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Level 3

Fasting may lead to health benefits

27th February, 2017

<http://www.breakingnewsenglish.com/1702/170227-fasting-diet.html>

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

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

Scientists have conducted tests on mice showing that fasting could have many health benefits. Fasting is eating or drinking very little or nothing for a short period of time. It is usually around 24 hours but can be for a few days. The tests were carried out by scientists at universities in the USA and Italy. They found that occasional fasting in mice could reduce the risk of diabetes, heart disease, cancer and other diseases. The scientists fed mice for four days on a low-calorie, low-protein and low-carbohydrate but high-fat diet. They then gave the mice just 10% of their normal calorie intake for three days. The scientists found this diet made the pancreas in the mice work better.

The pancreas is an organ in the body that uses special cells called beta cells to produce the hormone insulin. The body uses insulin to break down glucose (a kind of sugar) in the blood. People with diabetes have trouble producing enough insulin so they have health problems because there is too much sugar in their blood. This can cause death. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, either not enough insulin is produced or the insulin that is produced has no effect. Scientists said the mice on the fasting diet produced increased amounts of beta cells and insulin. They said their results were very promising and that tests now need to be done on humans.

Sources: <http://www.nhs.uk/news/2017/02February/Pages/Fasting-diet-may-help-regenerate-diabetic-pancreas.aspx>
<http://www.sciencealert.com/this-fasting-diet-could-reverse-diabetes-and-repair-the-pancreas-says-new-research>
<https://en.wikipedia.org/wiki/Fasting>

WARM-UPS

1. FASTING: Students walk around the class and talk to other students about fasting. 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?

scientists / tests / mice / health benefits / fasting / diabetes / heart disease / calorie / organ / cells / body / insulin / sugar / health / blood / diet / promising / humans

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

3. TRAINING: Students A **strongly** believe we should all receive regular training on how to eat healthily; Students B **strongly** believe this isn't necessary. Change partners again and talk about your conversations.

4. DIETS: What do you think of these diets? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good things	Bad things
Fasting		
Mediterranean Diet		
Vegetarian diet		
Fruit only diet		
Low-protein diet		
Fast food diet		

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

6. HEALTH: Rank these with your partner. Put the healthiest things to do at the top. Change partners often and share your rankings.

- eat vegetables
- sleep
- meditate
- exercise
- laugh with friends
- go hiking
- take a long bath
- avoid fast food

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

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

- a. Scientists did tests on monkeys to show the effects of fasting. **T / F**
- b. The tests were conducted by universities in two different countries. **T / F**
- c. Scientists found that occasional fasting could cut the risk of cancer. **T / F**
- d. Scientists found that fasting made the pancreas in the body work better. **T / F**
- e. The pancreas is an organ that produces alpha cells to make insulin. **T / F**
- f. Insulin helps to break down glucose in the blood. **T / F**
- g. In type 2 diabetes, too much insulin is produced. **T / F**
- h. Scientists made promises to each other because of their test results. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|----------------------|---------------|
| 1. conducted | a. quantities |
| 2. short | b. usual |
| 3. occasional | c. discovered |
| 4. normal | d. brief |
| 5. found | e. problems |
| 6. produce | f. done |
| 7. trouble | g. good |
| 8. cause | h. periodic |
| 9. amounts | i. lead to |
| 10. promising | j. make |

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

- | | |
|--|--------------------------|
| 1. Scientists have conducted | a. normal calorie intake |
| 2. Fasting is eating or drinking very | b. promising |
| 3. reduce the risk | c. work better |
| 4. gave the mice just 10% of their | d. in the body |
| 5. this diet made the pancreas in the mice | e. little or nothing |
| 6. The pancreas is an organ | f. in their blood |
| 7. The body uses insulin to break | g. tests on mice |
| 8. there is too much sugar | h. no effect |
| 9. the insulin that is produced has | i. of diabetes |
| 10. They said their results were very | j. down glucose |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

Scientists have (1) _____ tests on mice showing that fasting could have many health (2) _____. Fasting is eating or drinking very little or nothing for a short (3) _____ of time. It is usually around 24 hours but can be for a (4) _____ days. The tests were carried out by scientists at universities in the USA and Italy. They found that occasional fasting in mice could reduce the (5) _____ of diabetes, heart disease, cancer and other (6) _____. The scientists fed mice for four days on a low-calorie, low-protein and low-carbohydrate but high-fat (7) _____. They then gave the mice just 10% of their normal calorie intake for three days. The scientists found this diet made the pancreas in the mice (8) _____ better.

