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## **Level 5**

# **Keeping cold could keep you thinner**

**10th January, 2015**

<http://www.breakingnewsenglish.com/1501/150110-fat-5.html>

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**Please try Level 4 (easier) and the 26-page Level 6 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1501/150110-fat-5.html>

Scientists at the University of California discovered that staying in the cold could help us lose weight. Exposure to the cold increases levels of a protein that helps make brown fat, which burns energy and keeps us warm. It also helps us lose weight. White fat stores excess energy and so we gain weight. The researchers said that because of air conditioning and heating, we stay warm. This means our body does not need so much brown fat. They said that workers who work outside in cold temperatures, "have a significant amount of brown fat when compared to same-aged indoor workers".

The research was on two different groups of mice. One group was injected with the brown-fat protein. This group gained 30 per cent less weight after both groups had high-fat diets. The researchers say this could help in the fight against obesity. Obese people have lower levels of brown fat than thinner people. Head researcher Hei Sook Sul said: "This protein could become an important target for research into the treatment and prevention of obesity." She said that increasing the levels of this protein could lead to weight loss even if people eat the same amount of food.

Sources: <http://medicalxpress.com/news/2015-01-trigger-energy-burning-brown-fat-chill.html>  
<https://www.yahoo.com/health/science-gives-us-a-potential-new-reason-to-love-107512716382.html>  
<http://www.webmd.com/diet/news/20150108/cooler-temps-may-boost-calorie-burning-brown-fat-mouse-study-suggests>

# MATCHING

From <http://www.breakingnewsenglish.com/1501/150110-fat-5.html>

## PARAGRAPH ONE:

- |                                   |                   |
|-----------------------------------|-------------------|
| 1. staying in the cold could help | a. amount         |
| 2. Exposure to                    | b. make brown fat |
| 3. a protein that helps           | c. us lose weight |
| 4. White fat stores excess        | d. workers        |
| 5. our body does not need so      | e. energy         |
| 6. outside in cold                | f. much           |
| 7. a significant                  | g. temperatures   |
| 8. indoor                         | h. the cold       |

## PARAGRAPH TWO:

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1. The research was on two different | a. amount of food             |
| 2. injected                          | b. less weight                |
| 3. This group gained 30 per cent     | c. to weight loss             |
| 4. help in the fight                 | d. with the brown-fat protein |
| 5. This protein could become         | e. prevention of obesity      |
| 6. the treatment and                 | f. groups of mice             |
| 7. this protein could lead           | g. an important target        |
| 8. eat the same                      | h. against obesity            |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1501/150110-fat-5.html>

Scientists at the University of California discovered (1) \_\_\_\_\_ cold could help us lose weight. Exposure to the cold (2) \_\_\_\_\_ a protein that helps make brown fat, which burns energy and keeps us warm. It (3) \_\_\_\_\_ weight. White fat stores excess energy and (4) \_\_\_\_\_. The researchers said that because of air conditioning and heating, we stay warm. This means our body does (5) \_\_\_\_\_ brown fat. They said that workers who work outside in cold temperatures, "have a significant amount of brown fat (6) \_\_\_\_\_ same-aged indoor workers".

The research (7) \_\_\_\_\_ groups of mice. One group was injected with the brown-fat protein. This group gained 30 per cent less weight after (8) \_\_\_\_\_ high-fat diets. The researchers say this could (9) \_\_\_\_\_ against obesity. Obese people have lower levels of brown fat than thinner people. Head researcher Hei Sook Sul said: "This protein could become (10) \_\_\_\_\_ for research into the treatment and (11) \_\_\_\_\_." She said that increasing the levels of this protein could lead to weight loss even if people eat the (12) \_\_\_\_\_.

# THE COLD SURVEY

From <http://www.breakingnewsenglish.com/1501/150110-fat-5.html>

Write five GOOD questions about the cold 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)

g)

h)

*Keeping cold could keep you thinner – 10th January, 2015*  
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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)

