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**Level 6 – 29th December 2025**

## Scientists find food to improve our mood

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

<https://breakingnewsenglish.com/2512/251229-mood-food.html>

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

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# THE ARTICLE

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

A new study indicates that a diet rich in ultra-processed foods and refined carbohydrates may increase the risk of depression and other mental health conditions. The research has been published in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a nutritional psychologist and registered dietitian, said there is "a tremendous amount of high-quality data linking food to beneficial (or worsening) mental health outcomes". Ms Kirkpatrick advised people to reduce the amount of sugary and low-fibre food they eat to lessen the chances of developing mood disorders. She wrote: "Limits should be made on sugar, refined grains, ultra-processed foods, and alcohol."

Ms Kirkpatrick also advised people to increase their intake of high-fibre and fermented foods. She said the plant-based Mediterranean diet has been shown to be effective in reducing depression. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, and lean sources of protein". She added that the diet "has been shown to assist with both depression and anxiety".

Related research from Professor Felice Jacka at Deakin University in Australia corroborated Ms Kirkpatrick's findings. Dr Jacka said fermented, probiotic foods may influence brain-related biology and lead to more positive moods and enhanced learning.

Sources: <https://www.womansworld.com/wellness/mental-health/best-foods-to-relieve-anxiety-and-stress-naturally>  
<https://www.aol.com/articles/foods-happiest-hint-not-think-040000867.html>  
<https://www.smh.com.au/lifestyle/health-and-wellness/can-we-eat-our-way-to-better-mental-health-20251110-p5n94y.html>

# WARM-UPS

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

diet / ultra-processed food / carbohydrates / depression / psychologist / mood / sugar  
fermented food / depression / berries / olive oil / anxiety / greens / biology / learning

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

**3. UNHEALTHY FOOD:** Students A **strongly** believe all unhealthy food should be banned; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

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

	What I Know	Effectiveness	Would I Try It
Vegetarian diet			
Mediterranean diet			
Raw food diet			
Gluten-free diet			
Liquid diet			
Protein diet			

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

**6. ULTRA-PROCESSED FOOD:** Rank these with your partner. Put the unhealthiest at the top. Change partners often and share your rankings.

- Sugary drinks
- Packaged snacks
- Bacon
- Frozen pizza
- Microwave meals
- Hamburgers
- Sugary cereal
- Potato chips

# VOCABULARY MATCHING

## Paragraph 1

- |                 |  |
|-----------------|--|
| 1. indicate     | a. A person who helps people with thoughts and feelings.     |
| 2. rich         | b. Made cleaner or purer.                                    |
| 3. refined      | c. Having a lot of flavour or a lot of spices, fat or sugar. |
| 4. conditions   | d. Small hard seeds used as food, like rice or wheat.        |
| 5. psychologist | e. Show or tell something.                                   |
| 6. outcomes     | f. Illnesses or health problems.                             |
| 7. grains       | g. The results of something.                                 |

## Paragraph 2

- |                  |   |
|------------------|---|
| 8. intake        | h. Changed by bacteria over time, often for food.       |
| 9. fermented     | i. Shown to be true by more proof.                      |
| 10. lean         | j. Made better or stronger.                             |
| 11. anxiety      | k. Having very little fat.                              |
| 12. corroborated | l. Good bacteria that help the body.                    |
| 13. probiotic    | m. Feeling worried or afraid.                           |
| 14. enhanced     | n. The amount of food or drink a person eats or drinks. |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

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

1. The article says refined carbohydrates are good for us. **T / F**
2. A study said ultra-processed foods can increase the risk of depression. **T / F**
3. A nutritionist said there is very little data on food and mental health. **T / F**
4. The nutritionist said we should cut out all sugar and refined grains. **T / F**
5. The nutritionist said we should eat more fermented foods. **T / F**
6. Plant-based diets are not effective in reducing depression. **T / F**
7. Eating more omega-3 fatty acids is good for our mental health. **T / F**
8. Fermented foods may help us to learn things. **T / F**

