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Level 0 – 26th February 2026

Birdwatching could protect against ageing, say scientists

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<https://breakingnewsenglish.com/2602/260226-birdwatching-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2602/260226-birdwatching-0.html>

Looking at birds could be good for us. Birdwatching protects our brains against old age. A researcher said: "Skills from birding could be beneficial for our brain as people age." The researcher compared brain scans of old and new birdwatchers. The brains of the older birders were a lot more active.

Birdwatching benefits the brain. We learn new skills. We learn to identify things and patterns. The hobby is good for our mental and physical health. It can lower stress. This is because we are outside in nature. Birdwatchers say their hobby improves their social life. This is because they meet many new people.

Sources: <https://www.newscientist.com/article/2516604-birdwatching-may-reshape-the-brain-and-build-its-buffer-against-ageing/>
<https://www.nbcnews.com/health/health-news/birdwatching-birding-brain-boost-cognition-research-rcna259945>
<https://www.thesun.co.uk/health/38314282/bird-watching-health-benefits/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2602/260226-birdwatching-0.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|----------------------|
| 1. looking | a. age |
| 2. protects our brains | b. scans |
| 3. birding could be beneficial | c. the older birders |
| 4. as people | d. against old age |
| 5. the researcher compared brain | e. more active |
| 6. old and new | f. for our brain |
| 7. The brains of | g. birdwatchers |
| 8. a lot | h. at birds |

PARAGRAPH TWO:

- | | |
|----------------------------|----------------------|
| 1. birdwatching benefits | a. their social life |
| 2. we learn new | b. identify things |
| 3. we learn to | c. in nature |
| 4. good for our mental and | d. stress |
| 5. It can lower | e. the brain |
| 6. we are outside | f. many new people |
| 7. their hobby improves | g. skills |
| 8. they meet | h. physical health |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2602/260226-birdwatching-0.html>

Looking (1) _____ be good for us.

Birdwatching (2) _____ against old age. A

researcher said: "Skills from birding could

(3) _____ our brain as people age." The

researcher compared (4) _____ old and new

birdwatchers. The (5) _____ older birders

were a (6) _____.

Birdwatching (7) _____. We learn new skills.

We learn (8) _____ and patterns. The hobby

is good for our (9) _____ health. It can lower

stress. (10) _____ we are outside in nature.

Birdwatchers (11) _____ improves their

social life. This is because they (12) _____

people.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2602/260226-birdwatching-0.html>

Looking at birds could be good for us. Birdwatching protects our brains against old age. A researcher said: "Skills from birding could be beneficial for our brains as people age." The researcher compared brains scans of old and new birdwatchers. The brains of the older birders were a lot more reactive. Birdwatching benefits the brain. We learn new skills. We learn to identify things and patterns. The hobby is good for our mental and physical health. It can lower stress. This is because we are outside in nature. Birdwatchers say their hobby improves their social life. This is because they meet many new people.

BIRDS

From <https://breakingnewsenglish.com/2602/260226-birdwatching-0.html>

Write five GOOD questions about birds 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) _____

