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Level 5 – 8th September 2025

Intermittent fasting could lead to heart problems

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<https://breakingnewsenglish.com/2509/250908-intermittent-fasting-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2509/250908-intermittent-fasting-5.html>

The Internet is full of diets and dietary advice. In recent years, much has been written about intermittent fasting. This is only eating inside an 8-hour window, leaving a 16-hour gap with no food. Supporters of this say it improves metabolism and helps cellular repair. However, a new study has cast doubt on its merits. Researchers in Shanghai concluded that 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 ate across a period of 12 to 16 hours.

The researchers analyzed data from 20,000 adults over a six-year period. The lead researcher said he was taken aback by his findings. He said: "We were surprised to find that people who followed...a time-restricted eating schedule were more likely to die from cardiovascular disease." He added: "Our study's findings encourage a cautious...approach to dietary recommendations, ensuring they are aligned with an individual's health status." The Mayo Clinic says fasting has been popular for over 1,500 years, but advised it is "safer with supervision from your healthcare team".

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-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------|----------------------------|
| 1. diets and | a. metabolism |
| 2. much has been | b. 91 per cent higher risk |
| 3. a 16-hour gap with | c. dietary advice |
| 4. it improves | d. of 12 to 16 hours |
| 5. a new study has cast | e. written |
| 6. people who restricted | f. no food |
| 7. faced a | g. doubt on its merits |
| 8. across a period | h. their eating |

PARAGRAPH TWO:

- | | |
|-------------------------------------|-----------------------|
| 1. researchers analyzed data | a. over 1,500 years |
| 2. over a six- | b. aback |
| 3. he was taken | c. healthcare team |
| 4. encourage a cautious | d. recommendations |
| 5. dietary | e. from 20,000 adults |
| 6. aligned with an individual's | f. approach |
| 7. fasting has been popular for | g. year period |
| 8. safer with supervision from your | h. health status |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2509/250908-intermittent-fasting-5.html>

The Internet is full of diets (1) _____. In recent years, much has been written about intermittent fasting. This is only (2) _____ 8-hour window, leaving a 16-hour gap with no food. Supporters of this say (3) _____ and helps cellular repair. However, a new study has cast doubt (4) _____. Researchers in Shanghai concluded that people (5) _____ eating to eight hours a day faced a 91 per cent higher risk of dying from cardiovascular (6) _____ who ate across a period of 12 to 16 hours.

The researchers (7) _____ 20,000 adults over a six-year period. The lead researcher said he was (8) _____ his findings. He said: "We were surprised to find that people who followed...a time-restricted eating schedule (9) _____ to die from cardiovascular disease." He added: "Our study's findings encourage (10) _____ to dietary recommendations, ensuring they are aligned with an (11) _____." The Mayo Clinic says fasting has been popular for over 1,500 years, but advised it is "safer with supervision from (12) _____".

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2509/250908-intermittent-fasting-5.html>

The Internet is full of diets and dietary advice. In recent years, much has been written about intermittent fasting. This is only eating inside an 8-hour window, leaving a 16-hour gap with no food. Supporters of this say it improves metabolism and helps cellular repair. However, a new study has cast doubt on its merits. Researchers in Shanghai concluded that people who restricted their eating to eight hours a day faced a 91 percent higher risk of dying from cardiovascular disease than those who ate across a period of 12 to 16 hours. The researchers analyzed data from 20,000 adults over a six-year period. The lead researcher said he was taken aback by his findings. He said: "We were surprised to find that people who followed... a time-restricted eating schedule were more likely to die from cardiovascular disease." He added: "Our study's findings encourage a cautious... approach to dietary recommendations, ensuring they are aligned with an individual's health status." The Mayo Clinic says fasting has been popular for over 1,500 years, but advised it is "safer with supervision from your healthcare team".

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-5.html>

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

[illegible]