

www.**Breaking News English**.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

www.breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freematerials.com/sean_banville_lessons.html

Level 3

60 is the new middle age, not 50

19th April, 2015

<http://www.breakingnewsenglish.com/1504/150419-middle-age.html>

Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
While Reading / Listening	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash (/) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

Please try Levels 0, 1 and 2 (they are easier).

Twitter



twitter.com/SeanBanville

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

Google +



<https://plus.google.com/+SeanBanville>

THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

For the past 100 years, people believed middle age to be around 50 years old. This is when we start to grow 'old'. However, new research says we have to change this. A study from the International Institute for Applied Systems Analysis (IIAS) in Austria and Stony Brook University in New York say middle age now starts at 60 or even 65, or older. Why? The biggest reason is that we are living longer. We are also healthier, we have better diets, we exercise more and we have more money to live a nicer lifestyle. The IIAS said: "Since life expectancies have increased over the past several decades, and are continuing to increase, people once considered 'old' should actually be viewed as more middle aged."

The study was not a worldwide one so perhaps not everyone in all countries can say they are middle aged when they are 65. The researchers looked at populations in 39 European countries, so this is good news for Europeans. Britain's National Health Service warned against looking at this study and believing it to be 100 per cent true. It said the researchers did not look at things which could reduce life expectancy: "We don't know whether, for example, they factored in the possible impact of being unable to treat infections because of rising antibiotic resistance, or the increased numbers of people with diabetes due to obesity." It recommended healthy living, eating and exercise as a way to live longer.

Sources: <http://www.today.com/health/60-really-new-50-scientists-say-t15411>
<http://www.nhs.uk/news/2015/04April/Pages/60-the-new-40-claims-media.aspx>
http://www.huffingtonpost.com/2015/04/16/60-is-the-new-middle-age_n_7079006.html

WARM-UPS

1. MIDDLE AGE: Students walk around the class and talk to other students about middle age. 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?

100 years / grow old / change / middle age / biggest reason / exercise / decades / worldwide / populations / life expectancy / impact / infections / antibiotics / obesity

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

3. AGES: What are the good and bad things about these ages? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good	Bad
childhood		
teens		
20s		
30s		
50s		
70s		

4. 65: Students A **strongly** believe people are not middle aged until they are 65; Students B **strongly** believe middle age starts at 50. Change partners again and talk about your conversations.

5. OLD: Rank these with your partner. Put the best things about being old at the top. Change partners often and share your rankings.

- grandchildren
- retirement
- holidays
- friends
- time
- sports
- money
- house

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

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

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

- | | |
|---|-------|
| a. People have thought middle age starts at 50 for the past 1,000 years. | T / F |
| b. A new study on middle age is from an institute in Australia. | T / F |
| c. Researchers say middle age could start later than 65. | T / F |
| d. Life expectancies have been decreasing for decades. | T / F |
| e. Researchers carried out their study on middle aged people worldwide. | T / F |
| f. Britain's health service cautioned against believing all of the study. | T / F |
| g. It is unclear whether researchers included obesity in their study. | T / F |
| h. The health service suggested people exercise. | T / F |

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

- | | |
|--------------|---------------|
| 1. believed | a. global |
| 2. starts | b. looked at |
| 3. reason | c. decrease |
| 4. increase | d. nations |
| 5. viewed | e. go up |
| 6. worldwide | f. because of |
| 7. countries | g. thought |
| 8. reduce | h. cure |
| 9. treat | i. cause |
| 10. due to | j. begins |

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

- | | |
|---------------------------|-----------------------|
| 1. For the past | a. nicer lifestyle |
| 2. This is when we start | b. 'old' |
| 3. more money to live a | c. infections |
| 4. life | d. in all countries |
| 5. people once considered | e. resistance |
| 6. not everyone | f. 100 years |
| 7. reduce life | g. way to live longer |
| 8. unable to treat | h. to grow 'old' |
| 9. rising antibiotic | i. expectancy |
| 10. exercise as a | j. expectancies |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