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

- |                      |               |
|----------------------|---------------|
| 1. <b>indicates</b>  | a. help       |
| 2. <b>risk</b>       | b. issued     |
| 3. <b>published</b>  | c. reduce     |
| 4. <b>tremendous</b> | d. urged      |
| 5. <b>lessen</b>     | e. chance     |
| 6. <b>advised</b>    | f. successful |
| 7. <b>effective</b>  | g. non-fatty  |
| 8. <b>lean</b>       | h. shows      |
| 9. <b>assist</b>     | i. improved   |
| 10. <b>enhanced</b>  | j. very great |

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

- |  |                              |
|--|------------------------------|
| 1. a diet rich                         | a. sugary and low-fibre food |
| 2. increase the                        | b. learning                  |
| 3. a tremendous amount of high-quality | c. developing mood disorders |
| 4. reduce the amount of                | d. reducing depression       |
| 5. lessen the chances of               | e. data                      |
| 6. high-fibre and                      | f. protein                   |
| 7. effective in                        | g. in ultra-processed foods  |
| 8. lean sources of                     | h. brain-related biology     |
| 9. probiotic foods may influence       | i. risk of depression        |
| 10. enhanced                           | j. fermented foods           |

# GAP FILL

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

A new study indicates that a diet (1) \_\_\_\_\_ in ultra-processed foods and refined carbohydrates may increase the (2) \_\_\_\_\_ of depression and other mental health conditions. The research has been (3) \_\_\_\_\_ in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a (4) \_\_\_\_\_ psychologist and registered dietitian, said there is "a tremendous amount of high-quality (5) \_\_\_\_\_ linking food to beneficial (or worsening) mental health (6) \_\_\_\_\_". Ms Kirkpatrick advised people to reduce the amount of sugary and low-fibre food they eat to (7) \_\_\_\_\_ the chances of developing mood disorders. She wrote: "Limits should be made on sugar, (8) \_\_\_\_\_ grains, ultra-processed foods, and alcohol."

*risk*  
*data*  
*refined*  
*rich*  
*lessen*  
*nutritional*  
*published*  
*outcomes*

Ms Kirkpatrick also advised people to increase their (9) \_\_\_\_\_ of high-fibre and (10) \_\_\_\_\_ foods. She said the plant-based Mediterranean diet has been shown to be (11) \_\_\_\_\_ in reducing depression. She said the diet included "omega-3 fatty acids, colourful plants like (12) \_\_\_\_\_, extra virgin olive oil, leafy greens, and lean sources of protein". She added that the diet "has been shown to (13) \_\_\_\_\_ with both depression and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia (14) \_\_\_\_\_ Ms Kirkpatrick's findings. Dr Jacka said fermented, probiotic foods may (15) \_\_\_\_\_ brain-related biology and lead to more positive moods and enhanced (16) \_\_\_\_\_.

*corroborated*  
*fermented*  
*learning*  
*effective*  
*assist*  
*influence*  
*intake*  
*berries*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

- 1) A new study indicates that a diet rich in \_\_\_\_\_
  - a. other-processed foods
  - b. ultimate-processed foods
  - c. ultra-processed foods
  - d. atria-processed foods
- 2) increase the risk of depression and other \_\_\_\_\_
  - a. mentally health conditions
  - b. mental healthy conditions
  - c. mental health condition
  - d. mental health conditions
- 3) Kristin Kirkpatrick, a nutritional psychologist \_\_\_\_\_
  - a. end registered dietitian
  - b. and registered dietary
  - c. and registered diet vision
  - d. and registered dietitian
- 4) reduce the amount of sugary and low-fibre food they eat to \_\_\_\_\_
  - a. lesser the chances
  - b. listen the chances
  - c. lessen the chances
  - d. less on the chances
- 5) She wrote: "Limits should be made on \_\_\_\_\_. "
  - a. sugar, refined brains
  - b. sugar, refined drains
  - c. sugar, defined grains
  - d. sugar, refined grains
- 6) Kirkpatrick also advised people to increase their intake of high-fibre \_\_\_\_\_
  - a. and ferment it foods
  - b. end fermented foods
  - c. and firmament foods
  - d. and fermented foods
- 7) the plant-based Mediterranean diet has been shown to be effective \_\_\_\_\_
  - a. in reducing depressive
  - b. in reducing depressives
  - c. in reducing depressing
  - d. in reducing depression
- 8) the diet included omega-3 fatty acids, colourful plants like berries, extra \_\_\_\_\_
  - a. virgin olive oil
  - b. version olive oil
  - c. vision olive oil
  - d. vegan olive oil
- 9) She added that the diet has been shown to assist with both \_\_\_\_\_
  - a. depression and anxious
  - b. depression end anxiety
  - c. depressive and anxiety
  - d. depression and anxiety
- 10) influence brain-related biology and lead to more positive moods \_\_\_\_\_
  - a. and enhance learning
  - b. and enhanced learning
  - c. and enhanced leaning
  - d. and ensconced learning

