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Level 3 – 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.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Doctors say people can take steps to avoid cardiovascular diseases like heart attacks and strokes. These are the leading causes of death around the world. A study from doctors at Northwestern University's Feinberg School of Medicine in Chicago and Yonsei University in South Korea said that more than 99 per cent of people who had a heart attack or stroke had at least one warning sign. The doctors said there were several major signs: high blood pressure, cholesterol, obesity, high blood sugar, and smoking and drinking. All of these things can be reduced if people change their lifestyles. The most effective changes are to eat a healthier diet, exercise, and quit smoking and drinking.

In the study, doctors analyzed 10 years of health records of nine million people in South Korea and 7,000 people in the USA. Nearly all of the patients could have avoided heart attacks and strokes. Lead researcher Dr Philip Greenland said: "We have known for many years that there is a small number of modifiable risk factors for heart disease, and at least one, but often more than one, is present in the background leading up to heart attacks, heart failure, or strokes." He added: "Efforts need to be made to treat that factor to prevent heart attack, stroke, or heart failure." Dr Greenland said: "The goal now is to work harder on finding ways to control these modifiable 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>

WARM-UPS

1. HEART ATTACKS AND STROKES: Students walk around the class and talk to other students about heart attacks and strokes. 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?

cardiovascular diseases / cholesterol / strokes / high blood pressure / diet / smoking
health / patients / heart attacks / doctors / risk factors / drinking / obesity / goal

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

3. EXERCISE: Students A **strongly** believe exercise is better for the heart than a healthy diet; Students B **strongly** believe a healthy diet is better. Change partners again and talk about your conversations.

4. HEART: What do these "heart idioms" mean? How do they apply to your life? Complete this table with your partner(s). Change partners often and share what you wrote.

	Meaning	Your Life
Have a heart of gold		
Know something by heart		
Set your heart on something		
With all your heart		
Lose heart		
Pour your heart out		

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

6. GOOD FOR THE HEART: Rank these with your partner. Put the best things for the heart at the top. Change partners often and share your rankings.

- Laughter
- Sleep
- Vegetables
- Exercise
- Meditation
- Not smoking
- No stress
- Being a healthy weight

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------|--|
| 1. steps (noun) | a. A sudden problem in the brain when blood cannot flow. |
| 2. avoid | b. Working well and giving the wanted result. |
| 3. cardiovascular | c. Small things a person does, one after another, to reach a goal. |
| 4. stroke (noun) | d. About the heart and blood in the body. |
| 5. leading | e. Stay away from something or not let it happen. |
| 6. reduced | f. Most important, or number one. |
| 7. effective | g. Made smaller or less. |

Paragraph 2

- | | |
|-------------------|--|
| 8. analyzed | h. People who are getting medical help from doctors. |
| 9. patients | i. Able to be changed. |
| 10. modifiable | j. Give medical help to make someone better. |
| 11. risk (noun) | k. Studied carefully to understand something. |
| 12. leading up to | l. Stop something from happening. |
| 13. treat (verb) | m. Happening before something important. |
| 14. prevent | n. The chance that something bad may happen. |

BEFORE READING / LISTENING

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

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

1. Doctors say people should walk up steps for a healthy heart. **T / F**
2. The study is from universities in the USA and South Korea. **T / F**
3. A major sign of a heart attack is high blood pressure. **T / F**
4. The article says the most effective lifestyle change is to eat vegetables. **T / F**
5. Researchers looked at the health records of over nine million people. **T / F**
6. The article says nearly all heart attacks in the study could be avoided. **T / F**
7. Most heart attacks in the study were from at least two risk factors. **T / F**
8. A doctor said the goal is to get people to exercise in gyms. **T / F**

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

- | | |
|--------------------|------------------|
| 1. steps | a. not less than |
| 2. causes | b. cut |
| 3. several | c. discovering |
| 4. reduced | d. cure |
| 5. quit | e. reasons |
| 6. analyzed | f. stop |
| 7. at least | g. looked at |
| 8. treat | h. actions |
| 9. finding | i. aim |
| 10. goal | j. a number of |