For the past 100 years, people believed middle age to be (1) _____ 50 years old. This is when we start to (2) _____ 'old'. However, new research says we have to change this. A study from the International Institute for Applied Systems Analysis (IIAS) in Austria and Stony Brook University in New York say middle age now starts at 60 or (3) _____ 65, or older. Why? The biggest reason is that we are living (4) _____. We are also healthier, we have better diets, we exercise more and we have more money to live a (5) _____ lifestyle. The IIAS said: "Since (6) _____ expectancies have increased over the past several (7) _____, and are continuing to increase, people once considered 'old' should actually be (8) _____ as more middle aged."

even
around
nicer
decades
grow
viewed
life
longer

The study was not a worldwide one so (9) _____ not everyone in all countries can say they are middle aged when they are 65. The researchers looked at (10) _____ in 39 European countries, so this is good (11) _____ for Europeans. Britain's National Health Service warned against (12) _____ at this study and believing it to be 100 per cent true. It said the researchers did not look at things which could (13) _____ life expectancy: "We don't know whether, for example, they factored in the possible (14) _____ of being unable to treat infections because of rising antibiotic resistance, or the increased numbers of people with diabetes (15) _____ to obesity." It recommended healthy living, eating and exercise as a (16) _____ to live longer.

populations
reduce
perhaps
due
looking
way
news
impact

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

- 1) For the past 100 years, people believed middle age to _____ years old.
 - a. be abound 50
 - b. be a loud 50
 - c. be astound 50
 - d. be around 50
- 2) However, new research says we have _____
 - a. to change this
 - b. to charge this
 - c. to chart this
 - d. to challenge this
- 3) Stony Brook University in New York say middle age now starts at 60 _____, or older
 - a. or eventually 65
 - b. or evens 65
 - c. or evenly 65
 - d. or even 65
- 4) we exercise more and we have more money to live _____
 - a. a nicer lifestyle
 - b. a nice as lifestyle
 - c. a nicest lifestyle
 - d. a nicely lifestyle
- 5) The IIAS said: "Since life expectancies have increased over the _____
 - a. passed several decades
 - b. parsed several decades
 - c. past several decades
 - d. parts several decades
- 6) not everyone in all countries can say they _____
 - a. are middle waged
 - b. are middle ages
 - c. are middle aids
 - d. are middle aged
- 7) It said the researchers did not look at things which could _____
 - a. reduce life's expectancy
 - b. reduces life expectancy
 - c. reducing life expectancy
 - d. reduce life expectancy
- 8) they factored in the possible impact of being unable _____
 - a. to treaty infections
 - b. to treat ear infections
 - c. to treat infections
 - d. to treat inflections
- 9) antibiotic resistance, or the increased numbers of people with diabetes _____
 - a. due too obesity
 - b. due to obesity
 - c. dew too obesity
 - d. due to obesity
- 10) It recommended healthy living, eating and exercise as a way _____
 - a. to lives longer
 - b. to lively longer
 - c. to live longer
 - d. to live it longer

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

For the past 100 years, (1) _____ age to be around 50 years old. This is when we start to grow 'old'. However, new research says we (2) _____. A study from the International Institute for Applied Systems Analysis (IIAS) in Austria and Stony Brook University in New York say middle age now starts (3) _____ 65, or older. Why? The biggest reason is that we are living longer. We are also healthier, we have better diets, (4) _____ and we have more money to live a nicer lifestyle. The IIAS said: "Since life expectancies have increased over the (5) _____, and are continuing to increase, people once considered 'old' should (6) _____ as more middle aged."