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

A new study indicates that a (1) \_\_\_\_\_ ultra-processed foods and refined carbohydrates may increase the (2) \_\_\_\_\_ and other (3) \_\_\_\_\_.

The research has been published in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a nutritional psychologist (4) \_\_\_\_\_, said there is "a tremendous amount of high-quality data linking food to beneficial (or worsening) mental health outcomes". Ms Kirkpatrick advised people to reduce the (5) \_\_\_\_\_ and low-fibre food they eat to lessen the chances of developing mood disorders. She wrote: "(6) \_\_\_\_\_ made on sugar, refined grains, ultra-processed foods, and alcohol."

Ms Kirkpatrick also advised people to (7) \_\_\_\_\_ of high-fibre and fermented foods. She said the plant-based Mediterranean diet has been shown to be (8) \_\_\_\_\_ depression. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra (9) \_\_\_\_\_, leafy greens, and lean sources of protein". She added that the diet "has been (10) \_\_\_\_\_ with both depression and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia corroborated Ms Kirkpatrick's findings. Dr Jacka said (11) \_\_\_\_\_ may influence brain-related biology and lead to more positive moods (12) \_\_\_\_\_.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

1. What increases the risk of depression besides ultra-processed foods?
2. In what format has the research been published?
3. What is Kristin Kirkpatrick's job besides being a nutritional psychologist?
4. What did Ms Kirkpatrick say linked food to worsening mental health?
5. What did Ms Kirkpatrick say lessened the chances of mood disorders?
6. What did Ms Kirkpatrick urge people to increase their intake of?
7. What plant-based diet was mentioned in the article?
8. What oil was mentioned in the article?
9. What kind of protein did Ms Kirkpatrick urge we eat?
10. What can fermented, probiotic foods lead to besides positive moods?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

- 1) What increases the risk of depression besides ultra-processed foods?
  - a) fatty food
  - b) refined carbohydrates
  - c) coffee and tea
  - d) garlic
- 2) In what format has the research been published?
  - a) a newspaper
  - b) a magazine
  - c) online
  - d) a journal
- 3) What is Kristin Kirkpatrick's job besides being a nutritional psychologist?
  - a) She's a chef.
  - b) She's a counsellor.
  - c) She's a dietician.
  - d) She's a doctor.
- 4) What did Ms Kirkpatrick say linked food to worsening mental health?
  - a) high-quality data
  - b) drink
  - c) calories
  - d) carbohydrates
- 5) What did Ms Kirkpatrick say lessened the chances of mood disorders?
  - a) a lack of exercise
  - b) sugary and low-fibre food
  - c) smartphone overuse
  - d) arguments
- 6) What did Ms Kirkpatrick urge people to increase their intake of?
  - a) high-fibre and fermented foods
  - b) dairy products
  - c) raw food
  - d) seafood
- 7) What plant-based diet was mentioned in the article?
  - a) the Pacific diet
  - b) the Atlantic diet
  - c) the Mediterranean diet
  - d) the Dead Sea diet
- 8) What oil was mentioned in the article?
  - a) extra virgin olive oil
  - b) corn oil
  - c) castor oil
  - d) cod liver oil
- 9) What kind of protein did Ms Kirkpatrick urge we eat?
  - a) protein from nuts
  - b) meat protein
  - c) protein from tofu
  - d) lean sources of protein
- 10) What can fermented, probiotic foods lead to besides positive moods?
  - a) higher energy levels
  - b) healthier skin
  - c) enhanced learning
  - d) weight loss

