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Level 3 – 26th February 2026

Birdwatching could protect against ageing, say scientists

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

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

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

Birds are fascinating and beautiful creatures. Looking at them in the wild could be good for us. That is what researchers in Toronto, Canada say. The scientists found that birdwatching could protect our brains against age-related diseases. Lead researcher Dr Erik Wing said: "Skills from birding could be beneficial for intelligence and thinking as people age." Dr Wing and his colleagues compared scans of the brain activity of 29 veteran birdwatchers and 29 newbies. The brains of the veteran birders were a lot more active. Dr Wing said the veterans had a longer attention span and a better memory than those new to the hobby. He added that the veterans could also process information more quickly.

The scientists believe birdwatching benefits the brain like learning a musical instrument. This is because the brain learns new skills, which add new pathways and connections. Dr Wing said birdwatching combines the ability to search for and identify things with a sensitivity to movement and pattern detection. Other scientists recommend the hobby. They say it is good for our mental health and can reduce stress. It is also good for our physical health because we are outside in the fresh air and sunlight. Other benefits include connecting with nature and becoming aware of the environment. Birdwatchers say their hobby is good for their social life because they meet many like-minded 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/>

WARM-UPS

1. BIRDS: Students walk around the class and talk to other students about birds. 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?

birds / beautiful creatures / in the wild / birdwatching / age-related diseases / hobby / musical instrument / new skills / movement / patterns / stress / fresh air / nature

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

3. BIRDWATCHING: Students A **strongly** believe birdwatching is better than going to a zoo; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. AGEING: How could the things in the table slow down ageing? Would you try these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	Slowing Down Ageing	Trying Them
Birdwatching		
A vegan diet		
Power walking		
Eight hours sleep		
Daily yoga		
Stress management		

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

6. THE BEST BIRD: Rank these with your partner. Put the best bird at the top. Change partners often and share your rankings.

- Eagle
- Flamingo
- Penguin
- Kingfisher
- Parrot
- Hummingbird
- Owl
- Dove

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. fascinating | a. Illnesses that make people or animals sick. |
| 2. creatures | b. Very, very interesting. |
| 3. in the wild | c. In natural countryside and not changed by people. |
| 4. diseases | d. People you work with. |
| 5. age (verb) | e. A person with a lot of experience in something. |
| 6. colleagues | f. Animals or living beings. |
| 7. veteran | g. Get older. |

Paragraph 2

- | | |
|--------------------|--|
| 8. benefits (verb) | h. When something moves or changes position. |
| 9. combines | i. Having the same ideas, ways of thinking, or interests. |
| 10. identify | j. Clean, cool air outside, especially in the countryside. |
| 11. movement | k. Find out what something is. |
| 12. reduce | l. Make something smaller or less. |
| 13. fresh air | m. Helps or is good for. |
| 14. like-minded | n. Joins two or more things together. |

BEFORE READING / LISTENING

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

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

1. The article says birds are the world's most beautiful creatures. **T / F**
2. The article says keeping a bird as a pet can fight age-related diseases. **T / F**
3. Researchers scanned the brains of 58 birdwatchers. **T / F**
4. Veteran birdwatchers had more active brains than newer birdwatchers. **T / F**
5. Birdwatching activates brains more than playing a musical instrument. **T / F**
6. Birdwatching can help build new pathways in the brain. **T / F**
7. The article says birdwatching can help lower stress. **T / F**
8. Birdwatching can help people meet other like-minded people. **T / F**

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

- | | |
|-----------------------|----------------------|
| 1. beautiful | a. discovered |
| 2. found | b. recognize |
| 3. beneficial | c. old-timers |
| 4. colleagues | d. links |
| 5. veterans | e. coworkers |
| 6. believe | f. advantages |
| 7. connections | g. think |
| 8. identify | h. attractive |
| 9. benefits | i. make contact with |
| 10. meet | j. helpful |