The study was not a worldwide (7) _____ not everyone in all countries can say they are middle aged when they are 65. The researchers (8) _____ in 39 European countries, so this is good news for Europeans. Britain's National Health Service warned against looking at this study and (9) _____ be 100 per cent true. It said the researchers did not look at things which could reduce life expectancy: "We (10) _____, for example, they factored in the possible impact of being unable (11) _____ because of rising antibiotic resistance, or the increased numbers of people with diabetes due to obesity." It recommended healthy living, eating and exercise as a (12) _____.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

1. For around how many years have people though middle-aged was 50?

2. Where is the International Institute for Applied Systems Analysis?

3. What is the biggest reason that middle age could now be 60?

4. For how long have life expectancies been increasing?

5. Who should now be viewed as middle aged?

6. How many European countries did researchers look at?

7. Which country's health service said not 100% of the study was true?

8. What kind of resistance might the study have not looked at?

9. What did the article say was linked to obesity?

10. What did the NHS say might happen if you exercise and eat healthily?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

1. For around how many years have people though middle-aged was 50?
 - a) 300
 - b) 100
 - c) 500
 - d) 1,000
2. Where is the International Institute for Applied Systems Analysis?
 - a) Austin
 - b) Oslo
 - c) Australia
 - d) Austria
3. What is the biggest reason that middle age could now be 60?
 - a) we are living longer
 - b) the rules changed
 - c) overpopulation
 - d) they got it wrong before
4. For how long have life expectancies been increasing?
 - a) since 1957
 - b) 76 years
 - c) decades
 - d) centuries
5. Who should now be viewed as middle aged?
 - a) old people who are young at heart
 - b) people we once thought were old
 - c) people with grey hair
 - d) all overweight 50-year-olds
6. How many European countries did researchers look at?
 - a) 37
 - b) 38
 - c) 39
 - d) 40
7. Which country's health service said not 100% of the study was true?
 - a) Brazil's
 - b) Japan's
 - c) America's
 - d) Britain's
8. What kind of resistance might the study have not looked at?
 - a) antibiotic
 - b) military
 - c) aging
 - d) electrical
9. What did the article say was linked to obesity?
 - a) diabetes
 - b) pancakes
 - c) aging
 - d) jogging
10. What did the NHS say might happen if you exercise and eat healthily?
 - a) you could get a prize
 - b) you could live longer
 - c) you could save money
 - d) you could lose 20kg

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

Role A – Grandchildren

You think grandchildren are the best things about middle age. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which of these could be most stressful (and why): holidays, money or hobbies.

Role B – Holidays

You think holidays are the best things about middle age. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which of these could be most stressful (and why): grandchildren, money or hobbies.

Role C – Money

You think money is the best thing about middle age. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which of these could be most stressful (and why): holidays, grandchildren or hobbies.

Role D – Hobbies

You think hobbies are the best things about middle age. Tell the others three reasons why. Tell them why their things aren't so good. Also, tell the others which of these could be most stressful (and why): holidays, money or grandchildren.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'middle' and 'age'.

middle	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:

<ul style="list-style-type: none">• past• grow• 65• nicer• since• actually	<ul style="list-style-type: none">• all• 39• 100• example• rising• way
---	---

MIDDLE AGE SURVEY

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

Write five GOOD questions about middle age 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.

MIDDLE AGE DISCUSSION

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

- 1) What did you think when you read the headline?
- 2) What springs to mind when you hear the term 'middle age'?
- 3) When do you think people become "middle aged"?
- 4) What are the good and bad things of being middle aged?
- 5) Is being middle aged something to look forward to?
- 6) What is the best age to be – 20, 30, 40 or 50?
- 7) When do we become old?
- 8) What are the differences between 'middle aged' and 'old'?
- 9) How old do you want to live to be?
- 10) Which 'old' people do you know who are not really old?

