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Scientists discover healthier pizza

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30th March, 2007

THE ARTICLE

Scientists discover healthier pizza

Food scientists and dieticians have found new ways to make pizza that is good for you. This is very welcome news for overweight pizza lovers and those who worry about their weight. Researchers in the USA looked at different ways of baking the pizza base. The team from Maryland University discovered that leaving pizza dough in the oven for a longer time made it healthier to eat. They said that doubling the amount of baking time increased the levels of antioxidants in the mix by up to 100 percent. Antioxidants help fight cancer and heart disease and are found in most healthy food. Furthermore, the team experimented with different cooking temperatures. Their results showed a higher heat also made the dough healthier to eat.

This new research may help pizza sales around the world. However, some diet experts warned that even though this research looks good, it is still better to eat fruit and vegetables. In addition, pizza that is baked longer may not be so healthy if people choose unhealthy toppings. Jacqui Lowdon, a British diet expert, warned that although the pizza base might be good for you, people might be "more likely to choose extra cheese". She added: "This isn't teaching people about healthy eating." Nevertheless, the study's author, Jeffrey Moore, said his findings were good for people who like deep-pan pizzas. Meanwhile, outside London's Pizza Hut today, pizza fan Jo Lambert said: "This new pizza sounds healthy, although not if we have too much or have cola and fries with it."

WARM-UPS

1. PIZZA HUNT: Walk around the classroom and find out from other students what they know about pizza. When you have finished, sit with your partner(s) and share and talk about what you heard. Did you learn anything new?

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

food / scientists / dieticians / pizza / being overweight / baking / cancer / heat / pizza sales / experts / fruit & vegetables / pizza toppings / cheese / cola

Have a chat about the topics you liked. For more conversation, change topics and partners frequently.

3. FAST FOOD: With your partner(s), talk about the food below. Rank them from the healthiest to the least healthy. Which do you eat regularly? What are your favourite fast food restaurants?

- pizza
- burgers
- fried chicken
- noodles
- Mexican
- rice dishes
- fish and chips
- other _____

4. TOPPINGS: Talk about each of these pizza toppings. Would you choose to have them on your pizza?

- mashed potato
- pineapple
- corn
- chocolate
- French fries
- seaweed
- curry sauce
- apple and raisins

5. A DIFFERENT PIZZA: With your partner(s), design a new kind of pizza. What are the toppings? How is it different from a normal pizza? Change partners and talk about your pizzas. Have a class vote on the tastiest-sounding ones.

6. PIZZA: Spend one minute writing down all of the different words you associate with pizza. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

1. TRUE / FALSE: Look at the article's headline and guess whether these sentences are true (T) or false (F):

- | | |
|---|-------|
| a. Scientists have discovered a pizza that helps you lose weight. | T / F |
| b. The secret to the new pizza is in how to bake the base. | T / F |
| c. Antioxidants in food help fight some life-threatening diseases. | T / F |
| d. Cooking the pizza at a low temperature means it is healthier. | T / F |
| e. Diet experts said the new pizza is healthier than eating fruit. | T / F |
| f. Another expert said people should choose their toppings carefully. | T / F |
| g. The expert said this research teaches us about healthy eating. | T / F |
| h. This study is good news for deep-pan pizza lovers. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article:

- | | |
|----------------|--------------|
| a. dietician | fat |
| b. welcome | enthusiast |
| c. overweight | pastry |
| d. dough | food |
| e. furthermore | writer |
| f. diet | nutritionist |
| g. choose | conclusions |
| h. author | also |
| i. findings | good |
| j. fan | select |

3. PHRASE MATCH: Match the following phrases from the article (sometimes more than one combination is possible):

- | | |
|-------------------------------------|------------------------------------|
| a. dieticians have found new ways | amount of baking time |
| b. welcome | the pizza base |
| c. different ways of baking | people who like deep-pan pizzas |
| d. doubling the | may not be so healthy |
| e. Antioxidants help fight | to make pizza that is good for you |
| f. This new research may help pizza | with it |
| g. pizza that is baked longer | sales around the world |
| h. people might be more | news for overweight pizza lovers |
| i. his findings were good for | cancer and heart disease |
| j. have cola and fries | likely to choose extra cheese |

WHILE READING / LISTENING

GAP FILL: Put the words into the gaps in the text.

