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Level 6 – 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.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

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

Extreme heat may have a harsher effect on older people than doctors previously thought. Researchers from Stanford University in the USA have said that the body's tolerance for heat deteriorates in older people. They added that the continuing rise in global temperatures could pose a serious risk of illness or death for those aged 60 and over. The threat of rising temperatures to the health of the over-60s has been seriously underestimated. The researchers said heatwaves will put millions of older people at risk of a condition called uncompensable heat stress. This is when the body loses its ability to cool itself. This can cause serious damage to the body and can even lead to death.

The researchers warned: "Intolerable heat will be experienced at much larger scales and for longer durations, affecting far more people than previously thought." They said the over-60s are at a higher risk because of three physical factors — they sweat less, their hearts have to work harder in the heat, and their blood vessels expand more slowly. These three things limit the ability of the body to cool itself. A director at the charity Age UK said she found the conclusions in the study alarming. She said: "This study means 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 likely to be at 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>

WARM-UPS

1. EXTREME HEAT: Students walk around the class and talk to other students about extreme heat. 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?

extreme heat / doctors / the body / tolerance / global temperatures / illness / death / the over-60s / sweating / the heart / blood vessels / charity / low-income countries

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

3. CLIMATE DAMAGE: Students A **strongly** believe we cannot reverse climate damage; Students B **strongly** believe we can. Change partners again and talk about your conversations.

4. HEATWAVE: How do heatwaves affect the things in the table? What do you do? Complete this table with your partner(s). Change partners often and share what you wrote.

	Effects	What I Do
Sleeping		
Exercising		
Cooking		
Concentrating		
Shopping		
Moving around town		

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

6. CHANGING CLIMATE: Rank these with your partner. Put the worst climate-related difficulties at the top. Change partners often and share your rankings.

- Extreme heat
- Extreme cold
- Heavy rain
- Typhoons
- Droughts
- Wildfires
- Food insecurity
- Disrupted seasons

VOCABULARY MATCHING

Paragraph 1

- | | |
|-------------------|---|
| 1. harsher | a. Before now or before a particular time. |
| 2. previously | b. Becomes worse over time. |
| 3. tolerance | c. A health problem or illness. |
| 4. deteriorates | d. The ability to accept or deal with something difficult. |
| 5. pose (verb) | e. Thought to be less important, serious, or large than it really is. |
| 6. underestimated | f. More difficult, unpleasant, or serious than something else. |
| 7. condition | g. To cause a problem or danger. |

Paragraph 2

- | | |
|-------------------|---|
| 8. intolerable | h. The amount of time that something continues. |
| 9. duration | i. Small tubes in the body that carry blood. |
| 10. blood vessels | j. Something that is certainly true and cannot reasonably be argued against. |
| 11. expand | k. To stop something from becoming bigger or continuing. |
| 12. limit (verb) | l. To become bigger or wider. |
| 13. alarming | m. Too difficult, painful, or unpleasant to accept or deal with. |
| 14. no denying | n. Making you feel worried or frightened because something is dangerous or serious. |

BEFORE READING / LISTENING

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

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

1. The article says harsh heat has an extreme effect on old people. **T / F**
2. Older people have a higher tolerance for heat. **T / F**
3. The over-60s are at risk of a condition called uncomfortable heat stress. **T / F**
4. Older people's bodies may not be able to cool themselves in the heat. **T / F**
5. Extreme heat will be with us on a bigger scale and for longer. **T / F**
6. People who are over 60 sweat less. **T / F**
7. The blood vessels of people over 60 expand quickly. **T / F**
8. Older people in poorer countries are most at risk from extreme heat. **T / F**

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

- | | |
|------------------------|-------------------|
| 1. extreme | a. worsens |
| 2. previously | b. citizens |
| 3. deteriorates | c. unbearable |
| 4. pose | d. earlier |
| 5. condition | e. enlarge |
| 6. intolerable | f. findings |
| 7. duration | g. hazardous |
| 8. expand | h. length of time |
| 9. conclusions | i. present |
| 10. population | j. illness |