60 is the new middle age, not 50 – 19th April, 2015
Thousands more free lessons at www.BreakingNewsEnglish.com

MIDDLE AGE DISCUSSION

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

- 11) Did you like reading this article? Why/not?
- 12) Would this study have been better if it was a worldwide one?
- 13) Should older people not dye their hair or wear young fashion?
- 14) What do you think about what the study said?
- 15) What do you think of what Britain's NHS said?
- 16) What do you think your life expectancy might be?
- 17) Do you hope science will make us live a lot longer?
- 18) What do you think of the age you are now?
- 19) Do you do anything to live longer?
- 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. _____

Copyright © www.BreakingNewsEnglish.com 2015

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 <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

For the past 100 years, people (1) _____ middle age to be around 50 years old. This is when we start to (2) _____ 'old'. However, new research says we have to change this. A study from the International Institute for Applied Systems Analysis (IIAS) in Austria and Stony Brook University in New York say middle age now starts at 60 or (3) _____ 65, or older. Why? The biggest (4) _____ is that we are living longer. We are also healthier, we have better diets, we exercise more and we have more money to live a nicer lifestyle. The IIAS said: "(5) _____ life expectancies have increased over the past (6) _____ decades, and are continuing to increase, people once considered 'old' should actually be viewed as more middle aged."

The study was not a worldwide one so perhaps not everyone in all countries can say they are middle aged (7) _____ they are 65. The researchers looked at populations in 39 European countries, so this is good news for Europeans. Britain's National Health Service warned (8) _____ looking at this study and believing it to be 100 per cent true. It said the researchers did not look at things which could (9) _____ life expectancy: "We don't know whether, for example, they factored (10) _____ the possible impact of being unable to treat (11) _____ because of rising antibiotic resistance, or the increased numbers of people with diabetes due to obesity." It recommended healthy living, eating and exercise as a (12) _____ to live longer.

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

- | | | | | |
|-----|----------------|----------------|-----------------|-----------------|
| 1. | (a) belief | (b) believed | (c) believes | (d) believable |
| 2. | (a) raise | (b) grow | (c) age | (d) follow |
| 3. | (a) then | (b) more | (c) odd | (d) even |
| 4. | (a) stuff | (b) reason | (c) idea | (d) because |
| 5. | (a) For | (b) Since | (c) When | (d) Then |
| 6. | (a) overall | (b) numeral | (c) several | (d) special |
| 7. | (a) as | (b) by | (c) when | (d) come |
| 8. | (a) for | (b) by | (c) against | (d) from |
| 9. | (a) reduces | (b) reducing | (c) reduction | (d) reduce |
| 10. | (a) in | (b) of | (c) to | (d) at |
| 11. | (a) infections | (b) injections | (c) inflections | (d) indigestion |
| 12. | (a) when | (b) how | (c) way | (d) idea |

SPELLING

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

Paragraph 1

1. people blieedve middle age to be around 50
2. the international utinsttei
3. live a nicer tiefleysl
4. over the past revlsea decades
5. people once dinersedoc 'old'
6. be eedvwi as more middle aged

Paragraph 2

7. nlosaitopup in 39 European countries
8. acehsrrerse did not look at things
9. uerced life expectancy
10. unable to treat ontesifcni
11. people with diabetes due to osyeitb
12. sceierxe as a way to live longer

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

Number these lines in the correct order.

- () for Applied Systems Analysis (IIAS) in Austria and Stony Brook University in New York say middle age now starts
- () they are 65. The researchers looked at populations in 39 European countries, so this is good news
- () considered 'old' should actually be viewed as more middle aged."
- () The study was not a worldwide one so perhaps not everyone in all countries can say they are middle aged when
- () for Europeans. Britain's National Health Service warned against looking at this study and believing it to
- () increased over the past several decades, and are continuing to increase, people once
- () infections because of rising antibiotic resistance, or the increased numbers of people with diabetes due
- (**1**) For the past 100 years, people believed middle age to be around 50 years old. This is when we start to grow
- () at 60 or even 65, or older. Why? The biggest reason is that we are living longer. We are also healthier, we have better
- () to obesity." It recommended healthy living, eating and exercise as a way to live longer.
- () be 100 per cent true. It said the researchers did not look at things which could reduce life expectancy: "We don't
- () know whether, for example, they factored in the possible impact of being unable to treat
- () diets, we exercise more and we have more money to live a nicer lifestyle. The IIAS said: "Since life expectancies have
- () 'old'. However, new research says we have to change this. A study from the International Institute

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

1. be around 50 years old People believed middle age to .