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

- | | |
|--|------------------|
| 1. cardiovascular | a. records |
| 2. These are the leading causes | b. sign |
| 3. at least one warning | c. smoking |
| 4. high blood | d. control these |
| 5. quit | e. heart attack |
| 6. doctors analyzed 10 years of health | f. diseases |
| 7. at least | g. pressure |
| 8. treat that factor to prevent | h. one |
| 9. The goal now is to work | i. of death |
| 10. finding ways to | j. harder |

GAP FILL

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

Doctors say people can take (1) _____ to avoid cardiovascular diseases like heart attacks and strokes. These are the (2) _____ causes of death around the world. A study from (3) _____ at Northwestern University's Feinberg School of Medicine in Chicago and Yonsei University in South Korea said that more than 99 per cent of people who had a heart attack or stroke had at (4) _____ one warning sign. The doctors said there were (5) _____ major signs: high blood pressure, cholesterol, obesity, high (6) _____ sugar, and smoking and drinking. All of these things can be reduced if people change their lifestyles. The most (7) _____ changes are to eat a healthier diet, exercise, and (8) _____ smoking and drinking.

doctors
blood
quit
steps
several
leading
effective
least

In the study, doctors analyzed 10 years of health (9) _____ of nine million people in South Korea and 7,000 people in the USA. Nearly all of the (10) _____ could have avoided heart attacks and strokes. Lead researcher Dr Philip Greenland said: "We have (11) _____ for many years that there is a (12) _____ number of modifiable risk factors for heart disease, and at least one, but (13) _____ more than one, is present in the background leading up to heart attacks, heart (14) _____, or strokes." He added: "Efforts need to be made to treat that factor to prevent heart attack, stroke, or heart failure." Dr Greenland said: "The (15) _____ now is to work harder on finding ways to (16) _____ these modifiable risk factors."

goal
known
often
records
control
failure
patients
small

LISTENING – Guess the answers. Listen to check.

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

- 1) Doctors say people can take steps to avoid cardiovascular diseases _____
 - a. liked heart attacks
 - b. like hearth attacks
 - c. likes hearty attacks
 - d. like heart attacks
- 2) These are the leading causes of death _____
 - a. around a world
 - b. around them world
 - c. around the world
 - d. around the worlds
- 3) people who had a heart attack or stroke had at least _____
 - a. one waning sign
 - b. one warming sign
 - c. one warn in sign
 - d. one warning sign
- 4) several major signs: high blood pressure, cholesterol, obesity, _____
 - a. high bleed sugared
 - b. high blood sugary
 - c. high blood sugar
 - d. high bleed sugar
- 5) The most effective changes are to eat a healthier diet, exercise, _____
 - a. and quilt smoking
 - b. and quit smoking
 - c. and quite smoking
 - d. and quiet smoking
- 6) doctors analyzed 10 years of health records of _____
 - a. nine million peoples
 - b. nine million people
 - c. nine million peopled
 - d. nine million peopling
- 7) We have known for many years that there is _____
 - a. a small number
 - b. a less number
 - c. a few number
 - d. a slim number
- 8) risk factors for heart disease, and at least one, but often more than _____
 - a. one, are presence
 - b. one, are pretense
 - c. one, is presents
 - d. one, is present
- 9) Efforts need to be made to treat that factor to prevent heart attack, stroke, _____
 - a. or heart fail lure
 - b. or heart fay lure
 - c. or heart failure
 - d. or heart fail your
- 10) The goal now is to work harder on finding ways to control these _____
 - a. modifiable risk fact tors
 - b. modifiable risk factored
 - c. modifiable risk factories
 - d. modifiable risk factors

LISTENING – Listen and fill in the gaps

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

Doctors say people can take (1) _____ cardiovascular diseases like heart attacks and strokes. These are the leading (2) _____ around the world. A study from doctors at Northwestern University's Feinberg School of Medicine in Chicago and Yonsei University in South Korea said that more than 99 per cent of people who had a heart attack or stroke (3) _____ one warning sign. The doctors said there were several major signs: (4) _____, cholesterol, obesity, high blood sugar, and smoking and drinking. All of these things (5) _____ if people change their lifestyles. The most effective changes are to eat a healthier diet, (6) _____ smoking and drinking.

