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## **Level 6 – 8th September 2025**

### **Intermittent fasting could lead to heart problems**

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

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

## **Contents**

The Article	2	Discussion (Student-Created Qs)	15
Warm-Ups	3	Language Work (Cloze)	16
Vocabulary	4	Spelling	17
Before Reading / Listening	5	Put The Text Back Together	18
Gap Fill	6	Put The Words In The Right Order	19
Match The Sentences And Listen	7	Circle The Correct Word	20
Listening Gap Fill	8	Insert The Vowels (a, e, i, o, u)	21
Comprehension Questions	9	Punctuate The Text And Add Capitals	22
Multiple Choice - Quiz	10	Put A Slash ( / ) Where The Spaces Are	23
Role Play	11	Free Writing	24
After Reading / Listening	12	Academic Writing	25
Student Survey	13	Homework	26
Discussion (20 Questions)	14	Answers	27

**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

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

The Internet abounds with all manner of diets and dietary advice. In recent years, much has been written about the benefits of intermittent fasting. This is confining daily eating to an 8-hour window, leaving a 16-hour gap without any food. Proponents of this dietary regimen say it improves metabolism and assists in cellular repair. However, a new long-term study has cast doubt on its merits. Researchers at the Shanghai Jiao Tong University School of Medicine in China concluded that people who restricted their eating to fewer than eight hours a day faced a 91 per cent higher risk of dying from cardiovascular diseases than those who ate over 12 to 16 hours.

The researchers analyzed data from about 20,000 adults over a six-year period. Lead researcher Dr Victor Wenzhong said he was taken aback by his findings. He said: "We were surprised to find that people who followed an eight-hour, time-restricted eating schedule were more likely to die from cardiovascular disease." He added: "Our study's findings encourage a cautious, personalized approach to dietary recommendations, ensuring they are aligned with an individual's health status and the latest scientific evidence." The Mayo Clinic observed that fasting has been popular for over 1,500 years. It advised that "Intermittent fasting can be 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/>

# WARM-UPS

**1. FASTING:** Students walk around the class and talk to other students about fasting. 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?

diets / dietary advice / intermittent fasting / metabolism / doubt / cardiovascular / researcher / eating / surprised / health / scientific evidence / clinic / healthcare

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

**3. FASTING:** Students A **strongly** believe fasting is healthy; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

**4. DIETS:** What do you know about these diets? What do you think of them? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Know	What I Think
Intermittent fasting		
Vegetarian diet		
Vegan diet		
Gluten-free diet		
Raw-food diet		
Low-carb diet		

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

**6. CUISINES:** Rank these with your partner. Put the best cuisines at the top. Change partners often and share your rankings.

- Italian
- Thai
- Mexican
- Lebanese
- Indian
- French
- Chinese
- Japanese

# VOCABULARY MATCHING

## Paragraph 1

- |                   |  |
|-------------------|--|
| 1. abound         | a. About the heart and blood vessels.                        |
| 2. fasting        | b. Keeping someone or something in a small or limited space. |
| 3. confining      | c. The way the body uses food to make energy.                |
| 4. proponents     | d. Be in very large numbers.                                 |
| 5. metabolism     | e. Good or useful qualities of something.                    |
| 6. merits         | f. Not eating food for a period of time.                     |
| 7. cardiovascular | g. People who support an idea or plan.                       |

## Paragraph 2

- |                 |  |
|-----------------|--|
| 8. taken aback  | h. Making sure something happens.                                      |
| 9. restricted   | i. Put (things) into correct or appropriate relative positions.        |
| 10. cautious    | j. Watching and guiding someone to make sure they do things correctly. |
| 11. ensuring    | k. Put a limit on; kept under control.                                 |
| 12. aligned     | l. Facts or information that show something is true.                   |
| 13. evidence    | m. Careful to avoid danger or mistakes.                                |
| 14. supervision | n. Surprised in a sudden way.  |