2. start This to is grow when 'old' we .

3. now , or starts Middle or even at age older 65 60 .

4. biggest that living The is are reason we longer .

5. have to nicer We money a more live lifestyle .

6. Say middle they are when 65 they aged are .

7. could Look reduce at life things expectancy which .

8. treat The of to impact unable infections possible being .

9. with people of numbers increased The diabetes .

10. as a way to live longer Healthy eating and exercise .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

For the *past / passed* 100 years, people believed middle age to be around 50 years old. This is when we *started / start* to grow 'old'. However, new research says we have to change this. A study *of / from* the International Institute for Applied Systems Analysis (IIAS) in Austria and Stony Brook University in New York say middle age now starts at 60 or *eventually / even* 65, or older. Why? The biggest reason is that we are *living / live* longer. We are also *healthier / healthiest*, we have better diets, we exercise *most / more* and we have more money to live a *nicer / nicely* lifestyle. The IIAS said: "Since life *expectancies / expectant* have increased over the past several decades, and are continuing to increase, people once considered 'old' should actually be viewed *as / was* more middle aged."

The study was not a worldwide one *so / as* perhaps not everyone in all countries can say they are middle aged when they are 65. The researchers looked at *population / populations* in 39 European countries, so this is good news *for / from* Europeans. Britain's National Health Service warned *for / against* looking at this study and believing it to *have / be* 100 per cent true. It said the researchers did not look at things *which / so* could reduce life expectancy: "We don't know whether, for example, they *factored / factoring* in the possible impact *of / for* being unable to treat infections because of rising antibiotic *resistant / resistance*, or the increased numbers of people with diabetes due to obesity." It recommended healthy living, eating and exercise as a way to *live / lively* longer.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

F_r th_ p_st 100 y__rs, p__pl_ b_l__v_d m_ddl_ _g_ t_ b__r__nd 50 y__rs _ld. Th_s _s wh_n w_ st_rt t_ gr_w 'ld'. H_w_v_r, n_w r_s__rch s_ys w_ h_v_ t_ ch_ng_ th_s. _ st_dy fr_m th_ _nt_rn_t__n_l _nst_t_t_ f_r _ppl__d Syst_ms _n_lys_s (_ S) _n __str__ _nd St_ny Br__k _n_v_rs_ty _n N_w Y_rk s_y m_ddl_ _g_ n_w st_rts _t 60 _r _v_n 65, _r _ld_r. Why? Th_ b_gg_st r__s_n _s th_t w_ _r_ l_v_ng l_ng_r. W_ _r_ _ls_ h__lth__r, w_ h_v_ b_tt_r d__ts, w_ _x_rc_s_ m_r_ _nd w_ h_v_ m_r_ m_n_y t_ l_v_ _n_c_r_l_fstyl_. Th_ ____S s__d: "S_nc_ l_f_ _xp_ct_nc__s h_v_ _ncr__s_d _v_r th_ p_st s_v_r_l_d_c_d_s, _nd _r_ c_nt_n__ng t_ _ncr__s_, p__pl_ _nc_c_ns_d_r_d 'ld' sh__ld _ct__lly b_v__w_d_s m_r_ m_ddl_ _g_d."

Th_ st_dy w_s n_t _ w_rldw_d_ _n_ s_ p_rh_ps n_t _v_ry_n_ _n _ll c__ntr__s c_n_s_y th_y _r_ m_ddl_ _g_d wh_n th_y _r_ 65. Th_ r_s__rch_rs l__k_d_t p_p_l_t__ns _n 39 __r_p__n c__ntr__s, s_ th_s _s g__d n_ws f_r __r_p__ns. Br_t__n's N_t__n_l H__lth S_rvc_ w_rn_d _g__nst l__k_ng _t th_s st_dy _nd b_l__v_ng _t t_ b_ 100 p_r_c_nt tr__ . _t s__d th_ r_s__rch_rs d_d n_t l__k _t th_ngs wh_ch c__ld r_d_c_ l_f_ _xp_ct_ncy: "W_d_n't kn_w wh_th_r, f_r_xmpl_, th_y f_ct_r_d _n th_ p_ss_bl_ _mp_ct_ f_b__ng _n_bl_ t_ tr__t _nf_ct__ns b_c__s_ _f_r_s_ng _nt_b__t_c_r_s_st_nc_, _r th_ _ncr__s_d n_mb_rs _f p__pl_ w_th d__b_t_s d__t_ _b_s_ty." _t r_c_mm_nd_d h__lthy l_v_ng, __t_ng _nd _x_rc_s_ _s_ w_y t_ l_v_ l_ng_r.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