# ROLE PLAY

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

## **Role A – Hamburgers**

You think hamburgers are the unhealthiest processed food. Tell the others three reasons why. Tell them why their processed food isn't as bad. Also, tell the others which is the tastiest of these (and why): frozen pizzas, bacon or potato chips.

## **Role B – Frozen Pizzas**

You think frozen pizzas are the unhealthiest processed food. Tell the others three reasons why. Tell them why their processed food isn't as bad. Also, tell the others which is the tastiest of these (and why): hamburgers, bacon or potato chips.

## **Role C – Bacon**

You think bacon are the unhealthiest processed food. Tell the others three reasons why. Tell them why their processed food isn't as bad. Also, tell the others which is the tastiest of these (and why): frozen pizzas, hamburgers or potato chips.

## **Role D – Potato Chips**

You think potato chips are the unhealthiest processed food. Tell the others three reasons why. Tell them why their processed food isn't as bad. Also, tell the others which is the tastiest of these (and why): frozen pizzas, bacon or hamburgers.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

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

<b>mood</b>	<b>food</b>

- 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>• new</li><li>• risk</li><li>• published</li><li>• registered</li><li>• reduce</li><li>• sugar</li></ul>	<ul style="list-style-type: none"><li>• advised</li><li>• shown</li><li>• included</li><li>• assist</li><li>• related</li><li>• influence</li></ul>
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# MOODS SURVEY

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

Write five GOOD questions about moods 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.

# MOODS 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 'mood'?
3. How is your mood at the moment?
4. How does food affect your mood?
5. Do you think there is any food that makes you less happy?
6. How do you think food affects your mental health?
7. What do you think of sugary foods?
8. What do you know about ultra-processed food?
9. Would it be easy to completely change what you eat?
10. What would you really like to eat right now?

*Scientists find food to improve our mood – 29th December 2025*  
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# MOODS 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 'food'?
13. What do you think about what you read?
14. How moody are you?
15. What food makes you happiest?
16. Do you think 'you are what you eat'?
17. What do you think of high-fibre foods?
18. What do you think of fermented food?
19. What foods are best for our mental health?
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/2512/251229-mood-food.html>

A new study (1) \_\_\_\_\_ that a diet rich in ultra-processed foods and refined carbohydrates may increase the risk of depression and other mental health (2) \_\_\_\_\_. The research has been published in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a (3) \_\_\_\_\_ psychologist and registered dietitian, said there is "a tremendous amount of high-quality data linking food to beneficial (or (4) \_\_\_\_\_) mental health outcomes". Ms Kirkpatrick advised people to reduce the amount of sugary and low-fibre food they eat to (5) \_\_\_\_\_ the chances of developing mood disorders. She wrote: "Limits should be made (6) \_\_\_\_\_ sugar, refined grains, ultra-processed foods, and alcohol."

Ms Kirkpatrick also advised people to increase their (7) \_\_\_\_\_ of high-fibre and fermented foods. She said the plant-(8) \_\_\_\_\_ Mediterranean diet has been shown to be effective in reducing depression. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra (9) \_\_\_\_\_ olive oil, leafy greens, and lean sources of protein". She added that the diet "has been shown to assist (10) \_\_\_\_\_ both depression and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia (11) \_\_\_\_\_ Ms Kirkpatrick's findings. Dr Jacka said fermented, probiotic foods may influence brain-related biology and lead (12) \_\_\_\_\_ more positive moods and enhanced learning.