Scientists discover healthier pizza

Food scientists and dieticians have _____ new ways to make pizza that is good for you. This is very _____ news for overweight pizza lovers and those who worry about their _____. Researchers in the USA looked at different ways of baking the pizza base. The team from Maryland University discovered that _____ pizza dough in the oven for a longer time made it healthier to eat. They said that doubling the _____ of baking time increased the levels of antioxidants in the mix by up to 100 percent. Antioxidants help fight cancer and heart _____ and are found in most healthy food. Furthermore, the team experimented with _____ cooking temperatures. Their results showed a higher _____ also made the dough healthier to eat.

disease
leaving
welcome
heat
found
amount
different
weight

This new research may help pizza _____ around the world. However, some diet experts warned that even though this research looks good, it is still _____ to eat fruit and vegetables. In addition, pizza that is baked longer may not be so healthy if people _____ unhealthy toppings. Jacqui Lowdon, a British diet _____, warned that although the pizza base might be good for you, people might be "more _____ to choose extra cheese". She added: "This isn't teaching people about healthy eating." Nevertheless, the study's _____, Jeffrey Moore, said his findings were good for people who like deep-pan pizzas. Meanwhile, _____ London's Pizza Hut today, pizza fan Jo Lambert said: "This new pizza sounds healthy, _____ not if we have too much or have cola and fries with it."

author
expert
better
although
likely
sales
outside
choose

LISTENING

Listen and fill in the spaces.

Scientists discover healthier pizza

Food scientists and dieticians have _____ make pizza that is good for you. This is very welcome news for overweight pizza lovers and those who _____. Researchers in the USA looked at different ways of baking the pizza base. The team from Maryland University discovered that leaving pizza dough in the oven _____ made it healthier to eat. They said that _____ of baking time increased the levels of antioxidants in the mix by up to 100 percent. Antioxidants _____ heart disease and are found in most healthy food. Furthermore, the team experimented with different cooking temperatures. Their results showed _____ made the dough healthier to eat.

This new research may _____ the world. However, some diet experts warned that even though this research looks good, it is still better to eat fruit and vegetables. In addition, pizza that is _____ so healthy if people choose unhealthy toppings. Jacqui Lowdon, a British diet expert, _____ pizza base might be good for you, people might be “_____ cheese”. She added: “This isn't teaching people about healthy eating.” Nevertheless, the study's author, Jeffrey Moore, said his findings _____ like deep-pan pizzas. Meanwhile, outside London's Pizza Hut today, pizza fan Jo Lambert said: “This new pizza sounds healthy, although _____ or have cola and fries with it.”

AFTER READING / LISTENING

1. WORD SEARCH: Look in your dictionaries / computer to find collocates, other meanings, information, synonyms ... for the words 'over' and 'weight'.

- 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. STUDENT "PIZZA" SURVEY: In pairs / groups, write down questions about pizza, diet, health and fast food.

- Ask other classmates your questions and note down their answers.
- Go back to your original partner / group and compare your findings.
- Make mini-presentations to other groups on your findings.

6. TEST EACH OTHER: Look at the words below. With your partner, try to recall exactly how these were used in the text:

<ul style="list-style-type: none">• scientists• worry• team• doubling• antioxidants• heat	<ul style="list-style-type: none">• sales• fruit• choose• teaching• findings• sounds
--	---

DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) Do you like pizza?
- c) Do you think pizza is healthy or unhealthy?
- d) What is your favourite fast food?
- e) What was the best pizza you have ever eaten?
- f) Have you ever made your own pizza?
- g) Do you think it's important for scientists to research pizza?
- h) If the new pizza helps fight cancer, will you try to find it in stores?
- i) Do you worry about your weight?
- j) What other fast food do you think is healthy?



STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article?
- b) Do you think pizza sales around the world will increase?
- c) Would you rather eat fruit and vegetables every day or pizza?
- d) What are your favourite pizza toppings?
- e) Would you always choose extra cheese?
- f) Do you think the pizzas you get from the chain pizza stores are the same as the ones in Italy?
- g) What other things do you eat and drink when you eat pizza?
- h) Do you ever eat pizza in restaurants or order a home delivery?
- i) Are you a pizza fan, or are you a fan of another kind of food?
- j) Did you like this discussion?

AFTER DISCUSSION: Join another partner / group and tell them what you talked about.

- a) What was the most interesting thing you heard?
- b) Was there a question you didn't like?
- c) Was there something you totally disagreed with?
- d) What did you like talking about?
- e) Which was the most difficult question?

SPEAKING

FAST FOOD SURVEY:

Ask three different students questions about the fast food in this table.