# BEFORE READING / LISTENING

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

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

1. The article says there is a dearth of information about diets online. **T / F**
2. A lot has been written about intermittent fasting in recent years. **T / F**
3. Supporters of intermittent fasting say it's good for the metabolism. **T / F**
4. People who do not eat for 16-hour periods are at risk of heart diseases. **T / F**
5. Data from than 20,000 adults were used in this study. **T / F**
6. The lead researcher was not at all surprised by his findings. **T / F**
7. Intermittent fasting started in the late 20<sup>th</sup> century. **T / F**
8. The Mayo Clinic suggested intermittent fasting wasn't safe. **T / F**

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

- |                         |                |
|-------------------------|----------------|
| 1. <b>abounds</b>       | a. careful     |
| 2. <b>all manner of</b> | b. chance      |
| 3. <b>confining</b>     | c. surprised   |
| 4. <b>doubt</b>         | d. noticed     |
| 5. <b>risk</b>          | e. restricting |
| 6. <b>taken aback</b>   | f. is full of  |
| 7. <b>cautious</b>      | g. guidance    |
| 8. <b>approach</b>      | h. uncertainty |
| 9. <b>observed</b>      | i. attitude    |
| 10. <b>supervision</b>  | j. various     |

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

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 1. The Internet abounds               | a. metabolism               |
| 2. Proponents                         | b. evidence                 |
| 3. it improves                        | c. doubt on its merits      |
| 4. a new long-term study has cast     | d. aback by his findings    |
| 5. a 91 per cent                      | e. of this dietary regimen  |
| 6. he was taken                       | f. recommendations          |
| 7. encourage a cautious, personalized | g. with all manner of diets |
| 8. dietary                            | h. your healthcare team     |
| 9. the latest scientific              | i. approach                 |
| 10. supervision from                  | j. higher risk of dying     |

# GAP FILL

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

The Internet (1) \_\_\_\_\_ with all manner of diets and dietary advice. In recent years, (2) \_\_\_\_\_ has been written about the benefits of intermittent fasting. This is confining daily eating to an 8-hour window, leaving a 16-hour (3) \_\_\_\_\_ without any food. Proponents of this dietary regimen say it improves (4) \_\_\_\_\_ and assists in cellular repair. However, a new long-term study has cast (5) \_\_\_\_\_ on its merits. Researchers at the Shanghai Jiao Tong University School of Medicine in China (6) \_\_\_\_\_ that people who restricted their eating to fewer than eight hours a day (7) \_\_\_\_\_ a 91 per cent higher risk of dying from cardiovascular diseases than (8) \_\_\_\_\_ who ate over 12 to 16 hours.

*metabolism*

*much*

*faced*

*concluded*

*those*

*abounds*

*doubt*

*gap*

The researchers analyzed data from about 20,000 adults over a six-year (9) \_\_\_\_\_. Lead researcher Dr Victor Wenzel Zhong said he was taken (10) \_\_\_\_\_ by his findings. He said: "We were surprised to find that people who followed an eight-hour, time-restricted eating schedule were more (11) \_\_\_\_\_ to die from cardiovascular disease." He added: "Our study's findings encourage a (12) \_\_\_\_\_, personalized approach to dietary recommendations, (13) \_\_\_\_\_ they are aligned with an individual's health (14) \_\_\_\_\_ and the latest scientific evidence." The Mayo Clinic observed that fasting has been (15) \_\_\_\_\_ for over 1,500 years. It advised that "Intermittent fasting can be safer with (16) \_\_\_\_\_ from your healthcare team."