benefits
risk
work
conducted
few
diet
period
diseases

The pancreas is an (9) _____ in the body that uses special cells called beta cells to produce the (10) _____ insulin. The body uses insulin to break down glucose (a kind of (11) _____) in the blood. People with diabetes have trouble producing enough insulin so they have health problems because there is too (12) _____ sugar in their blood. This can cause death. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, either not (13) _____ insulin is produced or the insulin that is produced has no (14) _____. Scientists said the mice on the fasting diet produced increased (15) _____ of beta cells and insulin. They said their results were very (16) _____ and that tests now need to be done on humans.

sugar
enough
promising
hormone
amounts
organ
effect
much

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

- 1) conducted tests on mice showing that fasting could have many _____
 - a. healthy benefits
 - b. health benefit
 - c. health benefits
 - d. healthy benefit
- 2) Fasting is eating or drinking very little or nothing for a short _____
 - a. periods of time
 - b. period off time
 - c. period of time
 - d. period of timed
- 3) It is usually around 24 hours but can be _____
 - a. for a few days
 - b. four a few days
 - c. four a few daze
 - d. for a few daze
- 4) fasting in mice could reduce the risk of diabetes, heart disease, cancer and _____
 - a. another diseases
 - b. other diseases
 - c. the other diseases
 - d. others diseases
- 5) They then gave the mice just 10% of their normal _____
 - a. calories intake
 - b. calorie outtake
 - c. calorie uptake
 - d. calorie intake
- 6) the body that uses special cells called beta cells to produce the _____
 - a. hormonal insulin
 - b. hormone insulate
 - c. hormones insulin
 - d. hormonal insulate
- 7) they have health problems because there is too much sugar _____
 - a. in the blood
 - b. in there blood
 - c. in their blood
 - d. in they're blood
- 8) either not enough insulin is produced or the insulin that is produced _____
 - a. has not effect
 - b. has none effect
 - c. has now effect
 - d. has no effect
- 9) Scientists said the mice on the fasting diet produced increased amounts _____
 - a. of beater cells
 - b. of beta calls
 - c. of beta cells
 - d. of better cells
- 10) their results were very promising and that tests now need to be _____
 - a. done on humane
 - b. done on human
 - c. doing on humans
 - d. done on humans

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

Scientists have conducted (1) _____ showing that fasting could have many health benefits. Fasting is eating or drinking very little or nothing for a short (2) _____. It is usually around 24 hours but can be (3) _____. The tests were carried out by scientists at universities in the USA and Italy. They found that occasional fasting in mice could (4) _____ diabetes, heart disease, cancer and other diseases. The scientists fed mice for four days on a low-calorie, low-protein and low-carbohydrate (5) _____. They then gave the mice just 10% of their normal (6) _____ three days. The scientists found this diet made the pancreas in the mice work better.

The pancreas (7) _____ the body that uses special cells called beta cells to produce the hormone insulin. The body uses insulin to break down glucose (a kind of sugar) in the blood. People with diabetes have (8) _____ enough insulin so they have health problems because there is too much (9) _____ blood. This can cause death. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, (10) _____ insulin is produced or the insulin that is produced has no effect. Scientists said the mice on the fasting diet produced increased (11) _____ cells and insulin. They said their results were very promising and that tests now (12) _____ humans.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

1. On what animals did scientists conduct tests?
2. In how many different countries did scientists conduct the tests?
3. What disease could fasting help besides diabetes and heart disease?
4. What was the diet the animals had high in?
5. What part of the animal's body worked better because of the fasting?
6. What kind of cells help to produce the hormone insulin?
7. What does insulin help to break down in the blood?
8. What type of diabetes means no insulin is produced?
9. What can have no effect with a type of diabetes?
10. What do scientists now want to do their tests on?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

- 1) On what animals did scientists conduct tests?
 - a) guinea pigs
 - b) monkeys
 - c) mice
 - d) frogs
- 2) In how many different countries did scientists conduct the tests?
 - a) 2
 - b) 3
 - c) 4
 - d) 5
- 3) What disease could fasting help besides diabetes and heart disease?
 - a) polio
 - b) tuberculosis
 - c) cholera
 - d) cancer
- 4) What was the diet the animals had high in?
 - a) fruit
 - b) fat
 - c) vitamin C
 - d) nuts
- 5) What part of the animal's body worked better because of the fasting?
 - a) the lungs
 - b) the brain
 - c) the pancreas
 - d) the toes
- 6) What kind of cells help to produce the hormone insulin?
 - a) alpha cells
 - b) beta cells
 - c) red cells
 - d) white cells
- 7) What does insulin help to break down in the blood?
 - a) beta cells
 - b) hormone
 - c) calories
 - d) glucose
- 8) What type of diabetes means no insulin is produced?
 - a) 0
 - b) 1
 - c) 2
 - d) IV
- 9) What can have no effect with a type of diabetes?
 - a) insulin
 - b) glucose
 - c) hormones
 - d) blood
- 10) What do scientists now want to do their tests on?
 - a) potatoes
 - b) robots
 - c) computers
 - d) humans

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

Role A – Sleep

You think the healthiest thing to do is sleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least healthy of these (and why): laugh with friends, go hiking or eat vegetables.