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

- | | |
|------------------------------------|---------------------------|
| 1. Extreme heat may have a harsher | a. that |
| 2. the body's tolerance for heat | b. risk of illness |
| 3. pose a serious | c. less |
| 4. The threat of | d. cool itself |
| 5. the body loses its ability to | e. effect on older people |
| 6. affecting far more people than | f. income countries |
| 7. they sweat | g. rising temperatures |
| 8. blood vessels | h. previously thought |
| 9. there's now no denying | i. deteriorates |
| 10. Elderly people in low- | j. expand more slowly |

GAP FILL

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

Extreme heat may have a (1) _____ effect on older people than doctors previously thought. Researchers from Stanford University in the USA have said that the body's (2) _____ for heat deteriorates in older people. They added that the continuing rise in global temperatures could (3) _____ a serious risk of illness or death for those aged 60 and over. The (4) _____ of rising temperatures to the health of the over-60s has been seriously underestimated. The researchers said (5) _____ will put millions of older people at risk of a (6) _____ called uncompensable heat stress. This is when the body loses its ability to (7) _____ itself. This can cause serious damage to the body and can (8) _____ lead to death.

threat
harsher
heatwaves
cool
pose
even
tolerance
condition

The researchers warned: "Intolerable heat will be experienced at much larger scales and for (9) _____ durations, affecting far more people than previously thought." They said the over-60s are at a higher risk because of three (10) _____ factors — they sweat less, their hearts have to work harder in the heat, and their blood (11) _____ expand more slowly. These three things limit the ability of the body to (12) _____ itself. A director at the charity Age UK said she found the (13) _____ in the study alarming. She said: "This study means there's now no (14) _____ that extreme heat poses a very real health (15) _____ to our older population." Elderly people in low-income countries are (16) _____ to be at highest risk.

denying
vessels
likely
longer
conclusions
physical
threat
cool

LISTENING – Guess the answers. Listen to check.

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

- 1) have a harsher effect on older people than _____
 - a. doctors previously thoughts
 - b. doctors previously thoughtful
 - c. doctors previously throughout
 - d. doctors previously thought
- 2) the body's tolerance for heat deteriorates _____
 - a. in elder people
 - b. in older peoples
 - c. in older people
 - d. on older people
- 3) The threat of rising temperatures to the health of the over-60s has _____
 - a. been seriously underestimated
 - b. been seriously overestimated
 - c. been seriously guesstimated
 - d. been seriously understated
- 4) The researchers said heatwaves will put millions of older _____
 - a. people at risk
 - b. people at risky
 - c. people at risks
 - d. people at risked
- 5) This is when the body loses its ability _____
 - a. too cool itself
 - b. to cool itself
 - c. to cool oneself
 - d. to cool lit self
- 6) They said the over-60s are at a higher risk because of _____
 - a. three physically factors
 - b. three physical factories
 - c. three physical factors
 - d. free physical factors
- 7) work harder in the heat, and their blood vessels _____
 - a. expands more slowly
 - b. expand more slow
 - c. expand mere slowly
 - d. expand more slowly
- 8) A director at the charity Age UK said she found the conclusions in _____
 - a. the study alarm in
 - b. the study alarming
 - c. the study all arming
 - d. the study all alarming
- 9) She said: "This study means there's now _____"
 - a. not denying that
 - b. no denying what
 - c. no deny in that
 - d. no denying that
- 10) Elderly people in low-income countries are likely to be _____
 - a. at highest risk
 - b. at height risk
 - c. at heightens risk
 - d. at highest risky

LISTENING – Listen and fill in the gaps

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

Extreme heat may have a (1) _____ older people than doctors previously thought. Researchers from Stanford University in the USA have said that the body's (2) _____ deteriorates in older people. They added that the continuing rise in global temperatures could (3) _____ risk of illness or death for those aged 60 and over. The threat of rising temperatures to the health of the over-60s has been seriously underestimated. The researchers said heatwaves will put millions of older people at risk (4) _____ called uncompensable heat stress. This is when the body (5) _____ to cool itself. This can cause serious damage to the body and can (6) _____ death.

