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Level 5 – 24th August 2026

Extreme heat more dangerous for people over 60

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<https://breakingnewsenglish.com/2608/260824-extreme-heat-and-old-age-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2608/260824-extreme-heat-and-old-age-5.html>

Extreme heat has a harsher effect on older people than doctors previously thought. Researchers in the USA have said that the body's tolerance for heat goes down in older people. The continuing rise in global temperatures could increase the risk of illness or death for those aged 60 and over. The threat of rising temperatures to the over-60s has been seriously underestimated. The researchers said 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 damage the body and can even lead to death.

The researchers warned that "intolerable heat" will be experienced for longer periods of time. This will affect many more people than doctors thought. The over-60s are at risk 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. A director at the charity Age UK found the study alarming. She said: "There's now no denying that extreme heat poses a very real health threat to our older population." Elderly people in low-income countries are at the highest risk.

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-5.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|---------------------------|
| 1. Extreme heat has a harsher | a. temperatures |
| 2. the body's tolerance for | b. to cool itself |
| 3. The continuing rise in global | c. 60 and over |
| 4. increase the risk of illness | d. risk of heat stress |
| 5. for those aged | e. effect on older people |
| 6. seriously | f. or death |
| 7. put millions of older people at | g. heat goes down |
| 8. the body loses its ability | h. underestimated |

PARAGRAPH TWO:

- | | |
|------------------------------|-----------------------|
| 1. intolerable | a. are at risk |
| 2. experienced for longer | b. vessels expand |
| 3. This will affect many | c. periods of time |
| 4. The over-60s | d. real health threat |
| 5. they sweat | e. more people |
| 6. their blood | f. that |
| 7. There's now no denying | g. heat |
| 8. extreme heat poses a very | h. less |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2608/260824-extreme-heat-and-old-age-5.html>

Extreme heat has a (1) _____ older people than doctors previously thought. Researchers in the USA have said that (2) _____ for heat goes down in older people. The (3) _____ global temperatures could increase the risk of illness or death for those aged 60 and over. The (4) _____ temperatures to the over-60s has been seriously underestimated. The researchers said (5) _____ millions of older people at risk of heat stress. This is when the body loses its ability to cool itself. It can damage the body and (6) _____ to death.

The researchers warned that (7) _____ be experienced for longer periods of time. This will affect many more people than doctors thought. The over-60s are at risk because of three physical factors — (8) _____, their hearts have to work harder, and their (9) _____ more slowly. These things limit the (10) _____. A director at the charity Age UK found the study alarming. She said: "There's now no denying that extreme (11) _____ very real health threat to our older population." Elderly people (12) _____ countries are at the highest risk.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2608/260824-extreme-heat-and-old-age-5.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-5.html>

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

[illegible]