*likely*

*supervision*

*cautious*

*popular*

*period*

*ensuring*

*status*

*aback*

# LISTENING – Guess the answers. Listen to check.

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

- 1) The Internet abounds with all \_\_\_\_\_
  - a. manner of diet
  - b. manners of diets
  - c. manner off diets
  - d. manner of diets
- 2) This is confining daily eating to an 8-hour window, leaving \_\_\_\_\_
  - a. a 16-hour gap
  - b. a 16-hour gaps
  - c. a 16-hour gapped
  - d. a 16-hour gasp
- 3) it improves metabolism and assists \_\_\_\_\_
  - a. at cellular repair
  - b. in cellular repair
  - c. in cellular repaired
  - d. in cellular prepare
- 4) However, a new long-term study has cast doubt \_\_\_\_\_
  - a. on this merits
  - b. onus merits
  - c. on it's merits
  - d. on its merits
- 5) faced a 91 per cent higher risk of dying \_\_\_\_\_
  - a. frame cardiovascular diseases
  - b. from cardio-muscular diseases
  - c. from cardiovascular diseases
  - d. from cardiovascular diseased
- 6) Lead researcher Dr Victor Wenzel Zhong said he \_\_\_\_\_
  - a. was taken back
  - b. was taken aback
  - c. was taken a back
  - d. was taken backing
- 7) people who followed an eight-hour, time-restricted eating schedule were more \_\_\_\_\_
  - a. likely to dye
  - b. likely to dead
  - c. likely to death
  - d. likely to die
- 8) encourage a cautious, personalized approach \_\_\_\_\_
  - a. two dietary recommendations
  - b. too dietary recommendations
  - c. to dietary recommendation
  - d. to dietary recommendations
- 9) they are aligned with an individual's health status and the \_\_\_\_\_
  - a. latest scientific evidence
  - b. latest scientific evidential
  - c. late test scientific evidence
  - d. late test scientifically evidence
- 10) It advised that intermittent fasting can be \_\_\_\_\_
  - a. safer at supervision
  - b. safer of supervision
  - c. safer with supervision
  - d. safer on supervision

# LISTENING – Listen and fill in the gaps

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

The Internet (1) \_\_\_\_\_ manner of diets and dietary advice. In recent years, much has been written about the benefits of intermittent fasting. This (2) \_\_\_\_\_ eating to an 8-hour window, leaving a 16-hour gap without any food. Proponents of this dietary regimen say it (3) \_\_\_\_\_ assists in cellular repair. However, a new long-term study has (4) \_\_\_\_\_ its merits. Researchers at the Shanghai Jiao Tong University School of Medicine in China concluded that people (5) \_\_\_\_\_ eating to fewer than eight hours a day faced a 91 per cent (6) \_\_\_\_\_ dying from cardiovascular diseases than those who ate over 12 to 16 hours.

The researchers (7) \_\_\_\_\_ about 20,000 adults over a six-year period. Lead researcher Dr Victor Wenzel Zhong said he was (8) \_\_\_\_\_ his findings. He said: "We were surprised to find that people who followed an eight-hour, time-restricted eating schedule were (9) \_\_\_\_\_ die from cardiovascular disease." He added: "Our study's findings (10) \_\_\_\_\_, personalized approach to dietary recommendations, ensuring they are aligned with an individual's health status and the (11) \_\_\_\_\_." The Mayo Clinic observed that fasting has been popular for over 1,500 years. It advised that "Intermittent fasting can be (12) \_\_\_\_\_ from your healthcare team."



# COMPREHENSION QUESTIONS

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

1. What does the internet abound in?
2. What do proponents of intermittent fasting say it improves?
3. What do proponents of intermittent fasting say it repairs?
4. What has cast doubt on the merits of intermittent fasting?
5. How much greater risk of heart disease might intermittent fasters face?
6. How long did researchers spend on the study?
7. What were the lead researcher's feelings towards his research findings?
8. What kind of approach did the researcher recommend towards fasting?
9. For how long have people been fasting intermittently?
10. Who did the Mayo Clinic say people should get supervision from?

# MULTIPLE CHOICE - QUIZ

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

- 1) What does the internet abound in?
  - a) advice about how to repair cells
  - b) advice about metabolism
  - c) a range of recipes
  - d) all manner of diets and dietary advice
- 2) What do proponents of intermittent fasting say it improves?
  - a) intelligence
  - b) metabolism
  - c) longevity
  - d) cooking skills
- 3) What do proponents of intermittent fasting say it repairs?
  - a) hair loss
  - b) cholesterol build-up
  - c) cells
  - d) memory loss
- 4) What has cast doubt on the merits of intermittent fasting?
  - a) a new long-term study
  - b) intermittent fasters
  - c) expert chefs
  - d) a journalist
- 5) How much greater risk of heart disease might intermittent fasters face?
  - a) 89%
  - b) 90%
  - c) 91%
  - d) 92%
- 6) How long did researchers spend on the study?
  - a) five years
  - b) six years
  - c) seven years
  - d) eight years
- 7) What were the lead researcher's feelings towards his research findings?
  - a) confusion
  - b) horror
  - c) happiness
  - d) surprise
- 8) What kind of approach did the researcher recommend towards fasting?
  - a) a cautious approach
  - b) a gung-ho approach
  - c) a planned approach
  - d) a healthy approach
- 9) For how long have people been fasting intermittently?
  - a) just under 1,500 years
  - b) exactly 1,500 years
  - c) over 1,500 years
  - d) around 1,500 years
- 10) Who did the Mayo Clinic say people should get supervision from?
  - a) clinics
  - b) a healthcare team
  - c) a chef
  - d) a nutritionist