The researchers warned: "Intolerable heat will be experienced at much larger scales and for longer durations, (7) _____ people than previously thought." They said the over-60s are at a higher risk because of (8) _____ — they sweat less, their hearts have to work harder in the heat, and their (9) _____ more slowly. These three things limit the ability of the (10) _____ itself. A director at the charity Age UK said she found the conclusions in the study alarming. She said: "This study means there's (11) _____ that extreme heat poses a very real health threat to our older population." Elderly people (12) _____ countries are likely to be at highest risk.

COMPREHENSION QUESTIONS

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

1. What kind of effect might extreme heat have on older people.
2. What deteriorates in older people?
3. What is continuing to rise?
4. What will cause uncompensable heat stress?
5. With uncompensable heat stress, what is it difficult for the body to do?
6. What did researchers say would be experienced at much larger scales?
7. What does the article say older people do less?
8. What in older people expand more slowly?
9. What is Age UK?
10. Where in the world are older people most at risk?

MULTIPLE CHOICE - QUIZ

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

- 1) What kind of effect might extreme heat have on older people.
 - a) a worrying effect
 - b) a lethal effect
 - c) a mild effect
 - d) a harsher effect
- 2) What deteriorates in older people?
 - a) the skin's ability to resist UV rays
 - b) the body's tolerance for heat
 - c) the ability to see without squinting
 - d) the ability to be under the sun
- 3) What is continuing to rise?
 - a) the UV count
 - b) the threat of water wars
 - c) sea levels
 - d) global temperatures
- 4) What will cause uncompensable heat stress?
 - a) too much sunbathing
 - b) a lack of water in dams
 - c) heatwaves
 - d) old age
- 5) With uncompensable heat stress, what is it difficult for the body to do?
 - a) sweat
 - b) resist UV rays
 - c) move
 - d) cool itself
- 6) What did researchers say would be experienced at much larger scales?
 - a) heatwaves
 - b) hurricanes
 - c) intolerable heat
 - d) droughts
- 7) What does the article say older people do less?
 - a) sweat
 - b) sleep
 - c) eat
 - d) work
- 8) What in older people expand more slowly?
 - a) muscle
 - b) skin
 - c) blood vessels
 - d) body fluids
- 9) What is Age UK?
 - a) the name of a prize
 - b) a charity
 - c) a hostel
 - d) a magazine
- 10) Where in the world are older people most at risk?
 - a) low-income countries
 - b) countries on the equator
 - c) the Global South
 - d) the Global North

ROLE PLAY

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

Role A – Extreme Heat

You think extreme heat is the worst part of the changing climate. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): disrupted seasons, heavy rain or food insecurity.

Role B – Disrupted Seasons

You think disrupted seasons is the worst part of the changing climate. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): extreme heat, heavy rain or food insecurity.

Role C – Heavy Rain

You think heavy rain is the worst part of the changing climate. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): disrupted seasons, extreme heat or food insecurity.

Role D – Food Insecurity

You think food insecurity is the worst part of the changing climate. Tell the others three reasons why. Tell them why their things aren't as bad. Also, tell the others which is the least worrying of these (and why): disrupted seasons, heavy rain or extreme heat.

AFTER READING / LISTENING

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

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

heat	old 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:

• effect • tolerance • rise • seriously • millions • damage	• experienced • factors • expand • cool • denying • low
---	---

EXTREME HEAT SURVEY

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

EXTREME HEAT 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 term 'extreme heat'?
3. What do you think of the changing climate?
4. What changes in the weather have you noticed?
5. How good are you at dealing with extreme heat?
6. Do you prefer boiling hot or freezing cold temperatures?
7. What do you like doing on hot days?
8. What do you know about heatstroke?
9. What's the hottest temperature you are comfortable with?
10. What advice do you have for older people in hot weather?