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

- | | |
|--|------------------------|
| 1. Birds are fascinating and | a. with nature |
| 2. Looking at them in the | b. more quickly |
| 3. protect our brains against age- | c. air and sunlight |
| 4. the veterans had a longer attention | d. related diseases |
| 5. veterans could also process information | e. minded people |
| 6. like learning a musical | f. beautiful creatures |
| 7. They say it is good for our mental | g. span |
| 8. we are outside in the fresh | h. health |
| 9. benefits include connecting | i. wild |
| 10. they meet many like- | j. instrument |

GAP FILL

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

Birds are (1) _____ and beautiful creatures. Looking at them in the (2) _____ could be good for us. That is what researchers in Toronto, Canada say. The scientists found that birdwatching could protect our brains against (3) _____ -related diseases. Lead researcher Dr Erik Wing said: "Skills from birding could be beneficial for intelligence and thinking (4) _____ people age." Dr Wing and his colleagues compared (5) _____ of the brain activity of 29 veteran birdwatchers and 29 newbies. The brains of the veteran birders were a (6) _____ more active. Dr Wing said the veterans had a longer attention span and a better (7) _____ than those new to the hobby. He added that the veterans could also process information more (8) _____.

wild

lot

as

memory

fascinating

quickly

age

scans

The scientists believe birdwatching (9) _____ the brain like learning a musical instrument. This is because the brain learns new skills, which add new (10) _____ and connections. Dr Wing said birdwatching combines the ability to search for and (11) _____ things with a sensitivity to movement and pattern detection. Other scientists (12) _____ the hobby. They say it is good for our mental health and can reduce (13) _____. It is also good for our physical health because we are outside in the (14) _____ air and sunlight. Other benefits include connecting with nature and becoming (15) _____ of the environment. Birdwatchers say their hobby is good for their social life because they meet many like-(16) _____ people.

identify

stress

aware

benefits

recommend

minded

pathways

fresh

LISTENING – Guess the answers. Listen to check.

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

- 1) scientists found that birdwatching could protect our brains against _____
 - a. age-relate diseases
 - b. age-related diseases
 - c. aged-related diseases
 - d. ages-related diseases
- 2) Skills from birding could be beneficial for intelligence and thinking _____
 - a. as people gauge
 - b. as people age
 - c. as people rage
 - d. as people ages
- 3) The brains of the veteran birders were a _____
 - a. lot more active
 - b. lot moor active
 - c. lot mere active
 - d. lot mare active
- 4) Dr Wing said the veterans had a longer attention span and _____
 - a. abet a memory
 - b. a better memories
 - c. a better memorial
 - d. a better memory
- 5) He added that the veterans could also process _____
 - a. information much quickly
 - b. in formation more quickly
 - c. inform nation more quickly
 - d. information more quickly
- 6) scientists believe birdwatching benefits the brain like learning _____
 - a. a music call instrumental
 - b. a musically instrument
 - c. a musical instrument
 - d. a musical instrumental
- 7) This is because the brain _____
 - a. learns news skills
 - b. learns new skills
 - c. learns news kills
 - d. learn news kills
- 8) Dr Wing said birdwatching combines the ability to search for _____
 - a. and identity things
 - b. and indemnify things
 - c. and identify things
 - d. and I dent iffy things
- 9) good for our physical health because we are outside in _____
 - a. the fresh air
 - b. the freshly air
 - c. the fresh airs
 - d. a fresh air
- 10) their hobby is good for their social life because they meet many _____
 - a. likes-minded people
 - b. liked-minded people
 - c. likely-minded people
 - d. like-minded people

LISTENING – Listen and fill in the gaps

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

Birds are fascinating (1) _____. Looking at them in the wild could be good for us. That is what researchers in Toronto, Canada say. The scientists found that birdwatching could (2) _____ against age-related diseases. Lead researcher Dr Erik Wing said: "Skills from birding could be beneficial for intelligence and thinking (3) _____." Dr Wing and his colleagues compared scans of the (4) _____ 29 veteran birdwatchers and 29 newbies. The brains of the veteran birders were a lot more active. Dr Wing said the veterans had a (5) _____ and a better memory than those new to the hobby. He added that the veterans could also process (6) _____.