# ROLE PLAY

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

## **Role A – Italian**

You think Chinese cuisine is the best. Tell the others three reasons why. Tell them why their cuisine isn't as good. Also, tell the others which is the least tasty of these (and why): Thai, Mexican or Lebanese.

## **Role B – Thai**

You think Thai cuisine is the best. Tell the others three reasons why. Tell them why their cuisine isn't as good. Also, tell the others which is the least tasty of these (and why): Chinese, Mexican or Lebanese.

## **Role C – Mexican**

You think Mexican cuisine is the best. Tell the others three reasons why. Tell them why their cuisine isn't as good. Also, tell the others which is the least tasty of these (and why): Thai, Chinese or Lebanese.

## **Role D – Lebanese**

You think Lebanese cuisine is the best. Tell the others three reasons why. Tell them why their cuisine isn't as good. Also, tell the others which is the least tasty of these (and why): Thai, Mexican or Chinese.

# AFTER READING / LISTENING

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

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

diet	fasting

- 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"><li>• Internet</li><li>• recent</li><li>• improves</li><li>• merits</li><li>• concluded</li><li>• 12</li></ul>	<ul style="list-style-type: none"><li>• 20,000</li><li>• taken</li><li>• surprised</li><li>• added</li><li>• status</li><li>• safer</li></ul>
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# FASTING SURVEY

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

# FASTING 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 'diet'?
3. What diets have you tried?
4. What are the dangers of diets?
5. What do you think of fasting?
6. Is it easy for you to go without food for 16 hours?
7. What dietary advice would you give to people?
8. Which is best for health, a diet or exercise?
9. What do you know about cardiovascular diseases?
10. What advice do you have for someone wanting to lose weight?

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# FASTING 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 'fasting'?
13. What do you think about what you read?
14. How healthy is the food you eat every day?
15. What changes would you like to make to your diet?
16. What do you think of the expression 'You are what you eat'?
17. Do you ever worry about what you eat?
18. How much do you know about nutrition?
19. Why has fasting been popular for 1,500 years?
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/2509/250908-intermittent-fasting.html>

The Internet (1) \_\_\_\_\_ with all manner of diets and dietary advice. In recent years, (2) \_\_\_\_\_ has been written about the benefits of intermittent fasting. This is confining daily eating to an 8-hour window, (3) \_\_\_\_\_ a 16-hour gap without any food. Proponents of this dietary regimen say it improves (4) \_\_\_\_\_ and assists in cellular repair. However, a new long-term study has cast doubt (5) \_\_\_\_\_ its merits. Researchers at the Shanghai Jiao Tong University School of Medicine in China concluded that people who restricted their eating to fewer than eight hours a day (6) \_\_\_\_\_ a 91 per cent higher risk of dying from cardiovascular diseases than those who ate over 12 to 16 hours.

The researchers analyzed (7) \_\_\_\_\_ from about 20,000 adults over a six-year period. Lead researcher Dr Victor Wenzel Zhong said he was taken (8) \_\_\_\_\_ by his findings. He said: "We were surprised to find that people who followed an eight-hour, time-restricted eating schedule were more (9) \_\_\_\_\_ to die from cardiovascular disease." He added: "Our study's findings encourage a cautious, personalized approach to dietary recommendations, ensuring they are aligned (10) \_\_\_\_\_ an individual's health status and the latest scientific evidence." The Mayo Clinic (11) \_\_\_\_\_ that fasting has been popular for over 1,500 years. It advised that "Intermittent fasting can be safer with supervision (12) \_\_\_\_\_ your healthcare team."