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EXTREME HEAT 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 term 'old age'?
13. What do you think about what you read?
14. How concerned are you about the world becoming warmer?
15. Do you exercise on hot days?
16. Do you worry about how much you sweat?
17. What do you do to cool down when it's hot?
18. What natural disasters are happening because of climate change?
19. What will the climate be like in 50 years from now?
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/2608/260824-extreme-heat-and-old-age.html>

Extreme heat may have a (1) _____ effect on older people than doctors previously thought. Researchers from Stanford University in the USA have said that the body's (2) _____ for heat deteriorates in older people. They added that the continuing rise in global temperatures could (3) _____ a serious risk of illness or death for those aged 60 and over. The threat (4) _____ rising temperatures to the health of the over-60s has been seriously underestimated. The researchers said heatwaves will put millions of older people at risk (5) _____ a condition called uncompensable heat stress. This is when the body loses its ability to cool itself. This can cause serious damage to the body and can (6) _____ lead to death.

The researchers warned: "Intolerable heat will be experienced (7) _____ much larger scales and for longer durations, affecting far more people than previously thought." They said the over-60s are at a higher risk because of three physical (8) _____ — they sweat less, their hearts have to work harder in the heat, and their blood vessels expand more slowly. These three things limit the (9) _____ of the body to cool itself. A director at the charity Age UK said she (10) _____ the conclusions in the study alarming. She said: "This study means there's now (11) _____ denying that extreme heat poses a very real health threat to our older population." Elderly people in low-income countries are (12) _____ to be at highest risk.

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

- | | | | | |
|-----|--------------|----------------|----------------|---------------|
| 1. | (a) hash | (b) hashes | (c) hashed | (d) harsher |
| 2. | (a) iterates | (b) totals | (c) tolerates | (d) tolerance |
| 3. | (a) suppose | (b) pose | (c) posse | (d) possie |
| 4. | (a) at | (b) on | (c) of | (d) in |
| 5. | (a) of | (b) by | (c) at | (d) in |
| 6. | (a) even | (b) every | (c) ever | (d) eventual |
| 7. | (a) on | (b) in | (c) as | (d) at |
| 8. | (a) factors | (b) strategies | (c) proxies | (d) moments |
| 9. | (a) able | (b) ability | (c) capable | (d) ableism |
| 10. | (a) located | (b) spotted | (c) found | (d) saw |
| 11. | (a) not | (b) non | (c) no | (d) never |
| 12. | (a) liken | (b) likely | (c) likelihood | (d) likes |

SPELLING

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

Paragraph 1

1. than doctors oeliuyvsrp thought
2. the body's ltaenecor
3. heat aitoeedrtesr
4. The threat of rising esrrteeuatmp
5. seriously nedemtrsteiuad
6. at risk of a citidnono

Paragraph 2

7. bateilnrloe heat
8. for longer ranoudsti
9. blood ssleesv
10. dpnxea more slowly
11. the oscnulonsci in the study
12. no ienndgy

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () alarming. She said: "This study means there's now no denying that extreme heat poses a very real health
- () cool itself. A director at the charity Age UK said she found the conclusions in the study
- () durations, affecting far more people than previously thought." They said the over-60s are at a higher risk because
- (**1**) Extreme heat may have a harsher effect on older people than doctors previously
- () for heat deteriorates in older people. They added that the continuing rise in global
- () harder in the heat, and their blood vessels expand more slowly. These three things limit the ability of the body to
- () its ability to cool itself. This can cause serious damage to the body and can even lead to death.
- () of rising temperatures to the health of the over-60s has been seriously underestimated. The researchers said heatwaves will
- () of three physical factors — they sweat less, their hearts have to work
- () put millions of older people at risk of a condition called uncompensable heat stress. This is when the body loses
- () temperatures could pose a serious risk of illness or death for those aged 60 and over. The threat
- () The researchers warned: "Intolerable heat will be experienced at much larger scales and for longer
- () thought. Researchers from Stanford University in the USA have said that the body's tolerance
- () threat to our older population." Elderly people in low-income countries are likely to be at highest risk.