The scientists believe birdwatching benefits the brain like (7) _____ instrument. This is because the brain learns new skills, which (8) _____ and connections. Dr Wing said birdwatching combines the ability to search for and identify things with a sensitivity to movement (9) _____. Other scientists recommend the hobby. They say it is good for our mental health and (10) _____. It is also good for our physical health because we are outside in the fresh air and sunlight. Other benefits include (11) _____ and becoming aware of the environment. Birdwatchers say their hobby is good for their social life because they meet many (12) _____.

COMPREHENSION QUESTIONS

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

1. What does the article say birds are besides beautiful?
2. What kinds of diseases might birdwatching protect our brains against?
3. How many people in the research had their brain scanned?
4. Whose brains were more active?
5. What could veteran birdwatchers process more quickly?
6. What did the article say birdwatching was like doing?
7. What did the researcher say people could detect?
8. What can help our physical health when we are outside?
9. What can people connect with when they go birdwatching?
10. Who might people meet when they go birdwatching?

MULTIPLE CHOICE - QUIZ

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

- 1) What does the article say birds are besides beautiful?
 - a) delicious
 - b) noisy
 - c) fascinating
 - d) colourful
- 2) What kinds of diseases might birdwatching protect our brains against?
 - a) age-related diseases
 - b) bird flu
 - c) deadly diseases
 - d) incurable diseases
- 3) How many people in the research had their brain scanned?
 - a) 60
 - b) 58
 - c) 56
 - d) 47
- 4) Whose brains were more active?
 - a) the researchers
 - b) birds that cannot fly
 - c) eagles
 - d) veteran birdwatchers
- 5) What could veteran birdwatchers process more quickly?
 - a) computer code
 - b) numbers
 - c) information
 - d) bird thoughts
- 6) What did the article say birdwatching was like doing?
 - a) learning to fly
 - b) learning a musical instrument
 - c) watching an action movie
 - d) visiting a museum
- 7) What did the researcher say people could detect?
 - a) smells
 - b) problems
 - c) differences
 - d) patterns
- 8) What can help our physical health when we are outside?
 - a) trees and grass
 - b) fresh air and sunlight
 - c) rivers and mountains
 - d) rabbits and cows
- 9) What can people connect with when they go birdwatching?
 - a) family
 - b) nature
 - c) their inner self
 - d) the internet
- 10) Who might people meet when they go birdwatching?
 - a) like-minded people
 - b) photographers
 - c) artists
 - d) hunter

ROLE PLAY

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

Role A – Eagle

You think an eagle is the best bird. Tell the others three reasons why. Tell them what is wrong with their birds. Also, tell the others which is the least interesting of these (and why): a penguin, an owl or a dove.

Role B – Penguin

You think a penguin is the best bird. Tell the others three reasons why. Tell them what is wrong with their birds. Also, tell the others which is the least interesting of these (and why): an eagle, an owl or a dove.

Role C – Owl

You think an owl is the best bird. Tell the others three reasons why. Tell them what is wrong with their birds. Also, tell the others which is the least interesting of these (and why): a penguin, an eagle or a dove.

Role D – Dove

You think a dove is the best bird. Tell the others three reasons why. Tell them what is wrong with their birds. Also, tell the others which is the least interesting of these (and why): a penguin, an owl or an eagle.

AFTER READING / LISTENING

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

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

bird	age
-------------	------------

- 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">• wild• protect• related• thinking• active• quickly	<ul style="list-style-type: none">• believe• search• pattern• physical• nature• many
--	---

BIRDS SURVEY

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

BIRDS 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 'bird'?
3. How beautiful are birds?
4. Are all birds beautiful?
5. What do you think of birdwatching as a hobby?
6. What birds do you see every day?
7. Why might birdwatching be good for us?
8. How can we watch birds more often?
9. Is a bird a good pet?
10. What things do you need to go birdwatching?

