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Level 4

Fitness trackers 'poor at measuring calories burned'

28th May, 2017

<http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-4.html>

A report says fitness trackers don't measure the calories we burn while exercising so accurately. This means people may be making poor decisions about their diet. Researchers looked at five popular trackers, including the Apple Watch. The researchers observed 60 volunteers as they walked, ran and cycled. None of the devices had an error rate below 20 per cent. A researcher said the trackers only gave "rough estimates" for calories burned.

The scientists said people should be careful about using the devices to decide what to eat. A researcher said: "If you go to the gym, and you think you've lost 400 calories, then you might feel you've got 400 calories to play with." A CEO of a fitness tracker company said the study method could have used incorrect settings, which would give incorrect data. He said the study's error rate was wrong because of an error in the research method.

Sources: <http://www.bbc.com/news/health-40030457>
<https://www.usatoday.com/story/tech/nation-now/2017/05/24/your-fitness-tracker-could-way-way-off/342327001/>
<http://www.livescience.com/59242-how-accurate-is-your-fitness-tracker-really.html>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-4.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|-----------------------------|
| 1. measure the calories | a. 20 per cent |
| 2. while | b. decisions |
| 3. making poor | c. 60 volunteers |
| 4. Researchers looked | d. exercising |
| 5. The researchers observed | e. had an error rate |
| 6. None of the devices | f. estimates |
| 7. below | g. at five popular trackers |
| 8. rough | h. we burn |

PARAGRAPH TWO:

- | | |
|--------------------------------------|--------------------------|
| 1. The scientists said people should | a. calories to play with |
| 2. using the | b. method |
| 3. decide what | c. to the gym |
| 4. If you go | d. devices |
| 5. you've got 400 | e. rate was wrong |
| 6. used incorrect | f. be careful |
| 7. the study's error | g. settings |
| 8. an error in the research | h. to eat |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-4.html>

A report says fitness trackers don't measure the (1) _____ while exercising (2) _____. This means people may be making poor (3) _____ their diet. Researchers looked at five popular trackers, including the Apple Watch. The (4) _____ 60 volunteers as they walked, (5) _____. None of the devices had an error rate below 20 per cent. A researcher said the trackers only gave "(6) _____" for calories burned.

The scientists said people should (7) _____ using the devices to decide what to eat. A researcher said: "(8) _____ the gym, (9) _____ you've lost 400 calories, then you might feel you've got 400 calories (10) _____." A CEO of a fitness tracker company said the study method (11) _____ incorrect settings, which would give incorrect data. He said the study's error rate was wrong because (12) _____ the research method.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-4.html>

A report says fitness trackers don't measure the calories we burn while exercising so accurately. This means people may be making poor decisions about their diet. Researchers looked at five popular trackers, including the Apple Watch. The researchers observed 60 volunteers as they walked, ran and cycled. None of the devices had an error rate below 20 percent. Researchers said the trackers only gave "rough estimates" for calories burned. The scientists said people should be careful about using the devices to decide what to eat. A researcher said: "If you go to the gym, and you think you've lost 400 calories, then you might feel you've got 400 calories to play with." A CEO of a fitness tracker company said the study method could have used incorrect settings, which would give incorrect data. He said the study's error rate was wrong because of an error in the research method.

FITNESS TRACKERS SURVEY

From <http://www.breakingnewsenglish.com/1705/170528-fitness-trackers-4.html>

Write five GOOD questions about fitness trackers 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) _____

