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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 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.

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) _____

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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.

[illegible]