2. It can also | b. with blood |
| 3. reduce the risk | c. health problems |
| 4. blood cannot get | d. help your brain |
| 5. when the brain fills | e. hygiene |
| 6. 15 million people | f. to the brain |
| 7. tooth | g. worldwide |
| 8. the most common | h. of a stroke |

PARAGRAPH TWO:

- | | |
|---------------------------------------|-------------------|
| 1. The doctor looked into the effects | a. and cheap |
| 2. at least | b. way |
| 3. reduce the | c. for your teeth |
| 4. flossing was a cheap and easy | d. habit |
| 5. caring | e. risk of stroke |
| 6. people have said that dental | f. of flossing |
| 7. Flossing is a healthy | g. care is costly |
| 8. He said it was easy | h. once a week |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-1.html>

Dental hygiene keeps your teeth healthy. It
(1) _____ your brain. New research says
flossing your teeth could (2) _____ of a
stroke. A stroke happens when blood
(3) _____ the brain, or when the brain fills
with blood. Around 15 million people worldwide have a
(4) _____. Of these, about 5 million die. A
doctor said (5) _____ gum disease affect
around 3.5 billion people. They are the most
(6) _____.

The doctor looked into the (7) _____ on our
health. His team found that flossing teeth
(8) _____ a week could lower the risk of a
stroke by 44 per cent. He said flossing could
(9) _____ of stroke "by reducing oral
infections". He added that flossing was a
(10) _____ way of caring for your teeth. He
said: "Many people have said (11) _____ is
costly. Flossing is (12) _____." He said it was
easy and cheap.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-1.html>

Dental hygiene keeps your teeth healthy. It can also help your brain. New research says flossing your teeth could reduce the risk of a stroke. A stroke happens when blood cannot get to the brain, or when the brain fills with blood. Around 15 million people worldwide have a stroke each year. Of these, about 5 million die. A doctor said tooth decay and gum disease affect around 3.5 billion people. They are the most common health problems. The doctor looked into the effects of flossing on our health. His team found that flossing teeth at least once a week could lower the risk of a stroke by 44 percent. He said flossing could reduce the risk of stroke "by reducing oral infections". He added that flossing was a cheap and easy way of caring for your teeth. He said: "Many people have said that dental care is costly. Flossing is a healthy habit." He said it was easy and cheap.

TEETH SURVEY

From <https://breakingnewsenglish.com/2502/250206-flossing-oral-hygiene-4.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

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

