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## **Level 2**

### **Giving babies peanuts and eggs may avoid allergies**

**27th September, 2016**

<http://www.breakingnewsenglish.com/1609/160927-allergies-2.html>

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**Please try Levels 0, 1 and 3. They are (a little) harder.**

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# THE READING

From <http://www.breakingnewsenglish.com/1609/160927-allergies-2.html>

Many people are allergic to eggs and peanuts. An allergy to peanuts can be deadly. Researchers from a London university say that feeding eggs and peanuts to babies may stop them getting allergies when they are older. The researchers looked at studies of more than 200,000 children to see when they first ate eggs and peanuts. They found that if 4-6-month-old babies ate eggs, they were 40 per cent less likely to get an egg allergy than children who ate eggs later. Babies aged four to 11 months old who ate peanut products were 70 per cent less likely to get an allergy to peanuts.

Egg and peanut allergies are the two most common childhood food allergies. Parents must be careful when feeding babies eggs and nuts. Babies should never have whole nuts because they might choke. They should only eat smooth and not crunchy peanut butter. Other food allergies are to soy, wheat, sesame, fish and seafood. Giving these foods to babies one at a time may protect them from allergies. Parents should check their baby's health after each new food. The researchers say that more research is needed to find the best ages to start feeding eggs and peanuts to babies.

Sources: [https://www.washingtonpost.com/national/health-science/giving-babies-eggs-and-peanuts-may-prevent-later-allergies-to-those-foods/2016/09/23/7fdaa018-810b-11e6-b002-307601806392\\_story.html](https://www.washingtonpost.com/national/health-science/giving-babies-eggs-and-peanuts-may-prevent-later-allergies-to-those-foods/2016/09/23/7fdaa018-810b-11e6-b002-307601806392_story.html)  
<http://www.sciencealert.com/introducing-peanuts-and-eggs-early-in-life-might-lead-to-less-allergies>  
[http://blogs.babycenter.com/mom\\_stories/eating-eggs-and-peanuts-early-may-reduce-allergies/](http://blogs.babycenter.com/mom_stories/eating-eggs-and-peanuts-early-may-reduce-allergies/)

# PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1609/160927-allergies-2.html>

## PARAGRAPH ONE:

- |                                      |                          |
|--------------------------------------|--------------------------|
| 1. Many people are allergic          | a. 200,000 children      |
| 2. An allergy to peanuts can         | b. they are older        |
| 3. stop them getting allergies when  | c. products              |
| 4. studies of more than              | d. to get an egg allergy |
| 5. when they first                   | e. allergy               |
| 6. they were 40 per cent less likely | f. to eggs               |
| 7. peanut                            | g. ate eggs              |
| 8. get an                            | h. be deadly             |

## PARAGRAPH TWO:

- |                       |                                    |
|-----------------------|------------------------------------|
| 1. the two most       | a. crunchy peanut butter           |
| 2. Parents must be    | b. nuts                            |
| 3. whole              | c. from allergies                  |
| 4. they might         | d. common childhood food allergies |
| 5. eat smooth and not | e. that more research is needed    |
| 6. Giving these foods | f. choke                           |
| 7. protect them       | g. careful                         |
| 8. researchers say    | h. to babies one at a time         |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1609/160927-allergies-2.html>

Many people (1) \_\_\_\_\_ and peanuts. An allergy to peanuts can be deadly. Researchers from a London university say that feeding eggs and peanuts (2) \_\_\_\_\_ stop them getting allergies when (3) \_\_\_\_\_. The researchers looked at studies of more than 200,000 children to see when they first ate eggs and peanuts. They (4) \_\_\_\_\_ 4-6-month-old babies ate eggs, they were 40 per cent less likely to get an egg allergy than children (5) \_\_\_\_\_ later. Babies aged four to 11 months old who ate peanut products were 70 per cent (6) \_\_\_\_\_ an allergy to peanuts.

Egg and peanut allergies are the (7) \_\_\_\_\_ childhood food allergies. Parents (8) \_\_\_\_\_ when feeding babies eggs and nuts. Babies should never have whole nuts because (9) \_\_\_\_\_. They should only eat smooth and not crunchy peanut butter. Other food allergies are to (10) \_\_\_\_\_ fish and seafood. Giving these foods to babies one at a (11) \_\_\_\_\_ them from allergies. Parents should check their baby's health after each new food. The researchers say that more research is needed to find the best ages (12) \_\_\_\_\_ eggs and peanuts to babies.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1609/160927-allergies-2.html>

Many people are allergic to eggs and peanuts. An allergy to peanuts can be deadly. Researchers from a London university say that feeding eggs and peanut to babies may stop them getting allergies when they are older. The researchers looked at studies of more than 200,000 children to see when they first ate eggs and peanuts. They found that if 4-6-month-old babies ate eggs, they were 40 percent less likely to get an egg allergy than children who ate eggs later. Babies aged four to 11 months old who ate peanut products were 70 percent less likely to get an allergy to peanuts. Egg and peanut allergies are the two most common childhood food allergies. Parents must be careful when feeding babies eggs and nuts. Babies should never have whole nuts because they might choke. They should only eat smooth and not crunchy peanut butter. Other food allergies are to soy, wheat, sesame, fish and seafood. Giving these foods to babies one at a time may protect them from allergies. Parents should check their baby's health after each new food. The researchers say that more research is needed to find the best stage to start feeding eggs and peanut to babies.

# ALLERGIES SURVEY

From <http://www.breakingnewsenglish.com/1609/160927-allergies-4.html>

Write five GOOD questions about allergies 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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) \_\_\_\_\_

*Giving babies peanuts and eggs may avoid allergies – 27th September, 2016*  
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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) \_\_\_\_\_