Role B – Laugh With Friends

You think the healthiest thing to do is laugh with friends. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least healthy of these (and why): sleep, go hiking or eat vegetables.

Role C – Go Hiking

You think the healthiest thing to do is go hiking. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least healthy of these (and why): laugh with friends, sleep or eat vegetables.

Role D – Eat Vegetables

You think the healthiest thing to do is eat vegetables. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least healthy of these (and why): laugh with friends, go hiking or sleep.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

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

health	benefit
---------------	----------------

- 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">• showing• short• carried• risk• fat• better	<ul style="list-style-type: none">• organ• break• much• 2• effect• promising
---	---

FASTING SURVEY

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

Write five GOOD questions about fasting 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.

FASTING DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'health'?
3. Why do scientists always do tests on mice?
4. What do you think of fasting?
5. What's the longest you could go without food?
6. What are you like if you have no food?
7. Why can fasting be good for your health?
8. What do you know about diabetes?
9. Should we all have regular training on healthy eating?
10. How healthy is your diet?

Fasting may lead to health benefits – 27th February, 2017
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FASTING DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'disease'?
13. What do you think about what you read?
14. What do you know about insulin?
15. What are the dangers of eating too much sugary food?
16. How much do you worry about your health?
17. What food would you eat first after fasting and why?
18. Can you think of any risks of fasting?
19. Do you think scientists will find a cure for all diseases?
20. What questions would you like to ask the scientists?

DISCUSSION (Write your own questions)

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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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/1702/170227-fasting-diet.html>

Scientists have (1) _____ tests on mice showing that fasting could have many health benefits. Fasting is eating or drinking very (2) _____ or nothing for a short period of time. It is usually around 24 hours but can be for a (3) _____ days. The tests were carried out by scientists at universities in the USA and Italy. They found that occasional fasting in mice could reduce the risk (4) _____ diabetes, heart disease, cancer and other diseases. The scientists (5) _____ mice for four days on a low-calorie, low-protein and low-carbohydrate but high-fat diet. They then gave the mice just 10% of their (6) _____ calorie intake for three days. The scientists found this diet made the pancreas in the mice work better.

The pancreas is an (7) _____ in the body that uses special cells called beta cells to produce the hormone insulin. The body uses insulin to break down glucose (a kind of sugar) (8) _____ the blood. People with diabetes have trouble producing enough insulin so they have health problems because there is too much sugar in their blood. This can (9) _____ death. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, (10) _____ not enough insulin is produced or the insulin that is produced has (11) _____ effect. Scientists said the mice on the fasting diet produced increased amounts of beta cells and insulin. They said their results were very promising and that tests now need to be (12) _____ on humans.

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

- | | | | | |
|-----|----------------|-----------------|---------------|---------------|
| 1. | (a) contracted | (b) constricted | (c) conducted | (d) combatted |
| 2. | (a) little | (b) few | (c) small | (d) less |
| 3. | (a) few | (b) various | (c) numerous | (d) four |
| 4. | (a) of | (b) off | (c) by | (d) at |
| 5. | (a) feeds | (b) feeding | (c) feed | (d) fed |
| 6. | (a) normally | (b) normalize | (c) normality | (d) normal |
| 7. | (a) organ | (b) origin | (c) original | (d) organic |
| 8. | (a) by | (b) at | (c) on | (d) in |
| 9. | (a) cause | (b) effect | (c) do | (d) have |
| 10. | (a) or | (b) either | (c) nor | (d) both |
| 11. | (a) not | (b) no | (c) non | (d) now |
| 12. | (a) done | (b) been | (c) had | (d) gone |

SPELLING

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

Paragraph 1

1. tcdnocude tests on mice
2. a short piroed of time
3. carried out by scsiesntit
4. oalcisaonc fasting
5. heart saeside
6. their normal oecairl intake

Paragraph 2

7. produce the ooemnh insulin
8. too much sugar in their dbool
9. This can cause ehadt
10. has no ffteec
11. produced increased nsamuot of beta cells
12. their rstleus were very promising

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

Number these lines in the correct order.