PUT THE WORDS IN THE RIGHT ORDER

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

1. effect Extreme heat harsher have may a .
2. body's deteriorates heat in older people tolerance The .
3. could Global health pose risk temperatures a serious .
4. at Heatwaves millions of people put risk will .
5. ability body cool itself its loses The to .
6. at be experienced heat Intolerable larger scales will .
7. Affecting far more previously people than thought .
8. harder hearts heat in must Their the work .
9. alarming conclusions found in She study the the .
10. a Extreme heat health poses real threat very .

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Extreme heat may have a *harsher / harshly* effect on older people than doctors *previous / previously* thought. Researchers from Stanford University in the USA have said that the body's *tolerance / tolerates* for heat deteriorates in older people. They added that the continuing *rise / raise* in global temperatures could *pose / suppose* a serious risk of illness or death for those aged 60 and over. The *treat / threat* of rising temperatures to the health *on / of* the over-60s has been seriously underestimated. The researchers said heatwaves will put millions of older people *to / at* risk of a condition called uncompensable heat stress. This is when the body *loses / losses* its ability to cool itself. This can cause serious damage to the body and can *even / ever* lead to death.

The researchers warned: "Intolerable heat will be experienced at much larger scales and *for / up* longer durations, affecting *far / for* more people than previously thought." They said the over-60s are at a *higher / height* risk because of three physical factors — they sweat less, their hearts have to work harder in the heat, and their blood *vessel / vessels* expand more slowly. These three things limit the *able / ability* of the body to cool itself. A director at the charity Age UK said she *found / located* the conclusions in the study *alarming / alerting*. She said: "This study means there's now *not / no* denying that extreme heat poses a very real *healthy / health* threat to our older population." Elderly people in low-income countries are *likely / liken* to be at highest risk.

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/2608/260824-extreme-heat-and-old-age.html>

_xtr_m_ h__t m_y h_v_ _ h_rsh_r _ff_ct _n _ld_r
p__pl_ th_n d_ct_rs pr_v___sly th__ght. R_s__rch_rs
fr_m St_nf_rd _n_v_rs_ty _n th_ _S_ h_v_ s__d th_t
th_ b_dy's t_l_r_nc_ f_r h__t d_t_r__r_t_s _n _ld_r
p__pl_. Th_y _dd_d th_t th_ c_nt_n__ng r_s_ _n gl_b_l
t_mp_r_t_r_s c__ld p_s_ _ s_r___s r_sk _f _lln_ss _r
d__th f_r th_s_ _g_d 60 _nd _v_r. Th_ thr__t _f
r_s_ng t_mp_r_t_r_s t_ th_ h__lth _f th_ _v_r-60s h_s
b__n s_r___sly _nd_r_st_m_t_d. Th_ r_s__rch_rs s__d
h__tw_v_s w_ll p_t m_ll__ns _f _ld_r p__pl_ _t r_sk
_f _ c_nd_t__n c_ll_d _nc_mp_ns_bl_ h__t str_ss. Th_s
_s wh_n th_ b_dy l_s_s _ts _b_l_ty t_ c__l _ts_lf.
Th_s c_n c__s_ s_r___s d_m_g_ t_ th_ b_dy _nd c_n
_v_n l__d t_ d__th.

Th_ r_s__rch_rs w_rn_d: "_nt_l_r_bl_ h__t w_ll b_
_xp_r__nc_d _t m_ch l_rg_r sc_l_s _nd f_r l_ng_r
d_r_t__ns, _ff_ct_ng f_r m_r_ p__pl_ th_n pr_v___sly
th__ght." Th_y s__d th_ _v_r-60s _r_ _t _ h_g_h_r
r_sk b_c__s_ _f thr__ phys_c_l f_ct_rs — th_y sw__t
l_ss, th__r h__rts h_v_ t_ w_rk h_rdr _n th_ h__t,
_nd th__r bl__d v_ss_ls _xp_nd m_r_ sl_wly. Th_s_
thr__ th_ngs l_m_t th_ _b_l_ty _f th_ b_dy t_ c__l
_ts_lf. _ d_r_ct_r _t th_ ch_r_ty _g_ _K s__d sh_
f__nd th_ c_ncl_s__ns _n th_ st_dy _l_rm_ng. Sh_
s__d: "Th_s st_dy m__ns th_r's n_w n_ d_ny_ng th_t
_xtr_m_ h__t p_s_s _ v_ry r__l h__lth thr__t t_ __r
_ld_r p_p_l_t__n." _ld_rly p__pl_ _n l_w-_nc_m_
c__ntr__s _r_ l_k_ly t_ b_ _t h_g_h_st r_sk.