for the past 100 years people believed middle age to be around 50 years old this is when we start to grow 'old' however new research says we have to change this a study from the international institute for applied systems analysis (iias) in austria and stony brook university in new york say middle age now starts at 60 or even 65 or older why the biggest reason is that we are living longer we are also healthier we have better diets we exercise more and we have more money to live a nicer lifestyle the iias said "since life expectancies have increased over the past several decades and are continuing to increase people once considered 'old' should actually be viewed as more middle aged"

the study was not a worldwide one so perhaps not everyone in all countries can say they are middle aged when they are 65 the researchers looked at populations in 39 european countries so this is good news for europeans britain's national health service warned against looking at this study and believing it to be 100 per cent true it said the researchers did not look at things which could reduce life expectancy "we don't know whether for example they factored in the possible impact of being unable to treat infections because of rising antibiotic resistance or the increased numbers of people with diabetes due to obesity" it recommended healthy living eating and exercise as a way to live longer

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

For the past 100 years, people believed middle age to be around 50 years old. This is when we start to grow 'old'. However, new research says we have to change this. A study from the International Institute for Applied Systems Analysis (IIAS) in Austria and Stony Brook University in New York says middle age now starts at 60 or even 65, or older. Why? The biggest reason is that we are living longer. We are also healthier, we have better diets, we exercise more and we have more money to live a nicer lifestyle. The IIAS said: "Since life expectancies have increased over the past several decades, and are continuing to increase, people once considered 'old' should actually be viewed as more middle aged." The study was not a worldwide one so perhaps not everyone in all countries can say they are middle aged when they are 65. The researchers looked at populations in 39 European countries, so this is good news for Europeans. Britain's National Health Service warned against looking at this study and believing it to be 100 percent true. It said the researchers did not look at things which could reduce life expectancy: "We don't know whether, for example, they factored in the possible impact of being unable to treat infections because of rising antibiotic resistance, or the increased numbers of people with diabetes due to obesity." It recommended healthy living, eating and exercising as a way to live longer.

ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1504/150419-middle-age.html>

Life begins at 50. What does this mean? Is it true? What is the best age?

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 middle age. Share what you discover with your partner(s) in the next lesson.

3. MIDDLE AGED: Make a poster about being middle aged. Show your work to your classmates in the next lesson. Did you all have similar things?

4. MIDDLE AGED: Write a magazine article about middle age being 60. Include imaginary interviews with people who are for and against this idea.

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 age. Ask him/her three questions about middle age. Give him/her three of your ideas on what the correct age is. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|--------------|---------------|
| 1. believed | a. thought |
| 2. starts | b. begins |
| 3. reason | c. cause |
| 4. increase | d. go up |
| 5. viewed | e. looked at |
| 6. worldwide | f. global |
| 7. countries | g. nations |
| 8. reduce | h. decrease |
| 9. treat | i. cure |
| 10. due to | j. because of |

COMPREHENSION QUESTIONS (p.8)

- 100
- Austria
- We are living longer
- Several decades
- People whom we once thought were old
- 39
- Britain's
- Antibiotic
- Diabetes
- You could live longer

MULTIPLE CHOICE - QUIZ (p.9)

1. b 2. d 3. a 4. c 5. b 6. c 7. d 8. a 9. a 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)