Birdwatching could protect against ageing, say scientists – 26th February 2026
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BIRDS 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 'age'?
13. What do you think about what you read?
14. Which is better, going birdwatching or learning the piano?
15. What new skills do you want to learn?
16. What do you think of being outside in the fresh air?
17. How do you feel when you 'connect with nature'?
18. How good is your social life?
19. Do you like to meet like-minded people?
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/2602/260226-birdwatching.html>

Birds are fascinating and (1) _____ creatures. Looking at them in the wild could be good for us. That is what researchers in Toronto, Canada say. The scientists found that birdwatching could (2) _____ our brains against age-related diseases. Lead researcher Dr Erik Wing said: "Skills from birding could be beneficial (3) _____ intelligence and thinking as people age." Dr Wing and his colleagues compared scans of the brain activity (4) _____ 29 veteran birdwatchers and 29 newbies. The brains of the veteran birders were a (5) _____ more active. Dr Wing said the veterans had a longer attention span and a better memory than those new to the hobby. He added that the veterans could also process information more (6) _____.

The scientists believe birdwatching benefits the brain like (7) _____ a musical instrument. This is because the brain learns new skills, (8) _____ add new pathways and connections. Dr Wing said birdwatching combines the ability (9) _____ search for and identify things with a sensitivity to movement and pattern detection. Other scientists recommend the hobby. They say it is good for our mental health and can (10) _____ stress. It is also good for our physical health because we are outside in the fresh air and sunlight. Other benefits include connecting (11) _____ nature and becoming aware of the environment. Birdwatchers say their hobby is good for their social life because they meet many (12) _____-minded people.

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

- | | | | | |
|-----|-------------|-----------------|---------------|---------------|
| 1. | (a) beauty | (b) beautifully | (c) beautiful | (d) beautify |
| 2. | (a) protect | (b) protest | (c) project | (d) profess |
| 3. | (a) for | (b) at | (c) of | (d) on |
| 4. | (a) of | (b) at | (c) up | (d) that |
| 5. | (a) loads | (b) lot | (c) many | (d) much |
| 6. | (a) quick | (b) quicken | (c) quicker | (d) quickly |
| 7. | (a) learn | (b) learns | (c) learning | (d) learned |
| 8. | (a) these | (b) what | (c) such | (d) which |
| 9. | (a) to | (b) for | (c) as | (d) and |
| 10. | (a) reduces | (b) reduce | (c) reducing | (d) reduction |
| 11. | (a) down | (b) with | (c) on | (d) at |
| 12. | (a) fond | (b) loves | (c) like | (d) enjoy |

SPELLING

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

Paragraph 1

1. Birds are gjiaasnntfc
2. beautiful trasreeuc
3. skills from birding could be iaflbnecie
4. Dr Wing and his aoscelgleu
5. veterans had a longer nitotenat span
6. the veterans could also crepsso information

Paragraph 2

7. learning a musical smtitnunre
8. new pathways and onnecnocsti
9. search for and fiditney things
10. other scientists rcemdomne the hobby
11. good for our syhcliap health
12. becoming aware of the nnroieenvmt

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () active. Dr Wing said the veterans had a longer attention span and a better memory than those new to the
- () activity of 29 veteran birdwatchers and 29 newbies. The brains of the veteran birders were a lot more
- () and sunlight. Other benefits include connecting with nature and becoming aware of the environment. Birdwatchers
- () beneficial for intelligence and thinking as people age." Dr Wing and his colleagues compared scans of the brain
- (**1**) Birds are fascinating and beautiful creatures. Looking at them in the wild could be good
- () brains against age-related diseases. Lead researcher Dr Erik Wing said: "Skills from birding could be
- () for us. That is what researchers in Toronto, Canada say. The scientists found that birdwatching could protect our
- () health and can reduce stress. It is also good for our physical health because we are outside in the fresh air
- () hobby. He added that the veterans could also process information more quickly.
- () instrument. This is because the brain learns new skills, which add new pathways and connections. Dr Wing
- () said birdwatching combines the ability to search for and identify things with a sensitivity
- () say their hobby is good for their social life because they meet many like-minded people.
- () The scientists believe birdwatching benefits the brain like learning a musical
- () to movement and pattern detection. Other scientists recommend the hobby. They say it is good for our mental