	Student 1	Student 2	Student 3
Pizza			
Burgers			
Fried chicken			
Fish and chips			
Other _____			

Now return to your original partner and share and talk about what you found out.

LANGUAGE

CORRECT WORD: Put the correct words from a–d below in the article.

Scientists discover healthier pizza

Food scientists and dieticians have found new (1) _____ to make pizza that is good for you. This is very (2) _____ news for overweight pizza lovers and those who worry about their weight. Researchers in the USA looked at different ways of baking the pizza base. The team from Maryland University discovered that (3) _____ pizza dough in the oven for a longer time made it healthier to eat. They said that (4) _____ the amount of baking time increased the levels of antioxidants in the mix by (5) _____ to 100 percent. Antioxidants help fight cancer and heart disease and are found in most healthy food. Furthermore, the team experimented with different cooking temperatures. Their results showed a higher (6) _____ also made the dough healthier to eat.

This new research may (7) _____ pizza sales around the world. However, some diet experts warned that even (8) _____ this research looks good, it is still better to eat fruit and vegetables. In addition, pizza that is baked (9) _____ may not be so healthy if people choose unhealthy toppings. Jacqui Lowdon, a British diet expert, warned that although the pizza base might be good for you, people might be "more (10) _____ to choose extra cheese". She added: "This isn't teaching people about healthy eating." (11) _____, the study's author, Jeffrey Moore, said his findings were good for people who like deep-pan pizzas. Meanwhile, outside London's Pizza Hut today, pizza fan Jo Lambert said: "This new pizza sounds healthy, although not if we have too much or have cola and fries with (12) _____."

- | | | | | |
|-----|---------------|------------------|------------------|--------------|
| 1. | (a) waits | (b) weighs | (c) way | (d) ways |
| 2. | (a) welcome | (b) welcomed | (c) welcomes | (d) well |
| 3. | (a) leasing | (b) lifting | (c) leaving | (d) leading |
| 4. | (a) two times | (b) doubling | (c) twice | (d) twofold |
| 5. | (a) in | (b) up | (c) down | (d) out |
| 6. | (a) heated | (b) warm | (c) heat | (d) fire |
| 7. | (a) help | (b) helps | (c) helpful | (d) helper |
| 8. | (a) thru | (b) thought | (c) through | (d) though |
| 9. | (a) longer | (b) length | (c) long | (d) longest |
| 10. | (a) liken | (b) likelihood | (c) likely | (d) likeness |
| 11. | (a) Lesser | (b) Nevertheless | (c) Additionally | (d) Never |
| 12. | (a) without | (b) all | (c) them | (d) it |

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 more information about the history of pizza. Talk about what you discover with your partner(s) in the next lesson.

3. PIZZA POSTER: Make a poster about the different types of pizza around the world – especially those in Italy. Include pizza made in your country. Show your poster to your class in the next lesson. Vote on the best one(s).

4. MAGAZINE ARTICLE: Write a magazine article about the new healthy wonder pizza. Write about how it might change all fast food and that one day, burgers might be health food. Read what you wrote to your classmates in the next lesson. Which article was best and why?

5. LETTER: Write a letter to the researchers of the new pizza baking method. Give them three pieces of advice about pizza. Include three questions. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

- a. F b. T c. T d. F e. F f. T g. F h. T

SYNONYM MATCH:

- | | |
|----------------|--------------|
| a. dietician | nutritionist |
| b. welcome | good |
| c. overweight | fat |
| d. dough | pastry |
| e. furthermore | also |
| f. diet | food |
| g. choose | select |
| h. author | writer |
| i. findings | conclusions |
| j. fan | enthusiast |

PHRASE MATCH:

- | | |
|-------------------------------------|------------------------------------|
| a. dieticians have found new ways | to make pizza that is good for you |
| b. welcome | news for overweight pizza lovers |
| c. different ways of baking | the pizza base |
| d. doubling the | amount of baking time |
| e. Antioxidants help fight | cancer and heart disease |
| f. This new research may help pizza | sales around the world |
| g. pizza that is baked longer | may not be so healthy |
| h. people might be more | likely to choose extra cheese |
| i. his findings were good for | people who like deep-pan pizzas |
| j. have cola and fries | with it |

GAP FILL:

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LANGUAGE WORK

- 1 - d 2 - a 3 - c 4 - b 5 - b 6 - c 7 - a 8 - d 9 - a 10 - c 11 - b 12 - d