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

- |     |              |                |                |                 |
|-----|--------------|----------------|----------------|-----------------|
| 1.  | (a) astounds | (b) abounds    | (c) aground    | (d) bounds      |
| 2.  | (a) many     | (b) much       | (c) some       | (d) any         |
| 3.  | (a) left     | (b) leave      | (c) leaves     | (d) leaving     |
| 4.  | (a) embolism | (b) metabolism | (c) symbolism  | (d) cannibalism |
| 5.  | (a) of       | (b) on         | (c) at         | (d) to          |
| 6.  | (a) headed   | (b) skulled    | (c) faced      | (d) backed      |
| 7.  | (a) dative   | (b) datum      | (c) data       | (d) datable     |
| 8.  | (a) back     | (b) backing    | (c) aback      | (d) backing     |
| 9.  | (a) likes    | (b) liking     | (c) likelihood | (d) likely      |
| 10. | (a) with     | (b) up         | (c) of         | (d) as          |
| 11. | (a) observed | (b) watched    | (c) looked     | (d) viewed      |
| 12. | (a) up       | (b) down       | (c) from       | (d) along       |



# SPELLING

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

## Paragraph 1

1. The Internet bnsouda with all manner of diets
2. This is cngnniofi daily eating
3. pnotospenr of this
4. it improves smiltmoeba
5. assists in elrlcula repair
6. people who ttiederrcs their eating

## Paragraph 2

7. he was taken aabck
8. a caiusotu, personalized approach
9. dityrea recommendations
10. ingalde with an individual's health status
11. the latest scientific icenvede
12. safer with nssorpieviu

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( ) 1,500 years. It advised that "Intermittent fasting can be safer with supervision from your healthcare team."
- ( ) about the benefits of intermittent fasting. This is confining daily eating to an 8-hour window, leaving a 16-hour
- ( ) approach to dietary recommendations, ensuring they are aligned with an individual's health status and the latest
- ( ) from cardiovascular diseases than those who ate over 12 to 16 hours.
- ( ) gap without any food. Proponents of this dietary regimen say it improves metabolism and assists in cellular
- ( ) likely to die from cardiovascular disease." He added: "Our study's findings encourage a cautious, personalized
- ( ) repair. However, a new long-term study has cast doubt on its merits. Researchers at the
- ( ) researcher Dr Victor Wenzel Zhong said he was taken aback by his findings. He said: "We were surprised
- ( ) scientific evidence." The Mayo Clinic observed that fasting has been popular for over
- ( ) Shanghai Jiao Tong University School of Medicine in China concluded that people who restricted
- ( **1** ) The Internet abounds with all manner of diets and dietary advice. In recent years, much has been written
- ( ) The researchers analyzed data from about 20,000 adults over a six-year period. Lead
- ( ) their eating to fewer than eight hours a day faced a 91 per cent higher risk of dying
- ( ) to find that people who followed an eight-hour, time-restricted eating schedule were more

# PUT THE WORDS IN THE RIGHT ORDER

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

1. The abounds Internet manner with all of diets .
2. This 8-hour to confining an window eating is .
3. Proponents metabolism improves it this say of .
4. A merits doubt study cast on long-term its .
5. A diseases risk dying cardiovascular from higher of .
6. He findings his was aback by taken .
7. Our personalized findings cautious, a approach studys encourage .
8. They individual's aligned are status health with an .
9. Fasting been for years over has popular 1,500 .
10. Intermittent safer be with supervision fasting can .

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

The Internet *abets* / *abounds* with all manner of diets and dietary advice. In recent years, much has been written about the benefits of intermittent fasting. This is *refining* / *confining* daily eating to an 8-hour window, leaving a 16-hour *gap* / *crevice* without any food. *Opponents* / *Proponents* of this dietary regimen say it improves metabolism and assists in cellular *disrepair* / *repair*. However, a new long-term study has *caste* / *cast* doubt on its merits. Researchers at the Shanghai Jiao Tong University School of Medicine in China concluded that people *whom* / *who* restricted their eating *as* / *to* fewer than eight hours a day *faced* / *headed* a 91 per cent higher risk of dying from cardiovascular diseases than *those* / *them* who ate over 12 to 16 hours.