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

- |     |                  |                    |                 |                  |
|-----|------------------|--------------------|-----------------|------------------|
| 1.  | (a) indicates    | (b) dictates       | (c) replicates  | (d) suffocates   |
| 2.  | (a) conditionals | (b) conditionality | (c) conditions  | (d) condition    |
| 3.  | (a) naturist     | (b) optional       | (c) nutritional | (d) nut          |
| 4.  | (a) worsen       | (b) worst          | (c) worse       | (d) worsening    |
| 5.  | (a) lest         | (b) lesser         | (c) lessen      | (d) least        |
| 6.  | (a) up           | (b) on             | (c) in          | (d) at           |
| 7.  | (a) retake       | (b) intake         | (c) uptake      | (d) take         |
| 8.  | (a) basted       | (b) based          | (c) biased      | (d) bassist      |
| 9.  | (a) virginal     | (b) virgins        | (c) virgin      | (d) virginity    |
| 10. | (a) between      | (b) as             | (c) at          | (d) with         |
| 11. | (a) cogitated    | (b) collaborated   | (c) corrugated  | (d) corroborated |
| 12. | (a) by           | (b) up             | (c) for         | (d) to           |



# SPELLING

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

## Paragraph 1

1. asyrhroductba may increase the risk
2. a nutritional ysslhotpogic
3. a mnuedrteos amount of high-quality data
4. mental health otsceomu
5. developing mood dreorsids
6. ifreend grains

## Paragraph 2

7. high-fibre and dreetnmef foods
8. lean sources of iprtneo
9. depression and naxitye
10. cabrtodorreo Ms Kirkpatrick's findings
11. coibpitor foods
12. eenhndca learning

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

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

- ( **1** ) A new study indicates that a diet rich in ultra-processed foods and refined carbohydrates may
- ( ) and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia corroborated
- ( ) depression. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra virgin olive
- ( ) dietitian, said there is "a tremendous amount of high-quality data linking food to beneficial (or worsening) mental
- ( ) fibre food they eat to lessen the chances of developing mood disorders. She wrote: "Limits should be
- ( ) foods. She said the plant-based Mediterranean diet has been shown to be effective in reducing
- ( ) health outcomes". Ms Kirkpatrick advised people to reduce the amount of sugary and low-
- ( ) in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a nutritional psychologist and registered
- ( ) increase the risk of depression and other mental health conditions. The research has been published
- ( ) made on sugar, refined grains, ultra-processed foods, and alcohol."
- ( ) Ms Kirkpatrick also advised people to increase their intake of high-fibre and fermented
- ( ) Ms Kirkpatrick's findings. Dr Jacka said fermented, probiotic foods may influence brain-
- ( ) oil, leafy greens, and lean sources of protein". She added that the diet "has been shown to assist with both depression
- ( ) related biology and lead to more positive moods and enhanced learning.

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

1. carbohydrates Refined increase may risk the depression of .
2. The has research published been the in journal .
3. is There tremendous a of amount data high-quality .
4. Lessen chances the developing of disorders mood .
5. She limits said be should on made sugar .
6. advised She to people their increase intake .
7. shown It's be to in effective depression reducing .
8. The also diet extra included olive virgin oil .
9. diet The shown was assist to depression with .
10. Fermented, foods probiotic influence may biology brain-related .

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

A new study indicates that a diet *wealthy / rich* in ultra-processed foods and refined carbohydrates may increase the *risk / risky* of depression and other mental health *conditions / conditionals*. The research has been published *on / in* the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a nutritional psychologist and registered *diatribe / dietitian*, said there is "a tremendous amount of high-quality *data / datum* linking food to beneficial (or worsening) mental health outcomes". Ms Kirkpatrick *advice / advised* people to reduce the amount of sugary and low-fibre food they eat to *lesser / lessen* the chances *of / to* developing mood disorders. She wrote: "Limits should be made *in / on* sugar, refined grains, ultra-processed foods, and alcohol."

