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Level 0

People who read live longer

10th August, 2016

<http://www.breakingnewsenglish.com/1608/160810-reading-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1608/160810-reading-0.html>

People who read live longer. Thirty minutes a day is good. Reading keeps our mind busy. It lowers our stress. Books are better than newspapers and magazines. Researchers looked at the lifestyles and reading habits of 3,500 men and women for 12 years. Everyone was over 50 years old at the start of the research.

People who read for up to 3.5 hours a week are 17 per cent less likely to die than people who do not read. Older people live longer when they read. A researcher said it didn't matter if you were male or female, healthy, rich or went to a good school. People over 65 years old watch too much TV. They should read more.

Sources: <http://www.dailymail.co.uk/health/article-3726386/Why-reading-help-live-longer-Immersing-good-story-mind-active-ease-stress.html>
http://www.huffingtonpost.com/entry/those-who-read-books-live-longer-than-those-who-dont-study-finds_us_57a358c8e4b0104052a17cd2
<https://www.rawstory.com/2016/08/a-new-study-has-found-that-avid-readers-appear-to-live-a-longer-life/>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1608/160810-reading-0.html>

PARAGRAPH ONE:

- | | |
|-----------------------|----------------------|
| 1. People who read | a. stress |
| 2. Thirty minutes a | b. our mind busy |
| 3. Reading keeps | c. of the research |
| 4. It lowers our | d. at the lifestyles |
| 5. Books are better | e. habits |
| 6. Researchers looked | f. live longer |
| 7. reading | g. than newspapers |
| 8. at the start | h. day is good |

PARAGRAPH TWO:

- | | |
|-----------------------------|---------------------------|
| 1. People who read for | a. didn't matter |
| 2. 17 per cent less | b. watch too much TV |
| 3. Older | c. or female |
| 4. A researcher said it | d. more |
| 5. male | e. up to 3.5 hours a week |
| 6. went | f. people |
| 7. People over 65 years old | g. likely to die |
| 8. They should read | h. to a good school |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1608/160810-reading-0.html>

People (1) _____ longer. Thirty minutes a day is good. Reading (2) _____ busy. It lowers our stress. Books (3) _____ newspapers and magazines. Researchers (4) _____ lifestyles and (5) _____ 3,500 men and women for 12 years. Everyone was over 50 years old (6) _____ the research.

People who (7) _____ 3.5 hours a week are 17 per cent (8) _____ die than people who do not read. Older people live longer (9) _____. A researcher said (10) _____ if you were male or female, healthy, rich or (11) _____ school. People over 65 years old (12) _____ TV. They should read more.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1608/160810-reading-0.html>

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our mind busy. It lowers our stress. Books are better than newspapers and
magazines. Researchers looked at the lifestyles and reading habits of 3,
500 men and women for 12 years. Everyone was over 50 years old at the start
of the research. People who read for up to 3.5 hours a week are 17 percent
less likely to die than people who do not read. Older people live longer when
they read. A researcher said it didn't matter if you were male or female,
rich or poor, healthy or not. People over 65 years old who watch too
much TV. They should read more.

READING SURVEY

From <http://www.breakingnewsenglish.com/1608/160810-reading-4.html>

Write five GOOD questions about reading 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) _____

