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Level 1 – 2nd October 2025

Over 99% of heart attacks have a warning sign

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<https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-1.html>

Doctors say we can avoid diseases like heart attacks and strokes. These are the biggest causes of death. A study from researchers said over 99 per cent of people who had a heart attack or stroke had at least one warning sign. These signs include high blood pressure, cholesterol, and smoking and drinking. People can reduce these. The most effective lifestyle changes are to eat a healthier diet, to exercise, and to quit smoking and drinking.

The study analyzed health records of more than nine million people. Nearly all of the patients could have avoided a heart attack or stroke. The lead researcher said: "There is a small number of [changeable] risk factors for heart disease, and...often more than one is present...leading up to heart attacks or strokes." He said we needed to look at the things that lead to heart attacks. The goal is to work on finding ways to control risk factors.

Sources: <https://medicalxpress.com/news/2025-09-factor-heart-failure-large-scale.html>
<https://www.medicalnewstoday.com/articles/heart-attack-stroke-heart-failure-linked-to-preventable-risk-factors>
<https://edition.cnn.com/2025/09/29/health/heart-disease-risk-factors-wellness>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|-----------------------|
| 1. Doctors say we can avoid | a. had a heart attack |
| 2. These are the biggest causes | b. researchers |
| 3. A study from | c. diet |
| 4. people who | d. changes |
| 5. at least one warning | e. diseases |
| 6. high blood | f. sign |
| 7. The most effective lifestyle | g. of death |
| 8. eat a healthier | h. pressure |

PARAGRAPH TWO:

- | | |
|------------------------------|---------------------|
| 1. The study analyzed health | a. to heart attacks |
| 2. Nearly all of | b. to heart attacks |
| 3. The lead | c. factors |
| 4. often more than one | d. the patients |
| 5. leading up | e. researcher |
| 6. the things that lead | f. records |
| 7. The goal is to work | g. is present |
| 8. control risk | h. on finding ways |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-1.html>

Doctors say (1) _____ diseases like heart attacks and strokes. These are (2) _____ of death. A study from researchers said over 99 per cent of people (3) _____ heart attack or stroke had at least one warning sign. These (4) _____ blood pressure, cholesterol, and smoking and drinking. People (5) _____. The most effective lifestyle changes are to eat a healthier diet, to exercise, (6) _____ smoking and drinking.

The study analyzed health (7) _____ than nine million people. Nearly all of the patients (8) _____ a heart attack or stroke. The lead researcher said: "There is (9) _____ of [changeable] risk factors for heart disease, and...often more than (10) _____...leading up to heart attacks or strokes." He said we needed to look at the things (11) _____ heart attacks. The goal is to work on finding (12) _____ risk factors.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-1.html>

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HEART ATTACKS AND STROKES SURVEY

From <https://breakingnewsenglish.com/2510/251002-heart-attacks-and-strokes-4.html>

Write five GOOD questions about heart attacks and strokes 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/2510/251002-heart-attacks-and-strokes-1.html>

Write about **heart attacks and strokes** for 10 minutes. Read and talk about your partner's paper.

[illegible]