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Level 4 – 24th August 2026

Extreme heat more dangerous for people over 60

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2608/260824-extreme-heat-and-old-age-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/2608/260824-extreme-heat-and-old-age-4.html>

Extreme heat has a worse effect on older people than doctors thought. Researchers have said that the body's tolerance for heat goes down in older people. Rising global temperatures could increase the risk of illness or death for those aged 60 and over. This risk has been greatly underestimated. Heatwaves will put millions of older people at risk of heat stress. This is when the body loses its ability to cool itself. It can lead to death.

The researchers warned that we will have "intolerable heat" for longer periods of time. The over-60s are at risk from this because of three physical factors — they sweat less, their hearts have to work harder, and their blood vessels expand more slowly. These things limit the body's cooling functions. The Age UK found the study alarming. It said: "There's now no denying that extreme heat poses a very real health threat to our older population."

Sources: <https://phys.org/news/2026-08-degree-month-intolerable-billion-people.html>
<https://www.aljazeera.com/news/2026/8/19/why-extreme-heat-is-much-more-dangerous-for-the-elderly-than-we-realised>
<https://www.theguardian.com/society/2026/aug/17/extreme-heat-more-dangerous-for-people-60-and-over-than-previously-thought>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2608/260824-extreme-heat-and-old-age-4.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|---------------------------|
| 1. Extreme heat has a worse | a. 60 and over |
| 2. the body's tolerance | b. temperatures |
| 3. Rising global | c. to cool itself |
| 4. increase the risk | d. underestimated |
| 5. for those aged | e. effect on older people |
| 6. This risk has been greatly | f. of illness |
| 7. put millions of older people at | g. for heat |
| 8. the body loses its ability | h. risk of heat stress |

PARAGRAPH TWO:

- | | |
|------------------------------|-------------------|
| 1. we will have intolerable | a. of time |
| 2. for longer periods | b. less |
| 3. The over-60s | c. vessels expand |
| 4. because of three physical | d. are at risk |
| 5. they sweat | e. functions |
| 6. their blood | f. heat |
| 7. limit the body's cooling | g. that |
| 8. There's now no denying | h. factors |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2608/260824-extreme-heat-and-old-age-4.html>

Extreme heat has a (1) _____ older people than doctors thought. Researchers have said that the (2) _____ heat goes down in older people. Rising global temperatures could (3) _____ of illness or death for (4) _____ and over. This risk has been greatly underestimated. Heatwaves will put millions of older people at risk (5) _____. This is when the body loses its ability to cool itself. It can (6) _____.

The researchers warned that we will (7) _____ for longer (8) _____. The over-60s are at risk from this because of three physical factors — (9) _____, their hearts have to work harder, and their blood vessels expand more slowly. These things limit the (10) _____. The Age UK found the study alarming. It said: "There's (11) _____ that extreme heat poses a very real health threat to (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2608/260824-extreme-heat-and-old-age-4.html>

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EXTREME HEAT SURVEY

From <https://breakingnewsenglish.com/2608/260824-extreme-heat-and-old-age-4.html>

Write five GOOD questions about extreme heat 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/2608/260824-extreme-heat-and-old-age-4.html>

Write about **extreme heat** for 10 minutes. Read and talk about your partner's paper.

[illegible]