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Level 1

Workers must take lunch breaks

8th June, 2014

<http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-1.html>

A study said many people work through their lunch hour. This is unhealthy. People get sick and take time off work. A health group in the U.K. asked over 2,000 people about what they do at lunch. Twenty per cent took no lunch break. Fifty per cent said they ate their lunch at their desk. They checked their e-mail and Facebook. Twenty per cent of workers went outside for lunch. They went shopping or got some air. Three per cent went to the gym.

The health group said workers should take a regular lunch break and exercise. A spokeswoman said full-time workers spend a lot of time travelling to and from work. She said it was difficult to find time to do some physical activity, especially five times a week. She said companies lose money if employees are sick. We need to find ways to be more active at work. Everyone needs to think about this more seriously.

Sources: <http://www.bbc.com/news/uk-27726859>
<http://www.belfasttelegraph.co.uk/news/local-national/uk/staff-need-breaks-to-stay-healthy-30333728.html>
<http://www.scotsman.com/news/health/working-late-and-dining-at-desk-poses-health-risk-1-3435282>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-1.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|----------------------|
| 1. People get sick and take | a. for lunch |
| 2. A health group in the U.K. asked | b. air |
| 3. Twenty per cent took | c. over 2,000 people |
| 4. they ate their lunch | d. no lunch break |
| 5. They checked | e. went to the gym |
| 6. workers went outside | f. time off work |
| 7. got some | g. their e-mail |
| 8. Three per cent | h. at their desk |

PARAGRAPH TWO:

- | | |
|-------------------------|--------------------------|
| 1. take a regular | a. time |
| 2. full- | b. lunch break |
| 3. spend a lot | c. if employees are sick |
| 4. travelling to and | d. activity |
| 5. difficult to find | e. time workers |
| 6. physical | f. of time |
| 7. five times | g. from work |
| 8. companies lose money | h. a week |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-1.html>

A study said many people (1) _____ lunch hour. This is unhealthy. People (2) _____ time off work. A health group in the U.K. asked over 2,000 people about what (3) _____. Twenty per cent took no lunch break. Fifty per cent said they ate their lunch (4) _____. They checked their e-mail and Facebook. Twenty per cent of workers (5) _____ lunch. They went shopping (6) _____. Three per cent went to the gym.

The health group said workers should (7) _____ lunch break and exercise. A spokeswoman said full-time workers (8) _____ time travelling to and from work. She said it was (9) _____ time to do some physical activity, (10) _____ a week. She said companies lose money if (11) _____. We need to find ways to be more active at work. Everyone needs (12) _____ more seriously.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1406/140608-lunch-breaks-1.html>

A study said many people work through their lunch hour. This is unhealthy. People get sick and take time off work. A health group in the U.K. asked over 2,000 people about what they do at lunch. Twenty percent took no lunch break. Fifty percent said they ate their lunch at their desk. They checked their e-mail and Facebook. Twenty percent of workers went outside for lunch. They went shopping or got some air. Three percent went to the gym. The health group said workers should take a regular lunch break and exercise. A spokeswoman said full-time workers spend a lot of time travelling to and from work. She said it was difficult to find time to do some physical activity, especially five times a week. She said companies lose money if employees are sick. We need to find ways to be more active at work. Everyone needs to think about this more seriously.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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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)

g)

h)