Ms Kirkpatrick also advised people to increase their *retake / intake* of high-fibre and fermented foods. She said the plant-*biased / based* Mediterranean diet has been *showing / shown* to be effective in reducing *depression / depressives*. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, and *leaning / lean* sources of protein". She added that the diet "has been shown *to / for* assist with both depression and *anxiety / anxious*". Related research from Professor Felice Jacka at Deakin University in Australia *collaborated / corroborated* Ms Kirkpatrick's findings. Dr Jacka said *fermented / frequented*, probiotic foods may influence brain-related biology and lead *to / at* more positive moods and enhanced learning.

**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/2512/251229-mood-food.html>

\_ n\_w st\_dy \_nd\_c\_t\_s th\_t \_ d\_\_t r\_ch \_n \_ltr\_  
pr\_c\_ss\_d f\_\_ds \_nd r\_f\_n\_d c\_rb\_hydr\_t\_s m\_y  
\_ncr\_\_s\_ th\_ r\_sk \_f d\_pr\_ss\_\_n \_nd \_th\_r m\_nt\_l  
h\_\_lth c\_nd\_t\_\_ns. Th\_ r\_s\_\_rch h\_s b\_\_n p\_bl\_sh\_d \_n  
th\_ J\_\_rn\_l \_f th\_ \_c\_d\_my \_f N\_tr\_t\_\_n \_nd  
D\_\_t\_t\_cs. Kr\_st\_n K\_rkp\_tr\_ck, \_ n\_tr\_t\_\_n\_l  
psych\_l\_g\_st \_nd r\_g\_st\_r\_d d\_\_t\_t\_\_n, s\_\_d th\_r\_ s  
"\_ tr\_m\_nd\_\_s \_m\_\_nt \_f h\_gh-q\_\_l\_ty d\_t\_ l\_nk\_ng  
f\_\_d t\_ b\_n\_f\_c\_\_l (\_r w\_rs\_n\_ng) m\_nt\_l h\_\_lth  
\_\_tc\_m\_s". Ms K\_rkp\_tr\_ck \_dv\_s\_d p\_\_pl\_ t\_ r\_d\_c\_  
th\_ \_m\_\_nt \_f s\_g\_ry \_nd l\_w-f\_br\_ f\_\_d th\_y \_\_t t\_  
l\_ss\_n th\_ ch\_nc\_s \_f d\_v\_l\_p\_ng m\_\_d d\_s\_rdrs. Sh\_  
wr\_t\_: "L\_m\_ts sh\_\_ld b\_ m\_d\_ \_n s\_g\_r, r\_f\_n\_d  
gr\_\_ns, \_ltr-pr\_c\_ss\_d f\_\_ds, \_nd \_lc\_h\_l."

Ms K\_rkp\_tr\_ck \_ls\_ \_dv\_s\_d p\_\_pl\_ t\_ \_ncr\_\_s\_ th\_\_r  
\_nt\_k\_ \_f h\_gh-f\_br\_ \_nd f\_rm\_nt\_d f\_\_ds. Sh\_ s\_\_d  
th\_ pl\_nt-b\_s\_d M\_d\_t\_rr\_n\_\_n d\_\_t h\_s b\_\_n sh\_wn t\_  
b\_ \_ff\_ct\_v\_ \_n r\_d\_c\_ng d\_pr\_ss\_\_n. Sh\_ s\_\_d th\_  
d\_\_t \_ncl\_d\_d "\_m\_g\_-3 f\_tty \_c\_ds, c\_l\_\_rf\_l pl\_nts  
l\_k\_ b\_rr\_\_s, \_xtr\_ v\_rg\_n \_l\_v\_ \_\_l, l\_\_fy gr\_\_ns,  
\_nd l\_\_n s\_\_rc\_s \_f pr\_t\_\_n". Sh\_ \_dd\_d th\_t th\_ d\_\_t  
"h\_s b\_\_n sh\_wn t\_ \_ss\_st w\_th b\_th d\_pr\_ss\_\_n \_nd  
\_nx\_\_ty". R\_l\_t\_d r\_s\_\_rch fr\_m Pr\_f\_ss\_r F\_l\_c\_ J\_ck\_  
\_t D\_\_k\_n \_n\_v\_rs\_ty \_n \_\_str\_l\_\_ c\_rr\_b\_r\_t\_d Ms  
K\_rkp\_tr\_ck's f\_nd\_ngs. Dr J\_ck\_ s\_\_d f\_rm\_nt\_d,  
pr\_b\_\_t\_c f\_\_ds m\_y \_nfl\_\_nc\_ br\_\_n-r\_l\_t\_d b\_\_l\_gy  
\_nd l\_\_d t\_ m\_r\_ p\_s\_t\_v\_ m\_\_ds \_nd \_nh\_nc\_d  
l\_\_rn\_ng.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