PUT THE WORDS IN THE RIGHT ORDER

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

1. at good . in is Looking the them wild
2. birdwatching brains . could found our protect Scientists that
3. are beneficial birding for from intelligence . Skills
4. a attention had He longer said span . veterans
5. Veterans also could information more process quickly .
6. benefits believe birdwatching scientists that The the brain .
7. for good health . it's mental our say They
8. are fresh in outside the We air .
9. Connecting and awareness environment . nature of the with
10. for good hobby is life . social Their their

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Birds are *fascinating* / *fascinate* and beautiful creatures. Looking at them in the wild could be good for *us* / *them*. That is what researchers in Toronto, Canada say. The scientists found that birdwatching could protect our brains *against* / *for* age-related diseases. Lead researcher Dr Erik Wing said: "Skills from birding could be *benefit* / *beneficial* for intelligence and thinking *as* / *has* people age." Dr Wing and his *colleges* / *colleagues* compared scans of the brain activity *at* / *of* 29 veteran birdwatchers and 29 newbies. The brains of the veteran birders were a *lot* / *loads* more active. Dr Wing said the veterans had a longer attention span and a better *memories* / *memory* than those new to the hobby. He added that the veterans could also process information more *quicker* / *quickly*.

The scientists *believe* / *belief* birdwatching benefits the brain like learning *the* / *a* musical instrument. This is *because* / *as* the brain learns new skills, which add new pathways and connections. Dr Wing said birdwatching combines the ability to search *to* / *for* and identify things with a sensitivity *to* / *too* movement and pattern detection. Other scientists recommend the hobby. They say it is *good* / *well* for our mental health and can reduce stress. It is also good for our *physical* / *physically* health because we are outside in the fresh air and *sunlight* / *sunny*. Other benefits include connecting with nature and becoming *beware* / *aware* of the environment. Birdwatchers say their hobby is good for their social life because they meet many like-minded *person* / *people*.

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/2602/260226-birdwatching.html>

B_rds _r_ f_sc_n_t_ng _nd b__t_f_l cr__t_r_s. L__k_ng
_t th_m _n th_ w_ld c__d b_ g__d f_r _s. Th_t _s
wh_t r_s__rch_rs _n T_r_nt_, C_n_d_ s_y. Th_
sc__nt_sts f__nd th_t b_rdw_tch_ng c__d pr_t_ct __r
br__ns _g__nst _g_r_l_t_d d_s__s_s. L__d r_s__rch_r
Dr _r_k W_ng s__d: "Sk_lls fr_m b_rd_ng c__d b_
b_n_f_c__l f_r _nt_ll_g_nc_ _nd th_nk_ng _s p__pl_
g." Dr W_ng _nd h_s c_ll__g__s c_mpr_d sc_ns _f
th_ br__n _ct_v_ty _f 29 v_t_r_n b_rdw_tch_rs _nd 29
n_wb__s. Th_ br__ns _f th_ v_t_r_n b_rdrs w_r_ _
l_t m_r_ _ct_v_. Dr W_ng s__d th_ v_t_r_ns h_d _
l_ng_r _tt_nt__n sp_n _nd _ b_ttr m_m_ry th_n th_s_
n_w t_ th_ h_bby. H_ _dd_d th_t th_ v_t_r_ns c__d
ls pr_c_ss _nf_rm_t__n m_r_ q__ckly.

