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Level 2 – 26th February 2026

Birdwatching could protect against ageing, say scientists

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<https://breakingnewsenglish.com/2602/260226-birdwatching-2.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2602/260226-birdwatching-2.html>

Birds are beautiful creatures. Looking at them could be good for us. Researchers in Canada say birdwatching could protect our brains against age-related diseases. The lead researcher said: "Skills from birding could be beneficial for intelligence and thinking as people age." The researchers compared brain scans of 29 veteran and 29 new birdwatchers. The brains of the veteran birders were a lot more active. The veterans had a longer attention span. They also had a better memory than those new to the hobby. In addition, the veterans could process information more quickly.

Birdwatching benefits the brain like learning a musical instrument. This is because the brain learns new skills. Birdwatching combines the ability to identify things with a sensitivity to movement and detecting patterns. Other scientists say the hobby is good for our mental and physical health. It can reduce stress. This is because we are outside in the fresh air and sunlight. Other benefits include connecting with nature and the environment. Birdwatchers say their hobby improves their social life. This is because they meet many people who are like them.

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-2.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|---------------------|
| 1. birds are beautiful | a. be beneficial |
| 2. age- | b. span |
| 3. skills from birding could | c. creatures |
| 4. researchers compared brain | d. related diseases |
| 5. veteran birders were a lot | e. scans |
| 6. veterans had a longer attention | f. memory |
| 7. they also had a better | g. more quickly |
| 8. process information | h. more active |

PARAGRAPH TWO:

- | | |
|--------------------------------------|---------------------|
| 1. learning a musical | a. air and sunlight |
| 2. the brain learns | b. identify things |
| 3. the ability to | c. instrument |
| 4. a sensitivity | d. like them |
| 5. outside in the fresh | e. new skills |
| 6. connecting | f. life |
| 7. their hobby improves their social | g. with nature |
| 8. meet many people who are | h. to movement |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2602/260226-birdwatching-2.html>

Birds (1) _____. Looking at them could be good for us. Researchers in Canada say birdwatching could protect (2) _____ age-related diseases. The lead researcher said: "Skills from birding could (3) _____ intelligence and thinking as people age." The researchers compared (4) _____ 29 veteran and 29 new birdwatchers. The brains of the veteran birders were a lot more active. The veterans had (5) _____ span. They also had a better memory than those new to the hobby. In addition, the veterans could process (6) _____.

Birdwatching benefits the brain like (7) _____ instrument. This is because the brain learns new skills. Birdwatching combines (8) _____ identify things with a sensitivity to movement and detecting patterns. Other scientists say the hobby is good for our (9) _____ health. It can reduce stress. This is because we are outside in the fresh (10) _____. Other benefits include connecting with nature and the environment. Birdwatchers say their hobby improves (11) _____. This is because they (12) _____ who are like them.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2602/260226-birdwatching-2.html>

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BIRDS SURVEY

From <https://breakingnewsenglish.com/2602/260226-birdwatching-2.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) _____