a new study indicates that a diet rich in ultraprocessed foods and refined carbohydrates may increase the risk of depression and other mental health conditions the research has been published in the journal of the academy of nutrition and dietetics kristin kirkpatrick a nutritional psychologist and registered dietitian said there is a tremendous amount of highquality data linking food to beneficial or worsening mental health outcomes ms kirkpatrick advised people to reduce the amount of sugary and lowfibre food they eat to lessen the chances of developing mood disorders she wrote limits should be made on sugar refined grains ultraprocessed foods and alcohol ms kirkpatrick also advised people to increase their intake of highfibre and fermented foods she said the plantbased mediterranean diet has been shown to be effective in reducing depression she said the diet included omega3 fatty acids colourful plants like berries extra virgin olive oil leafy greens and lean sources of protein she added that the diet has been shown to assist with both depression and anxiety related research from professor felice jacka at deakin university in australia corroborated ms kirkpatrick's findings dr jacka said fermented probiotic foods may influence brainrelated biology and lead to more positive moods and enhanced learning

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

A new study indicates that a diet rich in ultra-processed foods and refined carbohydrates may increase the risk of depression and other mental health conditions. The research has been published in the Journal of the Academy of Nutrition and Dietetics. Kristin Kirkpatrick, a nutritional psychologist and registered dietitian, said there is "a tremendous amount of high-quality data linking food to beneficial (or worsening) mental health outcomes". Ms Kirkpatrick advised people to reduce the amount of sugary and low-fibre food they eat to lessen the chances of developing mood disorders. She wrote: "Limits should be made on sugar, refined grains, ultra-processed foods, and alcohol." Ms Kirkpatrick also advised people to increase their intake of high-fibre and fermented foods. She said the plant-based Mediterranean diet has been shown to be effective in reducing depression. She said the diet included "omega-3 fatty acids, colourful plants like berries, extra virgin olive oil, leafy greens, and lean sources of protein". She added that the diet "has been shown to assist with both depression and anxiety". Related research from Professor Felice Jacka at Deakin University in Australia corroborated Ms Kirkpatrick's findings. Dr Jacka said fermented, probiotic foods may influence brain-related biology and lead to more positive moods and enhanced learning.

## FREE WRITING

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

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

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.



# ACADEMIC WRITING

From <https://breakingnewsenglish.com/2512/251229-mood-food.html>

You are what you eat. 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. MOODS:** Make a poster about moods. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. YOU ARE WHAT YOU EAT:** Write a magazine article about only eating very healthy food. 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 moods. Ask him/her three questions about moods. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

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

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. Refined carbohydrates
2. A journal
3. She's a dietitian.
4. A tremendous amount of high-quality data
5. Sugary and low-fibre food
6. High-fibre and fermented foods
7. The Mediterranean diet
8. Extra virgin olive oil
9. Lean sources of protein
10. Enhanced learning

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

1. Refined carbohydrates may increase the risk of depression.
2. The research has been published in the journal.
3. There is a tremendous amount of high-quality data.
4. Lessen the chances of developing mood disorders.
5. She said limits should be made on sugar.
6. She advised people to increase their intake.
7. It's shown to be effective in reducing depression.
8. The diet also included extra virgin olive oil.
9. The diet was shown to assist with depression.
10. Fermented, probiotic foods may influence brain-related biology.

## MULTIPLE CHOICE - QUIZ (p.10)

1. a    2. c    3. b    4. d    5. a    6. d    7. b    8. d    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 ;-)