Th_ sc__nt_sts b_l__v_ b_rdw_tch_ng b_n_f_ts th_
br__n l_k_ l__rn_ng _ m_s_c_l _nstr_m_nt. Th_s _s
b_c__s_ th_ br__n l__rns n_w sk_lls, wh_ch _dd n_w
p_thw_ys _nd c_nn_ct__ns. Dr W_ng s__d b_rdw_tch_ng
c_mb_n_s th_ _b_l_ty t_ s__rch f_r _nd _d_nt_fy
th_ngs w_th _ s_ns_t_v_ty t_ m_v_m_nt _nd p_ttr_n
d_t_ct__n. _th_r sc__nt_sts r_c_mm_nd th_ h_bby. Th_y
s_y _t _s g__d f_r __r m_nt_l h__lth _nd c_n r_d_c_
str_ss. _t _s _ls_ g__d f_r __r phys_c_l h__lth
b_c__s_ w_ _r_ __ts_d_ _n th_ fr_sh __r _nd
s_nl_ght. _th_r b_n_f_ts _ncl_d_ c_nn_ct_ng w_th
n_t_r_ _nd b_c_m_ng _w_r_ _f th_ _nv_r_nm_nt.
B_rdw_tch_rs s_y th__r h_bby _s g__d f_r th__r s_c__l
l_f_ b_c__s_ th_y m__t m_ny l_k_-m_nd_d p__pl_.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

birds are fascinating and beautiful creatures looking at them in the wild could be good for us that is what researchers in toronto canada say the scientists found that birdwatching could protect our brains against agerelated diseases lead researcher dr erik wing said skills from birding could be beneficial for intelligence and thinking as people age dr wing and his colleagues compared scans of the brain activity of 29 veteran birdwatchers and 29 newbies the brains of the veteran birders were a lot more active dr wing said the veterans had a longer attention span and a better memory than those new to the hobby he added that the veterans could also process information more quickly

the scientists believe birdwatching benefits the brain like learning a musical instrument this is because the brain learns new skills which add new pathways and connections dr wing said birdwatching combines the ability to search for and identify things with a sensitivity to movement and pattern detection other scientists recommend the hobby they say it is good for our mental health and can reduce stress it is also good for our physical health because we are outside in the fresh air and sunlight other benefits include connecting with nature and becoming aware of the environment birdwatchers say their hobby is good for their social life because they meet many likeminded people

PUT A SLASH (/) WHERE THE SPACES ARE

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

Birds are fascinating and beautiful creatures. Looking at them in the wild could be good for us. That is what researchers in Toronto, Canada say. The scientists found that birdwatching could protect our brains against age-related diseases. Lead researcher Dr Erik Wings said: "Skills from birding could be beneficial for intelligence and thinking as people age." Dr Wing and his colleagues compared scans of the brain activity of 29 veteran birdwatchers and 29 newbies. The brains of the veteran birders were a lot more active. Dr Wings said the veterans had a longer attention span and a better memory than those new to the hobby. He added that the veterans could do a lot more in less time. They could process information more quickly. The scientists believe birdwatching benefits the brain like learning a musical instrument. This is because the brain learns new skills, which add new pathways and connections. Dr Wings said birdwatching combines the ability to search for and identify things with a sensitivity to movement and pattern detection. Other scientists recommend the hobby. They say it is good for our mental health and can reduce stress. It is also good for our physical health because we are outside in the fresh air and sunlight. Other benefits include connecting with nature and becoming aware of the environment. Birdwatchers say their hobby is good for their social life because they meet many like-minded people.

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. BIRDS: Make a poster about birds. Show your work to your classmates in the next lesson. Did you all have similar things?

4. BIRDWATCHING: Write a magazine article about birdwatching becoming an elementary school subject. 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 birds. Ask him/her three questions about birds. 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. b 2. f 3. c 4. a 5. g 6. d 7. e
8. m 9. n 10. k 11. h 12. l 13. j 14. i

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. Fascinating
2. Age-related diseases
3. Fifty-eight
4. Veteran birdwatchers
5. Information
6. Learning a musical instrument
7. Patterns
8. Fresh air and sunlight
9. Nature
10. Like-minded people

WORDS IN THE RIGHT ORDER (p.19)

1. Looking at them in the wild is good.
2. Scientists found that birdwatching could protect our brains.
3. Skills from birding are beneficial for intelligence.
4. He said veterans had a longer attention span.
5. Veterans could also process information more quickly.
6. The scientists believe that birdwatching benefits the brain.
7. They say it's good for our mental health.
8. We are outside in the fresh air.
9. Connecting with nature and awareness of the environment.
10. Their hobby is good for their social life.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. b 4. d 5. c 6. b 7. d 8. b 9. b 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)