- () effect. Scientists said the mice on the fasting diet produced increased amounts of beta
- () The pancreas is an organ in the body that uses special cells called beta cells to produce the hormone
- () diabetes, either not enough insulin is produced or the insulin that is produced has no
- () fat diet. They then gave the mice just 10% of their normal calorie intake for three
- () cells and insulin. They said their results were very promising and that tests now need to be done on humans.
- () be for a few days. The tests were carried out by scientists at universities in the USA and
- () diseases. The scientists fed mice for four days on a low-calorie, low-protein and low-carbohydrate but high-
- () benefits. Fasting is eating or drinking very little or nothing for a short period of time. It is usually around 24 hours but can
- () producing enough insulin so they have health problems because there is too much sugar in their
- () insulin. The body uses insulin to break down glucose (a kind of sugar) in the blood. People with diabetes have trouble
- () Italy. They found that occasional fasting in mice could reduce the risk of diabetes, heart disease, cancer and other
- () days. The scientists found this diet made the pancreas in the mice work better.
- () blood. This can cause death. In type 1 diabetes, the pancreas stops producing insulin. In type 2
- (**1**) Scientists have conducted tests on mice showing that fasting could have many health

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

1. is little eating or or nothing drinking Fasting very .
2. by tests scientists were at carried universities out The .
3. could diabetes reduce Fasting the in risk mice of .
4. four The fed for days scientists mice .
5. 10% intake of for their three normal days calorie Just .
6. an is pancreas The cells special uses that body the in organ .
7. glucose The body uses insulin to break down .
8. produced is that insulin The effect no has .
9. amounts increased produced diet fasting the on Mice .
10. their were promising said results very They .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

Scientists have *conducted* / *contracted* tests on mice showing that fasting could have many health benefits. Fasting is eating or drinking very little or *nothing* / *something* for a short period of time. It is *usually* / *unusual* around 24 hours but can be *for* / *four* a few days. The tests were carried *out* / *in* by scientists at universities in the USA and Italy. They found that occasional fasting *on* / *in* mice could reduce the risk of diabetes, heart disease, cancer and *other* / *others* diseases. The scientists fed mice for four days on a low-calorie, low-protein and low-carbohydrate but high-fat *diets* / *diet*. They then gave the mice just 10% of their *normally* / *normal* calorie intake for three days. The scientists found this diet *made* / *did* the pancreas in the mice work better.

The pancreas is an *organic* / *organ* in the body that uses special cells called *beta* / *better* cells to produce the hormone insulin. The body *used* / *uses* insulin to break down glucose (a kind of sugar) in the *bloody* / *blood*. People with diabetes have trouble producing enough insulin so they have health problems because there is too *many* / *much* sugar in their blood. This can cause death. In type 1 diabetes, the pancreas stops *producing* / *produce* insulin. In type 2 diabetes, either not enough insulin is produced or the insulin that is produced has no *affect* / *effect*. Scientists said the mice on the fasting diet produced *increased* / *increase* amounts of beta cells and insulin. They said their *result* / *results* were very promising and that tests now need to be *done* / *doing* on humans.

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/1702/170227-fasting-diet.html>

Sc__nt_sts h_v_ c_nd_ct_d t_sts _n m_c_ sh_w_ng th_t f_st_ng c__ld h_v_ m_ny h__lth b_n_f_ts. F_st_ng _s __t_ng _r dr_nk_ng v_ry lttl_ _r n_th_ng f_r _sh_rt p_r__d_f_t_m_. _t_s_s__lly _r__nd 24 h__rs b_t c_n b_ f_r _ f_w_d_ys. Th_ t_sts w_r_ c_rr__d __t by sc__nt_sts _t_n_v_rs_t__s _n th_ _S_ _nd_t_ly. Th_y f__nd th_t _cc_s__n_l f_st_ng _n m_c_ c__ld r_d_c_ th_r_sk_f_d__b_t_s, h__rt_d_s__s_, c_nc_r_nd_th_r d_s__s_s. Th_ sc__nt_sts f_d_m_c_ f_r f__r_d_ys _n _l_w-c_l_r__, l_w-pr_t__n _nd l_w-c_rb_hydr_t_ b_t h_gh-f_t_d__t. Th_y th_n g_v_ th_m_c_ j_st 10% _f th__r_n_rm_l_c_l_r__ _nt_k_ f_r thr__d_ys. Th_sc__nt_sts f__nd th_s_d__t_m_d_ th_p_ncr__s _n th_m_c_ w_rk_b_tt_r.