In the study, doctors analyzed 10 years (7) _____ of nine million people in South Korea and 7,000 people in the USA. Nearly all of the patients (8) _____ heart attacks and strokes. Lead researcher Dr Philip Greenland said: "We have known for many years that there is a (9) _____ modifiable risk factors for heart disease, and at least one, but often more than one, is present in the background (10) _____ heart attacks, heart failure, or strokes." He added: "Efforts need to be made to (11) _____ to prevent heart attack, stroke, or heart failure." Dr Greenland said: "The goal now is to work harder on (12) _____ control these modifiable risk factors."

COMPREHENSION QUESTIONS

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

1. What two cardiovascular diseases do doctors say people can avoid?
2. How many warning signs did doctors say people can have?
3. How many signs of cardiovascular disease did doctors say there were?
4. What do people need to change to avoid cardiovascular diseases?
5. What does the article say people should quit?
6. How many health records of South Koreans did doctors look at?
7. How many health records of people in the USA did doctors look at?
8. Who is Philip Greenland?
9. What is present in the background leading up to heart attacks?
10. What do doctors need to work harder on controlling?

MULTIPLE CHOICE - QUIZ

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

- 1) What two cardiovascular diseases do doctors say people can avoid?
 - a) arrhythmia and angina
 - b) heart attacks and arrhythmia
 - c) angina and strokes
 - d) heart attacks and strokes
- 2) How many warning signs did doctors say people can have?
 - a) just one
 - b) at least one
 - c) seven
 - d) dozens
- 3) How many signs of cardiovascular disease did doctors say there were?
 - a) seven
 - b) dozens
 - c) several
 - d) two
- 4) What do people need to change to avoid cardiovascular diseases?
 - a) their lifestyles
 - b) their diet
 - c) their medicine
 - d) their sleeping pattern
- 5) What does the article say people should quit?
 - a) fast food
 - b) using smartphones for a long time
 - c) smoking and drinking
 - d) stressful jobs
- 6) How many health records of South Koreans did doctors look at?
 - a) seven million
 - b) nine million
 - c) seven thousand
 - d) nine thousand
- 7) How many health records of people in the USA did doctors look at?
 - a) seven million
 - b) nine million
 - c) nine thousand
 - d) seven thousand
- 8) Who is Philip Greenland?
 - a) the lead researcher
 - b) an expert on stress
 - c) a drug company CEO
 - d) a journalist
- 9) What is present in the background leading up to heart attacks?
 - a) too much smartphone use
 - b) stressful lifestyles
 - c) at least one modifiable risk factor
 - d) medicine
- 10) What do doctors need to work harder on controlling?
 - a) medicine
 - b) modifiable risk factors
 - c) stress
 - d) diets

ROLE PLAY

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

Role A – Laughter

You think laughter is the best thing for the heart. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which of these is the least effective thing to keep the heart healthy (and why): vegetables, sleep or exercise.

Role B – Vegetables

You think vegetables is the best thing for the heart. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which of these is the least effective thing to keep the heart healthy (and why): laughter, sleep or exercise.

Role C – Sleep

You think sleep is the best thing for the heart. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which of these is the least effective thing to keep the heart healthy (and why): vegetables, laughter or exercise.

Role D – Exercise

You think exercise is the best thing for the heart. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which of these is the least effective thing to keep the heart healthy (and why): vegetables, sleep or laughter.

AFTER READING / LISTENING

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

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for... the words 'heart attack' and 'stroke'.

heart attack	stroke

- 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">• steps• leading• least• major• reduced• most	<ul style="list-style-type: none">• records• nearly• known• present• efforts• harder
--	---

HEART ATTACKS AND STROKES SURVEY

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

HEART ATTACKS AND STROKES 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 'heart attack'?
3. What do you know about heart attacks?
4. What do you know about strokes?
5. What can we do to look after our heart?
6. What do you know about blood pressure?
7. What can we do to control our cholesterol?
8. What changes do you need to make to your lifestyle?
9. How healthy is your diet?
10. Why do people drink and smoke?

