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**Level 4 – 26th January 2026**

## Number of children affects lifespan of mothers

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<https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan-4.html>

A study says the number of children a woman has might affect her ageing. The research found that women who had five children or more, or no children, aged faster. A researcher said: "Organisms have limited resources, such as time and energy. When a large amount of energy is invested in reproduction, it is taken away from bodily maintenance...which could reduce lifespan." Surprisingly, women who never gave birth didn't live longer.

Researchers analysed blood, DNA, and health data on 14,000 women. Researchers then modelled the effects of reproduction on rates of longevity. They found that fewer pregnancies could have positive effects on a mother's health. One benefit is a possible lower risk of cancer. However, the "wear and tear" from multiple childbirths could reverse this lowered risk. Another factor that could increase longevity is the social support a mother receives.

Sources: <https://www.scientificamerican.com/article/parents-might-age-faster-or-slower-based-on-how-many-kids-they-have/>  
<https://lifespan.io/news/the-impact-of-childbearing-trajectories-on-aging/>  
<https://www.helsinki.fi/en/news/public-health/number-and-timing-children-linked-biological-aging>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan-4.html>

## PARAGRAPH ONE:

1. the number of children	a. maintenance
2. affect her	b. of energy
3. organisms have limited	c. birth
4. time and	d. energy
5. a large amount	e. ageing
6. invested	f. resources
7. it is taken away from bodily	g. in reproduction
8. women who never gave	h. a woman has

## PARAGRAPH TWO:

1. researchers analysed	a. of reproduction
2. health	b. on a mother's health
3. modelled the effects	c. data
4. rates of	d. pregnancies
5. fewer	e. tear
6. have positive effects	f. blood
7. a possible lower	g. longevity
8. wear and	h. risk of cancer

## LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan-4.html>

A study (1) \_\_\_\_\_ of children a woman has might (2) \_\_\_\_\_. The research found that women who had five children or more, or no (3) \_\_\_\_\_. A researcher said: "Organisms have limited resources, (4) \_\_\_\_\_ and energy. When a large amount of energy is invested in reproduction, it is taken (5) \_\_\_\_\_ maintenance...which could reduce lifespan." Surprisingly, women who (6) \_\_\_\_\_ didn't live longer.

Researchers analysed blood, DNA, and (7) \_\_\_\_\_ 14,000 women. Researchers then (8) \_\_\_\_\_ of reproduction on rates of longevity. They found that (9) \_\_\_\_\_ have positive effects on a mother's health. One benefit is a possible lower (10) \_\_\_\_\_. However, the "wear and tear" from multiple childbirths could reverse (11) \_\_\_\_\_. Another factor that could increase longevity is the (12) \_\_\_\_\_ mother receives.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan-4.html>

A study says the number of children a woman has might affect her aging.

The research found that women who had five children or more, or no children, aged faster.

A researcher said: "Organisms have limited resources, so

uch as time and energy. When a large amount of energy is invested in reproduction, it is taken away from bodily maintenance... which could reduce

lifespan. "Surprisingly, women who never gave birth didn't live longer. Researchers analysed blood, DNA, and health data on 14,000 women. Researchers then modelled the effects of reproduction on rates of longevity.

They found that fewer pregnancies could have positive effects on a mother's health. One benefit is a possible lower risk of cancer. However, the "wear and tear" from multiple childbirths could reverse this lowered risk. An

other factor that could increase longevity is the social support a mother receives.

# HAVING CHILDREN SURVEY

From <https://breakingnewsenglish.com/2601/260126-having-children-and-lifespan-4.html>

Write five GOOD questions about having children 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) \_\_\_\_\_

*Number of children affects lifespan of mothers – 26th January 2026*

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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/2601/260126-having-children-and-lifespan-4.html>

Write about **having children** for 10 minutes. Talk about your partner's paper.