The researchers analyzed *datum* / *data* from about 20,000 adults over a six-year period. Lead researcher Dr Victor Wenzhe Zhong said he was taken *aback* / *back* by his findings. He said: "We were *surprising* / *surprised* to find that people who followed an eight-hour, time-restricted *eaten* / *eating* schedule were more *likely* / *likelihood* to die from cardiovascular disease." He added: "Our study's findings *discourage* / *encourage* a cautious, personalized approach to dietary recommendations, ensuring they are aligned *up* / *with* an individual's health status and the latest scientific *evidence* / *evidential*." The Mayo Clinic observed *that* / *what* fasting has been popular for over 1,500 years. It advised that "Intermittent fasting can be safer with supervision from your *healthcare* / *healthy* team."

**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/2509/250908-intermittent-fasting.html>

Th\_ \_nt\_rn\_t \_b\_\_nds w\_th \_ll m\_nn\_r \_f d\_\_ts \_nd  
d\_\_t\_ry \_dv\_c\_. \_n r\_c\_nt y\_\_rs, m\_ch h\_s b\_\_n  
wr\_tt\_n \_b\_\_t th\_ b\_n\_f\_ts \_f \_nt\_rm\_tt\_nt f\_st\_ng.  
Th\_s \_s c\_nf\_n\_ng d\_\_ly \_\_t\_ng t\_ \_n 8-h\_\_r w\_nd\_w,  
l\_\_v\_ng \_ 16-h\_\_r g\_p w\_th\_\_t \_ny f\_\_d. Pr\_p\_n\_nts  
\_f th\_s d\_\_t\_ry r\_g\_m\_n s\_y \_t \_mpr\_v\_s m\_t\_b\_l\_sm  
\_nd \_ss\_sts \_n c\_ll\_l\_r r\_p\_\_r. H\_w\_v\_r, \_ n\_w lng-  
t\_rm st\_dy h\_s c\_st d\_\_bt \_n \_ts m\_r\_ts. R\_s\_\_rch\_rs  
\_t th\_ Sh\_ngh\_\_ J\_\_\_\_ T\_ng \_n\_v\_rs\_ty Sch\_\_l \_f  
M\_d\_c\_n\_ \_n Ch\_n\_ c\_ncl\_d\_d th\_t p\_\_pl\_ wh\_  
r\_str\_ct\_d th\_\_r \_\_t\_ng t\_ f\_w\_r th\_n \_\_ght h\_\_rs \_  
d\_y f\_c\_d \_ 91 p\_r c\_nt h\_gh\_r r\_sk \_f dy\_ng fr\_m  
c\_rd\_\_v\_sc\_l\_r d\_s\_\_s\_s th\_n th\_s\_ wh\_ \_t\_ \_v\_r 12  
t\_ 16 h\_\_rs.

Th\_ r\_s\_\_rch\_rs \_n\_lyz\_d d\_t\_ fr\_m \_b\_\_t 20,000  
\_d\_lts \_v\_r \_ s\_x-y\_\_r p\_r\_\_d. L\_\_d r\_s\_\_rch\_r Dr  
V\_ct\_r W\_nz\_ Zh\_ng s\_\_d h\_ w\_s t\_k\_n \_b\_ck by h\_s  
f\_nd\_ngs. H\_ s\_\_d: "W\_ w\_r\_ s\_rpr\_s\_d t\_ f\_nd th\_t  
p\_\_pl\_ wh\_ f\_ll\_w\_d \_n \_\_ght-h\_\_r, t\_m\_-r\_str\_ct\_d  
\_\_t\_ng sch\_d\_l\_ w\_r\_ m\_r\_ l\_k\_ly t\_ d\_\_ fr\_m  
c\_rd\_\_v\_sc\_l\_r d\_s\_\_s\_s." H\_ \_dd\_d: "\_\_r st\_dy's  
f\_nd\_ngs \_nc\_\_r\_g\_ \_ c\_\_t\_\_s, p\_rs\_n\_l\_z\_d \_ppr\_\_ch  
t\_ d\_\_t\_ry r\_c\_mm\_nd\_t\_\_ns, \_ns\_r\_ng th\_y \_r\_  
\_l\_gn\_d w\_th \_n \_nd\_v\_d\_\_l's h\_\_lth st\_t\_s \_nd th\_  
l\_t\_st sc\_\_nt\_f\_c \_v\_d\_nc\_." Th\_ M\_y\_ Cl\_n\_c \_bs\_rv\_d  
th\_t f\_st\_ng h\_s b\_\_n p\_p\_l\_r f\_r \_v\_r 1,500 y\_\_rs.  
\_t \_dv\_s\_d th\_t "\_nt\_rm\_tt\_nt f\_st\_ng c\_n b\_ s\_f\_r  
w\_th s\_p\_rv\_s\_\_n fr\_m y\_\_r h\_\_lthc\_r\_ t\_\_m."