Over 99% of heart attacks have a warning sign – 2nd October 2025
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HEART ATTACKS AND STROKES 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 'disease'?
13. What do you think about what you read?
14. What do you do to stay healthy?
15. Do men or women live healthier lifestyles?
16. What are the unhealthiest things about your lifestyle?
17. Are people getting healthier or unhealthier?
18. Why is exercise so good for us?
19. Why don't more of us lead healthy lifestyles?
20. What questions would you like to ask the doctors?

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/2510/251002-heart-attacks-and-strokes.html>

Doctors say people can take (1) _____ to avoid cardiovascular diseases like heart attacks and strokes. These are the (2) _____ causes of death around the world. A study from doctors at Northwestern University's Feinberg School of Medicine in Chicago and Yonsei University in South Korea said that more than 99 per cent (3) _____ people who had a heart attack or stroke had at least one warning sign. The doctors said (4) _____ were several major signs: high blood pressure, cholesterol, obesity, high blood sugar, and smoking and drinking. All of (5) _____ things can be reduced if people change their lifestyles. The most effective changes are to eat a healthier diet, exercise, and (6) _____ smoking and drinking.

In the study, doctors analyzed 10 years of health records (7) _____ nine million people in South Korea and 7,000 people in the USA. Nearly all of the patients could have (8) _____ heart attacks and strokes. Lead researcher Dr Philip Greenland said: "We have known for many years that there is a (9) _____ number of modifiable risk factors for heart disease, and at least one, but often more than one, is present in the background leading (10) _____ to heart attacks, heart failure, or strokes." He added: "Efforts need to be made to treat that factor (11) _____ prevent heart attack, stroke, or heart failure." Dr Greenland said: "The goal now is to work (12) _____ on finding ways to control these modifiable risk factors."

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

- | | | | | |
|-----|--------------|-------------|-------------|--------------|
| 1. | (a) steps | (b) stairs | (c) ladders | (d) feet |
| 2. | (a) lending | (b) loading | (c) leading | (d) landing |
| 3. | (a) by | (b) at | (c) of | (d) on |
| 4. | (a) which | (b) what | (c) that | (d) there |
| 5. | (a) them | (b) so | (c) these | (d) that |
| 6. | (a) quite | (b) quit | (c) quilt | (d) quiet |
| 7. | (a) to | (b) of | (c) at | (d) on |
| 8. | (a) avoids | (b) avoided | (c) avoid | (d) avoiding |
| 9. | (a) less | (b) many | (c) small | (d) slim |
| 10. | (a) down | (b) in | (c) out | (d) up |
| 11. | (a) by | (b) of | (c) for | (d) to |
| 12. | (a) hardship | (b) harden | (c) hardly | (d) harder |

SPELLING

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

Paragraph 1

1. take steps to odavi cardiovascular diseases
2. there were vsaerel major signs
3. high blood sreepsru
4. people change their setllfysie
5. The most fetveifec changes
6. iquť smoking and drinking

Paragraph 2

7. doctors dlenaayz 10 years of health records
8. Nearly all of the eansptti
9. Efforts need to be made to ttear that
10. netrvpe heart attack
11. heart aeurlfi
12. lobidifema risk factors

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () doctors at Northwestern University's Feinberg School of Medicine in Chicago and Yonsei University in South Korea
- (**1**) Doctors say people can take steps to avoid cardiovascular diseases like
- () heart attacks and strokes. These are the leading causes of death around the world. A study from
- () high blood sugar, and smoking and drinking. All of these things can be reduced if people change their
- () in the background leading up to heart attacks, heart failure, or strokes." He added: "Efforts need
- () In the study, doctors analyzed 10 years of health records of nine million people in South Korea and 7,000 people
- () in the USA. Nearly all of the patients could have avoided heart attacks and strokes. Lead
- () lifestyles. The most effective changes are to eat a healthier diet, exercise, and quit smoking and drinking.
- () number of modifiable risk factors for heart disease, and at least one, but often more than one, is present
- () researcher Dr Philip Greenland said: "We have known for many years that there is a small
- () said that more than 99 per cent of people who had a heart attack or stroke had at least one warning
- () said: "The goal now is to work harder on finding ways to control these modifiable risk factors."
- () sign. The doctors said there were several major signs: high blood pressure, cholesterol, obesity,
- () to be made to treat that factor to prevent heart attack, stroke, or heart failure." Dr Greenland

