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Level 4 – 8th September 2025

Intermittent fasting could lead to heart problems

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<https://breakingnewsenglish.com/2509/250908-intermittent-fasting-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/2509/250908-intermittent-fasting-4.html>

The Internet is full of diets. In recent years, a lot has been written about intermittent fasting. This is only eating inside an 8-hour window. Supporters of this say it improves metabolism. However, a new study has cast doubt on its merits.

Researchers in China said people who restricted their eating to eight hours a day faced a 91 per cent higher risk of dying from cardiovascular diseases than those who spread their eating over a 12-16 hour period.

The researchers used data from 20,000 adults over a six-year period. The lead researcher said: "We were surprised to find that people who followed...a time-restricted eating schedule were more likely to die from cardiovascular disease." He encouraged people to take "a cautious...approach to dietary recommendations". The Mayo Clinic says fasting has been popular for over 1,500 years, but advised it is safer to consult healthcare specialists.

Sources: <https://www.bbc.com/news/articles/c0l6ye6xe12o>
<https://hsph.harvard.edu/news/intermittent-fasting-may-be-effective-for-weight-loss-cardiometabolic-health/>
<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-is-intermittent-fasting-a-helpful-practice-or-health-risk/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2509/250908-intermittent-fasting-4.html>

PARAGRAPH ONE:

- | | |
|--------------------------|---------------------|
| 1. The Internet | a. their eating |
| 2. a lot has | b. 8-hour window |
| 3. eating inside an | c. hour period |
| 4. Supporters | d. metabolism |
| 5. it improves | e. on its merits |
| 6. cast doubt | f. is full of diets |
| 7. people who restricted | g. of this |
| 8. eating over a 12-16 | h. been written |

PARAGRAPH TWO:

- | | |
|---------------------------------|-----------------------|
| 1. researchers used data | a. over 1,500 years |
| 2. over a | b. to find that |
| 3. We were surprised | c. specialists |
| 4. a time-restricted | d. six-year period |
| 5. encouraged people to take a | e. recommendations |
| 6. dietary | f. from 20,000 adults |
| 7. fasting has been popular for | g. cautious approach |
| 8. safer to consult healthcare | h. eating schedule |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2509/250908-intermittent-fasting-4.html>

The Internet is (1) _____. In recent years, a lot has been written about intermittent fasting. This (2) _____ inside an 8-hour window. Supporters of this say (3) _____. However, a new study has (4) _____ its merits. Researchers in China said people who restricted their eating to eight hours a day faced a 91 per cent higher (5) _____ from cardiovascular diseases than those who spread their (6) _____ 12-16 hour period.

The researchers (7) _____ 20,000 adults over a six-year period. The lead researcher said: "We were (8) _____ that people who followed...a time-restricted eating schedule were (9) _____ die from cardiovascular disease." He encouraged people to (10) _____ approach to dietary recommendations".

The Mayo Clinic says fasting has been (11) _____ 1,500 years, but advised it is (12) _____ healthcare specialists.

PUT A SLASH (/) WHERE THE SPACES ARE

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FASTING SURVEY

From <https://breakingnewsenglish.com/2509/250908-intermittent-fasting-4.html>

Write five GOOD questions about fasting 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/2509/250908-intermittent-fasting-4.html>

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

[illegible]