Th_p_ncr__s_s _s _n _rg_n _n th_b_dy th_t _s_s sp_c__l_c_lls c_ll_d_b_t_c_lls t_pr_d_c_ th_h_rm_n__ns_l_n. Th_b_dy_s_s_ns_l_n t_br__k_d_wn_gl_c_s_ (_k_nd_f_s_g_r) _n th_bl__d. P__pl_w_th_d__b_t_s h_v_tr__bl_pr_d_c_ng _n_gh_ns_l_n_s th_y h_v_h__lth pr_bl_ms b_c__s th_r__s t__m_ch_s_g_r _n th__r bl__d. Th_s c_n c__s_d__th. _n typ_1 d__b_t_s, th_p_ncr__s st_ps pr_d_c_ng _ns_l_n. _n typ_2 d__b_t_s, __th_r_n_t _n_gh _ns_l_n _s pr_d_c_d _r th_ _ns_l_n th_t _s pr_d_c_d h_s_n__ff_ct. Sc__nt_sts s_d th_m_c_ _n th_f_st_ng d__t pr_d_c_d_ncr__s_d_m__nts_f_b_t_c_lls _nd _ns_l_n. Th_y s_d th__r_r_s_lts w_r_v_ry pr_m_s_ng _nd th_t t_sts n_w_n__d t_b_d_n__n h_m_ns.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

scientists have conducted tests on mice showing that fasting could have many health benefits fasting is eating or drinking very little or nothing for a short period of time it is usually around 24 hours but can be for a few days the tests were carried out by scientists at universities in the usa and italy they found that occasional fasting in mice could reduce the risk of diabetes heart disease cancer and other diseases the scientists fed mice for four days on a low-calorie low-protein and low-carbohydrate but high-fat diet they then gave the mice just 10% of their normal calorie intake for three days the scientists found this diet made the pancreas in the mice work better

the pancreas is an organ in the body that uses special cells called beta cells to produce the hormone insulin the body uses insulin to break down glucose (a kind of sugar) in the blood people with diabetes have trouble producing enough insulin so they have health problems because there is too much sugar in their blood this can cause death in type 1 diabetes the pancreas stops producing insulin in type 2 diabetes either not enough insulin is produced or the insulin that is produced has no effect scientists said the mice on the fasting diet produced increased amounts of beta cells and insulin they said their results were very promising and that tests now need to be done on humans

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1702/170227-fasting-diet.html>

Scientists have conducted tests on mice showing that fasting could have many health benefits. Fasting is eating or drinking very little or nothing for a short period of time. It is usually around 24 hours but can be for a few days. The tests were carried out by scientists at universities in the USA and Italy. They found that occasional fasting in mice could reduce the risk of diabetes, heart disease, cancer and other diseases. The scientists fed mice for four days on a low-calorie, low-protein and low-carbohydrate but high-fat diet. They then gave the mice just 10% of their normal calorie intake for three days. The scientists found this diet made the pancreas in the mice work better. The pancreas is an organ in the body that uses special cells called beta cells to produce the hormone insulin. The body uses insulin to break down glucose (a kind of sugar) in the blood. People with diabetes have trouble producing enough insulin so they have health problems because there is too much sugar in their blood. This can cause death. In type 1 diabetes, the pancreas stops producing insulin. In type 2 diabetes, either not enough insulin is produced or the insulin that is produced has no effect. Scientists said the mice on the fasting diet produced increased amounts of beta cells and insulin. They said their results were very promising and that tests now need to be done on humans.

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 this news story. Share what you discover with your partner(s) in the next lesson.

3. FASTING: Make a poster about fasting. Show your work to your classmates in the next lesson. Did you all have similar things?

4. DIET TRAINING: Write a magazine article about everyone having training on how to eat healthily. Include imaginary interviews with people who are for and against this.

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 fasting. Ask him/her three questions about it. Give him/her three of your ideas on how we can change our eating habits to be healthier. 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 T c T d T e F f T g F h F

SYNONYM MATCH (p.4)

- | | |
|---------------|---------------|
| 1. conducted | a. done |
| 2. short | b. brief |
| 3. occasional | c. periodic |
| 4. normal | d. usual |
| 5. found | e. discovered |
| 6. produce | f. make |
| 7. trouble | g. problems |
| 8. cause | h. lead to |
| 9. amounts | i. quantities |
| 10. promising | j. good |

COMPREHENSION QUESTIONS (p.8)

1. Mice
2. Two
3. Cancer
4. Fat
5. The pancreas
6. Beta cells
7. Glucose (sugar)
8. Type 1
9. Insulin
10. Humans

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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