PUT THE WORDS IN THE RIGHT ORDER

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

1. can People steps take avoid to diseases cardiovascular .
2. These the are causes leading death of around .
3. who People a had attack heart stroke or .
4. The said doctors were there major several signs .
5. of All things these be can reduced .
6. analyzed Doctors years 10 health of records .
7. patients The have could heart avoided attacks .
8. a There's number small modifiable of factors risk .
9. The leading background to up heart a attack .
10. ways Finding control to modifiable these factors risk .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Doctors say people can take steps to *void* / *avoid* cardiovascular diseases like heart attacks and strokes. These are the leading causes of *die* / *death* around the world. A study from *doctors* / *doctor* at Northwestern University's Feinberg School of Medicine in Chicago and Yonsei University in South Korea said that *most* / *more* than 99 per cent of people who had a heart attack or stroke had at *last* / *least* one warning sign. The doctors said there were several *majors* / *major* signs: high blood pressure, cholesterol, *obese* / *obesity*, high blood sugar, and smoking and drinking. All of *these* / *them* things can be reduced if people *charge* / *change* their lifestyles. The most effective changes are to eat a healthier diet, exercise, and *quite* / *quit* smoking and drinking.

In the study, doctors analyzed 10 years of *healthy* / *health* records of nine million people in South Korea and 7,000 people in the USA. *Nearly* / *Near* all of the patients could have avoided heart attacks and strokes. Lead researcher Dr Philip Greenland said: "We have *known* / *knowing* for many years that there is a small *number* / *numbers* of modifiable risk factors for heart disease, and at least one, but often *more* / *most* than one, is present in the background leading *down* / *up* to heart attacks, heart failure, or strokes." He *add* / *added*: "Efforts need to be made to *threat* / *treat* that factor to prevent heart attack, stroke, *as* / *or* heart failure." Dr Greenland said: "The goal now is to work harder *on* / *of* finding ways to control these modifiable risk factors."

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/2510/251002-heart-attacks-and-strokes.html>

D_octors s_y p__pl_ c_n t_k_ st_ps t_ _v__d
c_rd__v_sc_l_r d_s__s_s l_k_ h__rt _tt_cks _nd str_k_s.
Th_s_ _r_ th_ l__d_ng c__s_s _f d__th _r__nd th_
w_rld. _ st_dy fr_m d_octors _t N_rthw_st_rn
_n_v_rs_ty's F__nb_rg Sch__l _f M_d_c_n_ _n Ch_c_g_
_nd Y_ns__ _n_v_rs_ty _n S__th K_r__ s__d th_t m_r_
th_n 99 p_r c_nt _f p__pl_ wh_ h_d _ h__rt _tt_ck
_r str_k_ h_d _t l__st _n_ w_rn_ng s_gn. Th_ d_octors
s__d th_r_ w_r_ s_v_r_l m_j_r s_gns: h_g_h bl__d
pr_ss_r_, ch_l_st_r_l, _b_s_ty, h_g_h bl__d s_g_r, _nd
sm_k_ng _nd dr_nk_ng. _ll _f th_s_ th_ngs c_n b_
r_d_c_d _f p__pl_ ch_ng_ th__r l_fstyl_s. Th_ m_st
_ff_ct_v_ ch_ng_s _r_ t_ __t _ h__lth__r d__t,
_x_rc_s_, _nd q__t sm_k_ng _nd dr_nk_ng.

n th st_dy, d_octors _n_lyz_d 10 y__rs _f h__lth
r_c_rds _f n_n_ m_ll__n p__pl_ _n S__th K_r__ _nd
7,000 p__pl_ _n th_ _S_. N__rly _ll _f th_ p_t__nts
c__ld h_v_ _v__d_d h__rt _tt_cks _nd str_k_s. L__d
r_s__rch_r Dr Ph_l_p Gr__nl_nd s__d: "W_ h_v_ kn_wn
f_r m_ny y__rs th_t th_r_ _s _ sm_ll n_m_b_r _f
m_d_f__bl_ r_sk f_ct_rs f_r h__rt d_s__s_, _nd _t
l__st _n_, b_t _ft_n m_r_ th_n _n_, _s pr_s_nt _n
th_ b_ckgr__nd l__d_ng _p t_ h__rt _tt_cks, h__rt
f__l_r_, _r str_k_s." H_ _dd_d: "_ff_rts n__d t_ b_
m_d_ t_ tr__t th_t f_ct_r t_ pr_v_nt h__rt _tt_ck,
str_k_, _r h__rt f__l_r_." Dr Gr__nl_nd s__d: "Th_
g__l n_w _s t_ w_rk h_rd_r _n f_nd_ng w_ys t_
c_ntr_l th_s_ m_d_f__bl_ r_sk f_ct_rs."