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

the internet abounds with all manner of diets and dietary advice in recent years much has been written about the benefits of intermittent fasting this is confining daily eating to an 8hour window leaving a 16hour gap without any food proponents of this dietary regimen say it improves metabolism and assists in cellular repair however a new longterm study has cast doubt on its merits researchers at the shanghai jiao tong university school of medicine in china concluded that people who restricted their eating to fewer than eight hours a day faced a 91 per cent higher risk of dying from cardiovascular diseases than those who ate over 12 to 16 hours

the researchers analyzed data from about 20000 adults over a sixyear period lead researcher dr victor wenze zhong said he was taken aback by his findings he said we were surprised to find that people who followed an eighthour timerestricted eating schedule were more likely to die from cardiovascular disease he added our studys findings encourage a cautious personalized approach to dietary recommendations ensuring they are aligned with an individuals health status and the latest scientific evidence the mayo clinic observed that fasting has been popular for over 1500 years it advised that intermittent fasting can be safer with supervision from your healthcare team

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

The Internet abounds with all manner of diets and dietary advice. In recent years, much has been written about the benefits of intermittent fasting. This is confining daily eating to an 8-hour window, leaving a 16-hour gap without any food. Proponents of this dietary regimen say it improves metabolism and assists in cellular repair. However, a new long-term study has cast doubt on its merits. Researchers at the Shanghai Jiao Tong University School of Medicine in China concluded that people who restricted their eating to fewer than eight hours a day faced a 91 percent higher risk of dying from cardiovascular disease than those who ate over 12 to 16 hours. The researchers analyzed data from about 20,000 adults over a six-year period. Lead researcher Dr Victor Wenzel said he was taken aback by his findings. He said: "We were surprised to find that people who followed an eight-hour, time-restricted eating schedule were more likely to die from cardiovascular disease." He added: "Our study's findings encourage a cautious, personalized approach to dietary recommendations, ensuring they are aligned with an individual's health status and the latest scientific evidence." The Mayo Clinic observed that fasting has been popular for over 1,500 years. It advised that "Intermittent fasting can be safer with supervision from your healthcare team."

## FREE WRITING

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

Write about **fasting** for 10 minutes. Comment on your partner's paper.

[illegible]



# ACADEMIC WRITING

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

Fasting is good for us. Discuss.

[illegible]

# 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. DIETS:** Make a poster about diets. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. FASTING:** Write a magazine article about fasting. 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 fasting. Ask him/her three questions about it. Give him/her three of your opinions on it. 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. n    9. k    10. m    11. h    12. i    13. l    14. j

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. All manner of diets and dietary advice
2. Metabolism
3. Cells
4. A new long-term study
5. 91%
6. Six years
7. Surprise
8. A cautious approach
9. Over 1,500 years
10. A healthcare team

## WORDS IN THE RIGHT ORDER (p.19)

1. The Internet abounds with all manner of diets.
2. This is confining eating to an 8-hour window.
3. Proponents of this say it improves metabolism.
4. A long-term study cast doubt on its merits.
5. A higher risk of dying from cardiovascular diseases.
6. He was taken aback by his findings.
7. Our study's findings encourage a cautious, personalized approach.
8. They are aligned with an individual's health status.
9. Fasting has been popular for over 1,500 years.
10. Intermittent fasting can be safer with supervision.

## MULTIPLE CHOICE - QUIZ (p.10)

1. d    2. b    3. c    4. a    5. c    6. b    7. d    8. a    9. c    10. b

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)