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Level 5 – 30th November 2026

UK's Princess of Wales shares experiences of cancer

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https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer-5.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 4 and 6. They are (a little) harder.

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THE READING

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer-5.html

Britain's Kate Middleton, Princess of Wales, has spoken in a documentary about having cancer. The film is called Heal. It follows Kate as she completes a challenge to climb the highest mountain in England, Scotland, and Wales within 24 hours. During the climbs, money was raised for a cancer charity close to her heart. Kate hopes the film will encourage people to support others facing illness. A royal official said: "The Princess hopes to help others navigate diagnosis, recovery and life beyond cancer and transform access to holistic cancer care which supports wellbeing."

In the documentary, Kate spoke about the emotional and physical impact of cancer. She disclosed that she was in remission. She said: "Cancer does change you. It changes your body, it changes you physically, but there's a much, much deeper part to what a cancer diagnosis shifts in you." Kate said her hospital experience was dark and scary. She explained that healing involved finding hope despite uncertainty. She revealed that nature helped her recovery. She said: "Even when I physically couldn't get into nature, I imagined nature from my hospital bed."

Sources: https://www.**theguardian.com**/uk-news/2026/nov/27/catherine-princess-of-wales-heal-documentary-cancer
https://www.**cbsnews.com**/news/catherine-princess-of-wales-heal-documentary-cancer-healing/
https://www.**nbc.com**/nbc-insider/kate-middleton-documentary-heal-everything-to-know

PHRASE MATCHING

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer-5.html

PARAGRAPH ONE:

1. a documentary	a. completes a challenge
2. It follows Kate as she	b. facing illness
3. climb the highest	c. cancer charity
4. money was raised for a	d. others navigate diagnosis
5. close to	e. cancer care
6. support others	f. mountain in England
7. The Princess hopes to help	g. her heart
8. access to holistic	h. about having cancer

PARAGRAPH TWO:

1. the emotional and physical	a. deeper part
2. She disclosed that she was in	b. recovery
3. it changes you	c. shifts in you
4. there's a much, much	d. remission
5. what a cancer diagnosis	e. nature
6. her hospital experience was	f. impact
7. nature helped her	g. dark and scary
8. I physically couldn't get into	h. physically

LISTEN AND FILL IN THE GAPS

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer-5.html

Britain's Kate Middleton, Princess of Wales, has spoken in a documentary (1) _____. The film is called Heal. It follows Kate as she (2) _____ to climb the highest mountain in England, Scotland, and Wales within 24 hours. During the climbs, money was (3) _____ cancer charity close to her heart. Kate hopes the film will encourage people to support (4) _____. A royal official said: "The Princess hopes to help others navigate diagnosis, (5) _____ beyond cancer and transform access to holistic cancer care (6) _____."

In the documentary, Kate spoke about the emotional (7) _____ of cancer. She disclosed that she was in remission. She said: "Cancer does change you. It changes your body, it (8) _____, but there's a much, much deeper part to what a cancer (9) _____ you." Kate said her hospital experience was (10) _____. She explained that healing involved finding hope despite uncertainty. She (11) _____ helped her recovery. She said: "Even when I physically couldn't get into nature, I imagined nature from (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer-5.html

Britain'sKateMiddleton,PrincessofWales,hasspokeninadocumentary abouthavingcancer.ThefilmiscalledHeal.ItfollowsKateasshecomplet esachallengetoclimbthehighestmountaininEngland,Scotland,andW aleswithin24hours.Duringtheclimbs,moneywasraisedforacancercha rityclosetoherheart.Katehopesthefilmwillencouragepeopletosuppor tothersfacingillness.Aroyalofficialsaid:"ThePrincesshopestohelpoth ersnavigatediagnosis,recoveryandlifebeyondcancerandtransforma ccesstoholisticcancercarewhichsupportswellbeing."Inthedocument ary,Katespokeabouttheemotionalandphysicalimpactofcancer.Shedi sclosedthatshewasinremission.Shesaid:"Cancerdoeschangeyou.Itc hangesyourbody,itchangesyouphysically,butthere'samuch,muchde eperparttowhatacancerdiagnosisshiftsinyou."Katesaidherhospitale xperiencewasdarkandscary.Sheexplainedthathealinginvolvedfindin ghopedespiteuncertainty.Sherevealedthatnaturehelpedherrecover y.Shesaid:"EvenwhenIphysicallycouldn'tgetintonature,Iimaginedn aturefrommyhospitalbed."

HEALING SURVEY

From https://breakingnewsenglish.com/2611/261130-kate-middleton-cancer-4.html

Write five GOOD questions about healing 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/2611/261130-kate-middleton-cancer-5.html

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