PUNCTUATE THE TEXT AND ADD CAPITALS

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

extreme heat may have a harsher effect on older people than doctors previously thought researchers from stanford university in the usa have said that the bodys tolerance for heat deteriorates in older people they added that the continuing rise in global temperatures could pose a serious risk of illness or death for those aged 60 and over the threat of rising temperatures to the health of the over60s has been seriously underestimated the researchers said heatwaves will put millions of older people at risk of a condition called uncompensable heat stress this is when the body loses its ability to cool itself this can cause serious damage to the body and can even lead to death

the researchers warned intolerable heat will be experienced at much larger scales and for longer durations affecting far more people than previously thought they said the over60s are at a higher risk because of three physical factors — they sweat less their hearts have to work harder in the heat and their blood vessels expand more slowly these three things limit the ability of the body to cool itself a director at the charity age uk said she found the conclusions in the study alarming she said this study means theres now no denying that extreme heat poses a very real health threat to our older population elderly people in lowincome countries are likely to be at highest risk

PUT A SLASH (/) WHERE THE SPACES ARE

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

Extreme heat may have a harsher effect on older people than doctors previously thought. Researchers from Stanford University in the USA have said that the body's tolerance for heat deteriorates in older people. They added that the continuing rise in global temperatures could pose a serious risk of illness or death for those aged 60 and over. The threat of rising temperatures to the health of the over-60s has been seriously underestimated. The researchers said heatwaves will put millions of older people at risk of a condition called uncompensable heat stress. This is when the body loses its ability to cool itself. This can cause serious damage to the body and can even lead to death. The researchers warned: "Intolerable heat will be experienced at much larger scales and for longer durations, affecting far more people than previously thought." They said the over-60s are at a higher risk because of three physical factors—they sweat less, their hearts have to work harder in the heat, and their blood vessels expand more slowly. These three things limit the ability of the body to cool itself. A director at the charity Age UK said she found the conclusions in the study alarming. She said: "This study means there's no denying that extreme heat poses a very real health threat to our older population." Elderly people in low-income countries are likely to be at the highest risk.

FREE WRITING

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

Write about **extreme heat** for 10 minutes. Comment on your partner's paper.

[illegible]

ACADEMIC WRITING

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

It's too late to reverse climate damage. Discuss.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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. EXTREME HEAT: Make a poster about extreme heat. Show your work to your classmates in the next lesson. Did you all have similar things?

4. CLIMATE DAMAGE: Write a magazine article about our ability to reverse the damage done to our planet due to climate change. Include imaginary interviews with people who believe we can do this and with those who believe we can't.

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 extreme heat. Ask him/her three questions about extreme heat. 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. f 2. a 3. d 4. b 5. g 6. e 7. c
8. m 9. h 10. i 11. l 12. k 13. n 14. j

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. A harsher effect
2. The body's tolerance for heat
3. Global temperatures
4. Heatwaves
5. Cool itself
6. Intolerable heat
7. Sweat
8. Blood vessels
9. A charity
10. In low-income families

WORDS IN THE RIGHT ORDER (p.19)

1. Extreme heat may have a harsher effect.
2. The body's heat tolerance deteriorates in older people.
3. Global temperatures could pose a serious health risk.
4. Heatwaves will put millions of people at risk.
5. The body loses its ability to cool itself.
6. Intolerable heat will be experienced at larger scales.
7. Affecting far more people than previously thought.
8. Their hearts must work harder in the heat.
9. She found the conclusions in the study alarming.
10. Extreme heat poses a very real health threat.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. d 4. c 5. d 6. c 7. a 8. c 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 ;-)