PUNCTUATE THE TEXT AND ADD CAPITALS

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

doctors say people can take steps to avoid cardiovascular diseases like heart attacks and strokes these are the leading causes of death around the world a study from doctors at northwestern universitys feinberg school of medicine in chicago and yonsei university in south korea said that more than 99 per cent of people who had a heart attack or stroke had at least one warning sign the doctors said there were several major signs high blood pressure cholesterol obesity high blood sugar and smoking and drinking all of these things can be reduced if people change their lifestyles the most effective changes are to eat a healthier diet exercise and quit smoking and drinking in the study doctors analyzed 10 years of health records of nine million people in south korea and 7000 people in the usa nearly all of the patients could have avoided heart attacks and strokes lead researcher dr philip greenland said we have known for many years that there is a small number of modifiable risk factors for heart disease and at least one but often more than one are present in the background leading up to heart attacks heart failure or strokes he added efforts need to be made to treat that factor to prevent heart attack stroke or heart failure dr greenland said the goal now is to work harder on finding ways to control these modifiable risk factors

PUT A SLASH (/) WHERE THE SPACES ARE

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

Doctors say people can take steps to avoid cardiovascular diseases like heart attacks and strokes. These are the leading causes of death around the world. A study from doctors at Northwestern University's Feinberg School of Medicine in Chicago and Yonsei University in South Korea said that more than 99 percent of people who had a heart attack or stroke had at least one warning sign. The doctors said there were several major signs: high blood pressure, cholesterol, obesity, high blood sugar, and smoking and drinking. All of these things can be reduced if people change their lifestyles. The most effective changes are to eat a healthier diet, exercise, and quit smoking and drinking. In the study, doctors analyzed 10 years of health records of nine million people in South Korea and 7,000 people in the USA. Nearly all of the patients could have avoided heart attacks and strokes. Lead researcher Dr Philip Greenland said: "We have known for many years that there is a small number of modifiable risk factors for heart disease, and at least one, but often more than one, is present in the background leading up to heart attacks, heart failure, or strokes." He added: "Efforts need to be made to treat that factor to prevent the heart attack, stroke, or heart failure." Dr Greenland said: "The goal now is to work harder on finding ways to control these modifiable risk factors."

FREE WRITING

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

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

[illegible]

ACADEMIC WRITING

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

Governments should make us change our lifestyles to be healthier. Discuss.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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. HEART ATTACKS AND STROKES: Make a poster about heart attacks and strokes. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LIFESTYLE: Write a magazine article about all of us changing our lifestyle to be healthier. 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 heart attacks and strokes. Ask him/her three questions about them. Give him/her three of your ideas on how to look after your heart. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

- | | | | | | | |
|------|------|-------|-------|-------|-------|-------|
| 1. c | 2. e | 3. d | 4. a | 5. f | 6. g | 7. b |
| 8. k | 9. h | 10. i | 11. n | 12. m | 13. j | 14. l |

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

- Heart attacks and strokes
- At least one
- Several
- Their lifestyles
- Smoking and drinking
- Nine million
- Seven thousand
- The lead researcher (and a doctor)
- At least one modifiable risk factor
- Modifiable risk factors

WORDS IN THE RIGHT ORDER (p.19)

- People can take steps to avoid cardiovascular diseases.
- These are the leading causes of death around.
- People who had a heart attack or stroke.
- The doctors said there were several major signs.
- All of these things can be reduced.
- Doctors analyzed 10 years of health records.
- The patients could have avoided heart attacks.
- There's a small number of modifiable risk factors.
- The background leading up to a heart attack.
- Finding ways to control these modifiable risk factors.

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 ;-)